Wellness: The New Health Goal

- **Health** refers to an overall condition of a person’s body or mind and to the presence or absence of illness or injury.
  - Differs based on factors beyond your control, such as genes, age, and family history

- **Wellness** refers to optimal health and vitality
  - Is determined by the decisions you make about the way you live

- Enhanced wellness involves making conscious decisions to control one’s risk factors that contribute to illness and injury.
The Dimensions of Wellness

The 9 Dimensions of Wellness:

1. Physical wellness:
   1. Lack of sickness of injury
   2. Fitness level, ability to care for yourself

2. Emotional wellness:
   1. Relationships
   2. How to understand and deal with emotions and feelings
   3. Self acceptance
   4. Self esteem

3. Intellectual wellness:
   1. Lifelong learning
   2. Curiosity

4. Spiritual wellness:
   1. Guiding principles, beliefs and values
5. **Interpersonal wellness:**
   5. Ability to develop and maintain satisfying relationships

6. **Environmental wellness:**
   1. Air quality
   2. Food quality
   3. Safety (crossing the street, look both ways before crossing)
      1. Avoiding bad neighborhoods

7. **Occupational wellness**
   1. Level of happiness and fulfillment you gain through your work/school

8. **Financial wellness**
   1. Ability to live within your means and manage your money.
   2. Save 10%

The process of achieving wellness is constant and dynamic
Other Aspects of Wellness

➲ Occupational and Financial Wellness

- Most experts feel that these are also very important dimensions of wellness

- **Occupational wellness** refers to the level of happiness and fulfillment you gain through your work/school.

- **Financial wellness** refers to your ability to live within your means and manage your money.
Figure 1.1 The Wellness Continuum

The concept of wellness includes vitality in six interrelated dimensions, all of which contribute to overall wellness.
New Opportunities, New Responsibilities

- 1900 - Infectious diseases caused the majority of deaths
- Since 1900, present life expectancy has doubled due to the development of vaccines and antibiotics.
  - This gives rise to the emergence of new major health threats.
    - Heart disease
    - Cancer
    - Stroke
Some Health Achievements

- Vaccinations
- Safe food handling
- Recognition that smoking cigarettes causes cancer- vaping? New threat because of additives
- Seatbelts
- Safer work places
- Flouridation of drinking water
- Better health care
- Prenatal care

Life expectancy has increased from 47 years to 77 years
Behaviors that contribute to Wellness

- Be Physically Active
- Choose a healthy diet
- Maintain a healthy body weight
- Manage stress effectively
- Avoid tobacco and drug use and limit alcohol use
- Protect yourself from disease and injury

- Sometimes high contact activities that make you happy can also cause injuries... be aware.
Behaviors That Contribute to Wellness

Other steps:
- Develop meaningful relationships
- Learn about the health care system
  - Good websites
    - NIH
    - Mayo clinic
    - Acsm.org
- Plan for successful aging
- Care for the environment
Table 1.2 Leading Causes of Death in the United States, 2007

<table>
<thead>
<tr>
<th>RANK</th>
<th>CAUSE OF DEATH</th>
<th>NUMBER OF DEATHS</th>
<th>PERCENTAGE OF TOTAL DEATHS*</th>
<th>DEATH RATE¹</th>
<th>LIFESTYLE FACTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Heart disease</td>
<td>615,651</td>
<td>25.4</td>
<td>190.7</td>
<td>D I S A</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>560,187</td>
<td>23.1</td>
<td>177.5</td>
<td>D I S A</td>
</tr>
<tr>
<td>3</td>
<td>Stroke</td>
<td>133,990</td>
<td>5.5</td>
<td>41.6</td>
<td>D I S A</td>
</tr>
<tr>
<td>4</td>
<td>Chronic lower respiratory diseases</td>
<td>129,311</td>
<td>5.3</td>
<td>41.2</td>
<td>S</td>
</tr>
<tr>
<td>5</td>
<td>Unintentional injuries (accidents)</td>
<td>117,075</td>
<td>4.8</td>
<td>37.8</td>
<td>I S A</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer’s disease</td>
<td>74,944</td>
<td>3.1</td>
<td>22.8</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Diabetes mellitus</td>
<td>70,903</td>
<td>3.0</td>
<td>22.4</td>
<td>D I S</td>
</tr>
<tr>
<td>8</td>
<td>Influenza and pneumonia</td>
<td>52,847</td>
<td>2.2</td>
<td>16.3</td>
<td>S</td>
</tr>
<tr>
<td>9</td>
<td>Kidney disease</td>
<td>46,093</td>
<td>2.0</td>
<td>14.4</td>
<td>D I S A</td>
</tr>
<tr>
<td>10</td>
<td>Septicemia (systemic blood infection)</td>
<td>34,851</td>
<td>1.4</td>
<td>11.0</td>
<td>A</td>
</tr>
<tr>
<td>11</td>
<td>Intentional self-harm (suicide)</td>
<td>33,185</td>
<td>1.4</td>
<td>10.8</td>
<td>A</td>
</tr>
<tr>
<td>12</td>
<td>Chronic liver disease and cirrhosis</td>
<td>28,304</td>
<td>1.2</td>
<td>8.9</td>
<td>A</td>
</tr>
<tr>
<td>13</td>
<td>Hypertension (high blood pressure)</td>
<td>23,769</td>
<td>1.0</td>
<td>7.3</td>
<td>D I S A</td>
</tr>
<tr>
<td>14</td>
<td>Parkinson’s disease</td>
<td>20,136</td>
<td>0.8</td>
<td>6.4</td>
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<tr>
<td>15</td>
<td>Assault (homicide)</td>
<td>17,320</td>
<td>0.7</td>
<td>5.8</td>
<td></td>
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<tr>
<td></td>
<td>All other causes</td>
<td>465,089</td>
<td>19.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Key:  
- **D**: Diet plays a part  
- **I**: Inactive lifestyle plays a part  
- **S**: Smoking plays a part  
- **A**: Excessive alcohol use plays a part

*Percentages may not total 100% due to rounding.

¹Age-adjusted death rate per 100,000 persons.

**NOTE**: Although not among the overall top 15 causes of death, HIV/AIDS (11,061 deaths in 2007) is a major killer. In 2007, HIV/AIDS was the thirteenth leading cause of death for Americans age 15–24 years and the sixth leading cause of death for those age 25–44 years.

Healthy People Initiative

➲ The National Healthy People Initiative aims to prevent disease and improve Americans’ quality of life

➲ The latest report, Healthy People 2010 proposes 2 broad goals:
  • Increase quality and years of healthy life
  • Eliminate health disparities among Americans

What things do you think contribute to health Disparities between Americans?....
Figure 1.3 Quantity of Life versus Quality of Life

**VITAL STATISTICS**

**FIGURE 1.3** Quantity of life versus quality of life. Years of healthy life as a proportion of life expectancy in the U.S. population.

Reaching Wellness Through Lifestyle Management

➲ This process also known as Behavioral Change
➲ Before you can start this process, consider the following:
  ● Examine your current health habits and status
    ● Consider how your current lifestyle is affecting your health
  ● Lab 1.1
  ● Lab 1.2
  ● Choose a GOAL:
    ● Pick one behavior to change
  ● Learn about your target behavior
    ● Take into consideration the risks and rewards of changing that behavior
  ● Find help through resources available
Building Motivation to Change

➢ Examine the pros and cons of change
  ● Evaluate the short- and long-term benefits and costs

➢ Boost self-efficacy through:
  ● Locus of Control
    ● Internal or external-in control vs victim
  ● Visualization and Self-talk
    ● Seeing yourself engaging in a new and healthy behavior
  ● Role models and other supportive individuals
    ● Who do you hang out with?

➢ Identify and overcome key barriers to change
➢ People and/or situations
**Transtheoretical Model for Behavior Change**

- **Stages of Change:**
  - **Precontemplation**— people do not think they have a problem and have no intention of changing behavior.
  - **Contemplation**— people know they have a problem and are intending to take action within 6 months.
  - **Preparation**— people plan to take action within a month.
  - **Action**— people outwardly modify their behavior and environment.
  - **Maintenance**— successful behavior change for 6 months or longer.
  - **Termination**— people are no longer tempted by the behavior which they have changed.
Developing Skills for Change: Creating a Personalized Plan

Putting together a plan of action

1. Monitor your behavior and gather data (example diet analysis)
2. Analyze the data and identify patterns
3. Be smart and set realistic, specific, measurable attainable, time frame-specific goals
4. Devise a strategy or plan of action

- Modify your environment
- Control related habits
- Reward yourself
- Involve people around you
- Plan for challenges
4. Devise a strategy or plan of action

- Identify campus and community resources
- Modify your actions (tv and snacking?)
- Control related habits (get a gym locker)
- Reward yourself
- Involve people around you
- Plan for challenges (holidays…give yourself a break)

5. Make a personal contract/ or use the buddy system
Dealing with Setbacks

➲ People seldom travel down the stages of change in a linear, straightforward manner. Research proves that it may take multiple attempts to change one’s behavior.

➲ If you experience a difficulty here are steps to get you back on track:

1. Forgive yourself
2. Give yourself credit for your progress you have already made
3. Move on
Figure 1.5 The Stages of Change: A Spiral Model
Staying with it

- Social influences: supporting you or not?
- Levels of motivation and commitment
- Choice of techniques and level of effort
- Stress barrier: sources of stress in your life
- Procrastinating, rationalizing, and blaming
- 80/20 rule or 1 day a week give yourself a “free day”
SMART

Specific goal
Measurable
Attainable
Realistic
Time frame specific
Added Comments from lecture

80/20 rule or one day a week give yourself a “free day”

Save 10% of salary

Curiosity

Vaping propolene glycol = antifreeze

Comparison of Garmin Vivo fit/fitbit at beginning of lecture

Battery/charger
Waterproof/water resistance
Shorter distance/longer distance
Both now have HR
Swimming yes/no
Have to put on ankle to get footsteps for cycling
Ice baths 5 minutes… no more than 10 min… longer can cause hypothermia (approx 30 minutes is the world record)

Basal metabolic rate

How much to eat: depends on size, age, activity level

Food prep/ frozen veggies/ mixing up food choices

Vitamins yes- but too many can hurt your liver

Emergen- c – is primarily vitamin C and Zinc

Time management
Comments from freewrites

Changing majors- moving to another school

Switching to Kin- need to get application NOW

Studying abroad- and checking with your department

GE- when to start your upper division GE (in the semester you hit 60 units), ethnic studies

Job searching- consider jobs on campus, they are more likely to give you flexible hours

Vaping propolene glycol = antifreeze

Being in College versus getting a Career and in between
Comments from freewrites

Twins! - NASA

Building muscle - foods/exercises

Colds: zinc and vitamin C

Family stresses

Vaping propylene glycol = antifreeze

Family stresses

Vaping propylene glycol = antifreeze