

## Chapter One

Health = overall well-being of body, mind, relationship with others

### Factors used to evaluate health

- life expectancy
- quality of life

### Aspects of Health

- physical
- mental & emotional
- social

### Influences of Health

- Heredity
- Physical Environment
- Social Environment
- Culture
- Media
- Technology
- Health Care
- Behavior = habits

### Evaluating Health Risks

- Short-term consequences
- Long-term consequences
- “Control Factor”

### Steps to meet personal health goals

- Gain awareness
- Gain knowledge
- Build health skills

### Health Skills

- Analyzing Influences
- Accessing Information
- Communicating
- Making Decisions
- Setting Goals
- Practicing Healthful Behaviors
- Advocacy

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### DECIDE

D – define problem

E – explore alternatives

C – consider consequences

I – identify personal values

D – decide and act

E – evaluate results

### Factors when purchasing products

- Safety
- Cost
- Warranty
- Consumer testing

### Advertising Methods

- Scientific study
- Bandwagon
- Testimonial
- Comparison of products
- Emotional
- Price appeal

### Consumer Rights

- Right to information
- Consumer protection
- Right to be heard (file a complaint or concern)