**Ch. 1 Vocab**

**Lesson 1**

1. **Health:** the combination of physical, mental/emotional & social well being.

2. **Spiritual Health:** a deep seated sense of meaning and purpose in life.

3. **Wellness:** an overall state of well being or total health.

4. **Chronic Disease:** an ongoing condition or illness.

**Lesson 2:**

5. **Heredity:** all the traits that were biologically passed on to you from your parents.

6. **Environment:** the sum of your surroundings.

7.**Peers:** people of the same age who share similar interests.

8. **Culture:** collective beliefs, customs, and behaviors.

9. **Media:** various methods for communicating information.

10. **Technology:** radio, tv, and the internet.

**Lesson 3:**

11. **Risk Behaviors:** actions that can potentially threaten your health or the health of others.

12. **Cummulative Risks:** related risks that increase in effect with each added risk.

13. **Prevention**: taking steps to keep something from happening or getting worse.

14. **Abstinence:** a deliberate decision to avoid high risk behaviors, including sexual activity & the use of tobacco, alcohol, and other drugs.

15. **Lifestyle Factors:** personal habits or behaviors related to the way a person lives.

**Lesson 4**

16. **Health Education:** provides accurate health information and teaching health skills to help people make healthy decisions.

17. **Healthy People**: nationwide health promotion and disease prevention plan designed to serves as a guide for improving the health of all people in the United States.

18. **Health Disparities:** difference in health outcomes among groups.

19. **Health Literacy:** Understand basic health information and services, and to use these resources, to promote one’s health and wellness.