

# HEALTH STYLES

Health vs. Wellness

HSE- Standard 11

## Standard 11

- Distinguish between the medical definitions of health and wellness, identifying preventative measures and behaviors that promote each. Discuss contemporary controversies to wellness theories, such as debates surrounding electronic medical records, the use of performance-enhancing supplements for athletes, and alternative diets.

## What makes someone healthy?

- In your notes draw a picture of a healthy person.
- What are the characteristics that makes someone healthy?  
Write a few of these down under your healthy person.

# Health: Yesterday and Today

- World Health

## Organization-1947

- “Health is the state of complete

physical, mental, and social well-

being, not just the absence of disease or infirmity.”

- This was the first time health meant

more than an absence of illness

# Defining Health and Wellness

- **Health:** a dynamic, ever-changing process of achieving individual potential in each of the 7 dimensions
- **Wellness:** the achievement of the highest level of health in

each dimension.

# THE 7 DIMENSIONS OF HEALTH

(write these down, take notes for each)

- Physical
- Emotional
- Intellectual
- Spiritual
- Social
- Occupational
- Environmental

# 1. PHYSICAL

- Can refer to any of the aspects that are needed to keep your body in top condition. Consuming a healthy diet and getting an adequate amount of exercise to build cardiovascular health, endurance or flexibility, are essential to



this goal.

## 2. INTELLECTUAL

- Finding a way to engage in creative and stimulating activities that allow you to share your gifts and expand your knowledge is essential to your overall health.

### 3. EMOTIONAL

- Focuses on ensuring that you are attentive to your feelings, thoughts and behavior. This includes both positive and negative reactions.

## 4. SPIRITUAL

- Involves discovering a set of beliefs and values that brings purpose to your life.

While different groups and individuals have a variety of beliefs regarding spiritualism, the general search for meaning for our existence is considered essential to creating harmony with yourself and others.



## 5. SOCIAL

- Refers to your ability to interact with people, respect yourself and others, develop meaningful relationships and develop quality communication skills. This allows you to establish a support system of family and friends.

## 6. OCCUPATIONAL

- The ability to find peace between your leisure time and work time while managing stress from your relationships with coworkers effectively is essential. Your work takes up a great deal of your time so it is important to find something that you love to do and gives you a sense of purpose.





## 7. ENVIRONMENTAL

- The environment can have a significant impact on our feelings about overall health.

## Group activity

- 7 groups
- Each group assigned a dimension of health
- Your task is to list the behaviors and preventive measures that promote your dimension
- 10 minutes to complete
- Groups will then share with class

How do you take care of your car?

Pick one....

- Drive it 'til it breaks
- Maintenance
- True car lover

## Cars and health

What are the similarities between how you take care of your car and how you take care of your health?

## Similarities between health and cars

- **Health Styles:**
- Traditional Approach
- Preventative Approach
- Wellness Approach
- **Car Care Styles:**
- Drive it 'til it breaks
- Maintenance
- True car-lover

# The Traditional Approach (*Drive it till it breaks*) Characteristics Include:

- Concerned only when signs/symptoms of illness or disease exist
- Relies on physician for cure or treatment
- Evolved from the Communicable Disease Era
- Does not work well on contemporary

**problems** such as heart disease,  
cancer, or  
accidents

# The Preventative Approach (*Preventative Maintenance*) Characteristics Include:

- Focuses on disease to determine risk factors
- Works to reduce risk factors to eliminate or minimize potential for disease
- Focus is more negative or disease-oriented, with several "do nots" and "should nots" to avoid negative consequences



# The Wellness

## Approach (*True Car Lover*)

### Characteristics Include:

- Attempts to move the person from a neutral to a **higher level of health**
- Focuses on **signs of health** rather than on signs of illness or disease
- Indicates the **key to wellness is self-responsibility**
- Educates towards a **balance in all health domains**

- Establishes a **positive approach**

# Contemporary Controversies- Wellness Theories

- Electronic Medical Records
- Performance-Enhancing Supplements
- Alternative Diets
- Split into 3 equal groups. Each group will select a different controversy to research. Why are these things considered controversial? What is good and bad about your topic? You have 10 minutes to complete this, then we'll share with the class.

# ASSIGNMENT

- Create an ORIGINAL Health/Wellness based “Bumper Sticker”. Be **creative** and **colorful**! You can not use any slogans/phrases that already exist. Your bumper sticker should promote ONE of the SEVEN Dimensions of Health. DUE NEXT CLASS PERIOD!