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Health

Chapter One Review

Give a specific example of how each factor could have a negative and a positive impact on your health. Follow the example.

1. Influences on Health

|  |  |  |
| --- | --- | --- |
| FACTOR | NEGATIVE | POSITIVE |
| Heredity | Getting a gene that could put you at risk for getting diabetes | Inheriting a lean body type |
| Environment |  |  |
| Peers |  |  |
| Culture |  |  |
| Media |  |  |
| Technology |  |  |

1. What are the three sides of the health triangle? For each side list three things someone could do to improve that aspect of health.

A.

B.

C.

1. What are risk factors? Name four that are controllable and four that are non-controllable.
2. Name 3 Health Disparities that are typical in our country.
3. What is the difference between health and wellness?
4. What does it mean to be health literate? Why is this important?
5. Give three lifestyle factors and tell me how they could contribute to poor health.