

# **focus on** **health**

SEVENTH EDITION



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DALE B. HAHN  
WAYNE A. PAYNE  
ELLEN B. MAUER



# focus on health

Seventh Edition

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**Ellen B. Mauer, Ph.D.**

*All of Ball State University  
Muncie, Indiana*



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#### FOCUS ON HEALTH

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# preface

As a health educator, you already know that personal health is one of the most exciting courses a college student will take. Today's media-oriented college students are aware of the critical health issues of the new millennium. They hear about environmental issues, substance abuse, sexually transmitted diseases, fitness, and nutrition virtually every day. The value of the personal health course is its potential to expand students' knowledge of these and other health topics. Students will then be able to examine their attitudes toward health issues and modify their behavior to improve their health and perhaps even prevent or delay the onset of certain health conditions.

*Focus on Health* accomplishes this task with a carefully composed, well-documented text that addresses the health issues most important to both instructors and students. As health educators, we understand the teaching issues you face daily in the classroom and have written this text with your concerns in mind.

We are pleased that this seventh edition of *Focus on Health* has been infused with an exciting new perspective through the major contributions of a third author. Ellen B. Mauer, Ph.D., serves as the Associate Director of the Ball State University Counseling Center. Each academic year she connects with thousands of Ball State students through classroom presentations on her specialty areas of emotional health, stress management, eating disorders, and positive body image. As a licensed psychologist, Dr. Mauer regularly counsels students and also maintains a private clinical practice. For this seventh edition, Dr. Mauer wrote significant revisions for Chapters 2 (Achieving Psychological Health), 3 (Managing Stress), 5 (Understanding Nutrition and Your Diet), and 6 (Maintaining a Healthy Weight). Because of her additions to Chapter 2, we felt it was no longer necessary to include an appendix on mental health, so that element has been taken out of this edition. We are proud to have Dr. Mauer join our team.

## Hallmarks of the Text

Several unique themes and features set *Focus on Health* apart from other personal health texts. These successful features continue to define *Focus on Health* in its seventh edition.

## A Text for All Students

This book is written for college students in a wide variety of settings, from community colleges to large four-year universities. The content is carefully constructed to be meaningful to both traditional- and nontraditional-age students. We have paid special attention to the increasing numbers of nontraditional-age students (those over age 25) who have decided to pursue a college education. The topics covered in the text often address the particular needs of these nontraditional-age students. *Focus on Health* continues to encourage students of all ages and backgrounds to achieve their goals.

## Two Central Themes

Two central themes—the multiple dimensions of health and the developmental tasks—are presented in Chapter 1. Together, these two themes offer students a foundation for understanding their own health and achieving positive behavior change. A helpful illustration (Figure 1-2 on page 13) depicts the role of multidimensional health in the completion of developmental tasks.

## Flexible Organization

The seventh edition of *Focus on Health* has seventeen chapters. The first stands alone as an introductory chapter that explains the focus of the book. The arrangement of the remaining chapters follows the recommendations of both the users of previous editions of the book and reviewers for this edition. Of course, professors can choose to cover the chapters in any sequence that suits the needs of their courses.

## Wellness and Disease Prevention

Throughout this new edition, students are continually urged to be proactive in shaping their future health. Even the chapter titles invite students to take control of their own health behavior.



## Integrated Presentation of Aging

Topics of interest to midlife and older adults are integrated into appropriate chapters according to subject. This organization allows both traditional-age and nontraditional-age students to learn about the physical and emotional changes that take place as we age. Similarly, issues related to death and dying—from considering organ donation to preparing a living will—have been incorporated into relevant chapters.

## Timely Coverage of Cancer and Chronic Conditions

Rapid developments in cancer prevention, diagnosis, and treatment warrant a comprehensive chapter on cancer, in which we present the latest research and information. The chapter also includes information on some of the most common chronic conditions.

## Technology: The Key to Teaching and Learning

Just a quick glance through the pages of *Focus on Health* shows that technology is woven throughout every chapter, both in the content and in the chapter pedagogy. Similarly, the package of supplements that accompanies the text emphasizes technology while acknowledging that printed materials also have merit. Together, the text and its supplements offer the ideal approach to teaching and learning—one that integrates the best tools that technology has to offer, challenging both instructors and students to reach higher.

## Updated Coverage

As experienced health educators and authors, we know how important it is to provide students with the most current information available. The seventh edition of *Focus on Health* has been thoroughly updated with the latest information, statistics, and findings. Throughout each chapter, we have incorporated new examples and discussions, from information on newly available prescription drugs and medications (Chapters 2, 3, 11, and 15), to the latest information on dieting and supplements (Chapters 5, 6, and 15), to recent findings on air quality and health (Chapter 17).

Another exciting change in this edition of *Focus on Health* is the addition of a new Chapter 17, The Environment and Your Health. Prepared by David LeBlanc, Ph.D., Professor of Biology at Ball State University, this chapter

presents pertinent information on a variety of environmental factors—ranging from naturally occurring hazards like radon and ultraviolet radiation to human-made problems like water and air pollution—that can adversely affect personal health. Even more importantly, the chapter includes practical advice for protecting oneself from harmful environmental factors and proactive measures for working toward environmental change.

In addition to these topics, we have once again included chapter-ending “As We Go To Press” boxes in relevant chapters. These unique boxes allow us to comment on breaking news right up to press time, ensuring that the most current issues in health are addressed. For example, we discuss changes to fast food menus in response to consumer and government concerns over obesity in Chapter 5, and the controversy over gay marriages in Chapter 13.

## New or Expanded Topics

Following is a sampling of topics that are either completely new to this edition or are covered in greater depth than in the previous edition:

### Chapter 1: Shaping Your Health

- Chapter introduction revised to more clearly emphasize the costs of failing health
- Prochaska’s six stages of change
- Keys to living longer
- Episodic health care

### Chapter 2: Achieving Psychological Health

- The Internet and psychological health
- Taking positive steps toward psychological health
- Nonverbal communication
- Self-esteem, self-concept, emotional intelligence, and personality
- Laughter and enhancing psychological health
- Managing conflict
- Learned helplessness and learned optimism
- Treatments and drug therapies for specific disorders
- Mood disorders
- Anxiety disorders

### Chapter 3: Managing Stress

- Stress management techniques
- Technology and stress
- Three stages of stress
- Costs and benefits of stress

- Yerkes-Dodson law
- Student stress
- Perfectionism
- Type A and Type B personalities
- Stress in the aftermath of 9/11

## Chapter 4: Becoming Physically Fit

- New definitions for exercise, physical activity, and physical fitness
- Health-related physical fitness
- Performance-related physical fitness
- High-intensity aerobic activity
- Benefits of physical activity/aerobic fitness in reducing some health risks
- Muscular fitness and muscular endurance
- Isotonic resistance exercise
- Developing a cardiorespiratory fitness program
- Calculating your target heart rate
- Stretching and flexibility
- Childhood obesity

## Chapter 5: Understanding Nutrition and Your Diet

- Artificial sweeteners
- Religious food restrictions
- The importance of fats in satisfying appetite
- Trans fats
- Benefits of fiber
- New figures on current USDA food guidelines vs. the average American diet
- Healthy eating pyramid
- Fast food restaurant choices
- Probiotic products
- Food allergies and food intolerance
- Food safety
- Vegetarianism

## Chapter 6: Maintaining a Healthy Weight

- Food and emotions
- The weight loss industry
- Obesity and underweight
- Body dysmorphic disorder
- Lifestyle change for weight management
- Supplements and appetite suppressants, including Phenylpropanolamine (PPA), and dietary supplements, including Ephedrine, Aristolochia Fangchi, Meridia, Orlistat
- Gastric band surgery
- Eating disorders

## Chapter 7: Making Decisions About Drug Use

- Gamma-hydroxybutyrate (GHB), also known as liquid ecstasy or Georgia Home Boy
- Ephedra
- Crystal meth
- Ritalin abuse
- Date rape depressants
- Long- and short-term effects of marijuana
- Oxycontin

## Chapter 8: Taking Control of Alcohol Use

- Moderate drinking
- Low-carbohydrate beer
- Effects of alcohol by number of drinks
- Hangovers

## Chapter 9: Rejecting Tobacco Use

- Tobacco settlement results
- Chippers and part-time smokers
- Genetic influences on nicotine addiction
- Toxic and carcinogenic components of cigarette smoke
- New tobacco/nicotine products: “safe” cigarettes and nontobacco sources of nicotine (nico water, patches, etc.)
- Smoking cessation programs and aids

## Chapter 10: Reducing Your Risk of Cardiovascular Disease

- New statistics on hypertension, smoking, diabetes, and overweight/obesity as risk factors for heart disease
- New information on link between estrogen replacement therapy and heart attacks and strokes
- C-reactive protein
- Cholesterol screening and treatments for high cholesterol
- New information on defibrillators and CPR
- Echocardiography
- Diagnostic techniques such as positron emission tomography (PET), electron beam computed tomography (EBCT), and magnetic resonance imaging (MRI)
- Hypertension and pre-hypertension

## Chapter 11: Living with Cancer and Chronic Conditions

- Survivability
- Staging cancer and naming conventions for cancers
- Risk factors and treatments



- Hormone replacement therapy and cancer
- Genetic links to cancer
- Tamoxifen
- Thinprep pap test
- Uterine cancer among African American women
- Prostate cancer and overtreatment
- Alternative screening tests for colorectal cancer
- Progress in the “War On Cancer”
- Multiple sclerosis
- Diabetes and obesity
- Reactive and functional hypoglycemia

## Chapter 12: Preventing Infectious Diseases

- SARS
- Stem cell research and treatments
- Childhood and adult immunizations
- Pneumococcal infections and vaccine
- Influenza and flu shots
- Passive vs. active immunity
- Hepatitis B infections and immunizations
- New AIDS medications, information on AIDS vaccines
- T cells and B cells
- West Nile virus and Lyme disease
- Sexually transmitted diseases (STDs)

## Chapter 13: Understanding Sexuality

- Effects of aging on the male reproductive system
- Female genital mutilation
- Endometriosis
- New Star box on alternatives to hormone replacement therapy
- Link between cancer and hormone replacement therapy discussed
- Roots/causes of hetero/homosexuality
- Gay and lesbian partnerships and the battle over gay marriage
- The challenges bisexuals face
- The mainstreaming of gay culture
- 2003 U.S. Supreme Court ruling striking down Texas sodomy laws
- Cohabitation arrangements vs. marriage

## Chapter 14: Managing Your Fertility

- Updated coverage of several forms of birth control, including the contraceptive ring and contraceptive patch, vaginal spermicides, cervical cap, triphasic pills, and IUDs
- Emergency contraception

- Update on abortion laws
- Human cloning
- Intracytoplasmic sperm injection

## Chapter 15: Becoming an Informed Health Care Consumer

- Health interests of American youth
- Communicating with physicians
- Primary health care providers
- Acupuncture
- Reflexology
- Herbal supplements and recent FDA efforts to tighten control over their sale and use
- Nursing shortage
- Self-care and when to see a physician
- Medicare and Medicaid
- Prescription drug issues, including prescription vs. over-the-counter drugs, purchasing medications from Canada, costs of research and development, and insurance
- Advance medical directives and living wills
- Organ donation
- Prepaying a funeral

## Chapter 16: Protecting Your Safety

- The aftermath of 9/11 terror attacks and subsequent War on Terror
- Domestic/child abuse
- Gun violence
- Guns on campus
- Identity theft
- Watch dogs
- Recreational safety
- Firearm safety
- Motor vehicle safety

## Chapter 17: The Environment and Your Health

Topics in this new chapter include:

- Indoor air quality
- Drinking water
- Noise
- Radio frequency radiation
- Air pollution
- Water pollution
- Land pollution
- Loss of green space
- Radiation
- Human population explosion
- Global climate change

- Stratospheric ozone depletion
- Loss of natural habitats and species extinction
- Ecoterrorism
- The high-tech revolution and e-waste

## Student-Friendly Chapter Pedagogy

Each chapter of *Focus on Health* is rich with pedagogical features that offer a variety of ways to address new and emerging health issues and to pique student interest in particular topics.

### Chapter Objectives

Each chapter begins with a set of clear objectives that help students distill the most important concepts in the pages that follow.

### Taking Charge of Your Health

Located at the end of each chapter, these bulleted lists invite students to put the knowledge and information they've gleaned from the chapter to work in their everyday lives. Cross-referencing the text with Internet links and real-world situations allows students to see how what they've learned can be applied in their own lives.

### Online Learning Center Resources

Online Learning Center boxes, found on the opening page of each chapter, direct students toward the useful resources available on the Online Learning Center that accompanies this text. These resources include chapter key terms and definitions, student interactive question-and-answer sites, and self-scoring chapter quizzes.

### Talking It Over (NEW)

This feature focuses on communication and health issues. It encourages students to begin each chapter by thinking about how they would discuss a specific health topic with their friends, their doctor, or their family. It also prompts them to think about controversial health issues from different viewpoints. Topics vary from how to communicate your sexual needs to your partner to the pros and cons of legalization of marijuana. CommunicationLinks suggest websites that students can explore to learn more about each topic.

### Eye on the Media

Face it—a student's world revolves around media of all types, especially the web. Students get most of their health

information not from instructors and textbooks, but from television, self-help books, popular news magazines, the web, and the radio. To meet students on this familiar ground, we've included Eye on the Media boxes (see the inside front cover for a list of these boxes), which take a critical look at these media sources of health information.

## Discovering Your Spirituality

Spirituality has become an important focus in health courses. Discovering Your Spirituality boxes (see the inside front cover for a list of these boxes) highlight the spiritual dimension of health and its effect on overall wellness. The boxes cover topics such as body image, living well with cancer or a chronic infectious disease, making decisions about sex, and having an enjoyable social life without abusing alcohol or other drugs.

## Talking Points

Interspersed throughout each chapter, Talking Points offer students opportunities to explore how they might start a dialogue about specific health-related issues and situations.

## Changing for the Better

These unique question-and-answer boxes show students how to put health concepts into practice. Each box begins with a real-life question, followed by helpful tips and practical advice for initiating behavior change and staying motivated to follow a healthy lifestyle.

## Health on the Web Behavior Change Activities

Today's computer-savvy students can find reliable health information at their fingertips when they search the world wide web. New activities direct students to important health websites related to the material in each chapter. For each activity, students explore a website and then complete a quiz or self-assessment offered at the site. These activities help students think critically about valuable health information.

## HealthQuest Activities

Many chapters contain an activities box to complement the HealthQuest CD-ROM that accompanies the text. These activities allow students to assess their health behavior in each of nine different areas. HealthQuest's exciting graphics and interactive approach will encourage



students to learn about topics such as condom use, cancer prevention, and healthy eating behavior as they complete the activities.

### Learning from Our Diversity

These boxes expose students to alternative viewpoints and highlight what we can learn from the differences that make us unique. Topics include the Mediterranean Food Pyramid, the male contraceptive pill, and special issues related to infectious disease among older adults.

### Focus On . . . Articles

The Focus On articles examine current issues that students are hearing about in today's news, such as genetically modified food, drinking and violence, extreme sports, and job-related illness. These often controversial health-related topics are a perfect starting point for class or group discussions. Because these essays are placed at the end of each chapter, they can be covered or not at the instructor's option.

### InfoLinks

InfoLinks boxes placed at the end of many of the Changing for the Better boxes and Focus On . . . articles give students a starting point for exploring health information on the Internet. Log onto the MADD website to learn how to host a party responsibly. Get tips on the most healthful menu choices at ethnic restaurants. Check out helpful advice for preparing for exams and coping with test anxiety. InfoLinks will get students plugged in to the possibilities for learning about health online.

### Star Boxes

In each chapter, special material in Star boxes encourages students to delve into a particular topic or closely examine an important health issue.

### Personal Assessments

Each chapter contains at least one Personal Assessment inventory. These self-assessment exercises serve three important functions: to capture students' attention, to serve as a basis for introspection and behavior change, and to provide suggestions for carrying the applications further.

### Definition Boxes

Key terms are set in boldface type and defined in corresponding boxes. Pronunciation guides are provided

where appropriate. Other important terms in the text are set in italics for emphasis. Both approaches facilitate student vocabulary comprehension.

### Chapter Summaries

Each chapter concludes with a bulleted summary of key concepts and their significance or application. The student can then return to any topic in the chapter for clarification or study.

### Review Questions

A set of questions appears at the end of each chapter to aid the student in review and analysis of chapter content.

### Comprehensive Health Assessment

The Comprehensive Health Assessment at the beginning of the book allows students to take a close look at their current state of health, typical health behavior, and risk factors. Using this assessment, students can pinpoint trouble spots in their own health behavior and find out what they can do to reduce their risk of disease or other health conditions. At the end of the semester, they can take a look at their previous answers to see how their behavior changed as they learned more about health and wellness issues.

### Health Reference Guide

The updated Health Reference Guide at the back of the book lists many commonly used health resources. Internet addresses, phone numbers, and mailing addresses of various organizations and government agencies are provided as available. The guide is perforated and laminated, making it durable enough for students to keep for later use.

### Vegetarian Food Pyramid

Many students now follow or are considering a vegetarian diet. To help them understand how such a diet meets nutrient needs, we have printed a vegetarian food pyramid along with the USDA Food Guide Pyramid in Chapter 5.

### Comprehensive Glossary

At the end of the text, all terms defined in boxes, as well as pertinent italicized terms, are merged into a comprehensive glossary.



## Supplements

An extensive supplements package is available to qualified adopters to enhance the teaching-learning process. We have made a concerted effort to produce supplements of extraordinary utility and quality. This package has been carefully planned and developed to help instructors derive the greatest benefit from the text. We encourage instructors to examine them carefully. Many of the products can be packaged with the text at a discounted price. Beyond the following brief descriptions, additional information about these supplements is available from your McGraw-Hill sales representative.

### Integrated Instructor's Resource CD

Organized by chapter, the Instructor's Resource CD includes resources to help you teach your course. The CD will work in both Windows and Macintosh environments and includes the following elements:

- **Course Integrator Guide** This guide includes all the useful features of an instructor's manual, such as learning objectives, suggested lecture outlines, suggested activities, media resources, and web links. It also integrates the text with all the related resources McGraw-Hill offers, such as the Online Learning Center, the HealthQuest CD-ROM, and the Health and Human Performance Discipline Page. The guide also includes references to relevant print and broadcast media.
- **Test Bank** This file includes more than 1,000 questions, including multiple-choice, true/false, and short essay. It has been rewritten to enhance clarity, and it now includes critical thinking questions and more applications questions.
- **Computerized Test Bank** McGraw-Hill's Computerized Testing is the most flexible and easy-to-use electronic testing program available in higher education. The program allows instructors to create tests from book-specific test banks and to add their own questions. It accommodates a wide range of question types, and multiple versions of the test can be created. The program is available for Windows, Macintosh, and Linux environments.
- **PowerPoint** A complete set of PowerPoint lecture slides for the course is included on the Instructor's Resource CD, as well as on the instructor's portion of the Online Learning Center. This presentation, ready to use in class, was prepared by a professional in the field of health and fitness. It corresponds to the content in each chapter of *Focus on Health*, making it easier for you to teach and ensuring that your students can fol-

low your lectures point by point. You can modify the presentation as much as you like to meet the needs of your course.

### Online Learning Center

The Online Learning Center to accompany this text offers a number of additional resources for both students and instructors. Many study tools are open to all students. Premium content such as assessments and PowerWeb require student registration using the passcode that comes free with new books. Visit this website to find useful materials such as the following:

For the instructor:

- Downloadable PowerPoint presentations
- Course Integrator Guide

For the student:

- Self-scoring chapter quizzes and online study guides
- Flash cards and crossword puzzles for learning key terms and their definitions
- Learning objectives
- Interactive activities
- Web links for study and exploration of topics in the text
- Online labs
- Wellness worksheets
- PowerWeb
- Newsfeeds
- Internet guide

### HealthQuest CD-ROM, by Bob Gold and Nancy Atkinson

The HealthQuest CD-ROM helps students explore their wellness behavior using state-of-the-art interactive technology. Students can assess their current health status, determine their risks, and explore options for positive lifestyle change. Tailored feedback gives students a meaningful and individualized learning experience without using valuable classroom time. Modules include the Wellboard (a health self-assessment); Stress Management and Mental Health; Fitness; Nutrition and Weight Control; Communicable Diseases; Cardiovascular Health; Cancer; Tobacco, Alcohol, and Other Drugs. An online Instructor's Manual presents ideas for incorporating HealthQuest into your course.

### Fitness and Nutrition Log

This logbook helps students track their diet and exercise programs. It serves as a diary to help students monitor



their behaviors. It can be packaged with any McGraw-Hill textbook for a small additional fee.

## PowerWeb

[www.dushkin.com/online](http://www.dushkin.com/online)

The PowerWeb website is a reservoir of course-specific articles and current events. Students can visit PowerWeb to take a self-scoring quiz, complete an interactive exercise, click through an interactive glossary, or check the daily news. An expert in each discipline analyzes the day's news to show students how it relates to their field of study.

PowerWeb is part of the Online Learning Center. Students are also granted full access to Dushkin/McGraw-Hill's Student Site, where they can read study tips, conduct web research, learn about different career paths, and follow links on the web.

## Wellness Worksheets

This collection of activities and assessments helps students become more involved in their own wellness and better prepared to implement behavior change programs. It includes 120 assessments under the topics of General Wellness and Behavior Change; Stress Management; Psychological and Spiritual Wellness; Intimate Relationships and Communication; Sexuality; Addictive Behaviors and Drug Dependence; Nutrition; Physical Activity and Exercise; Weight Management; Chronic Diseases: Cardiovascular Disease and Cancer; Infectious Diseases; Aging, Dying and Death; Consumer Health; Personal Safety; and Environmental Health. They are available online in the premium content or may be packaged with the text at minimal cost.

## NutritionCalc Plus

<http://nutritioncalc.mhhe.com>

NutritionCalc Plus (ISBN 0-07-292084-X) is a dietary analysis program with an easy-to-use interface that allows users to track their nutrient and food group intakes, energy expenditures, and weight control goals. It generates a variety of reports and graphs for analysis, including comparisons with the Food Guide Pyramid and the latest Dietary Reference Intakes (DRIs). The database includes thousands of ethnic foods, supplements, fast foods, and convenience foods, and users can add their own foods to the food list. NutritionCalc Plus is available on CD-ROM or in an online version.

## Video Library

The McGraw-Hill Video Library contains many quality videotapes, including selected videos from the *Films for Humanities* series and all the videos from the award-winning *Healthy Living: Road to Wellness* series. Digitized video clips are also available (see Healthy Living Video Clips CD-ROM). The library also features *Students on Health*, a unique video filmed on college campuses across the country that includes eight brief segments, 8 to 10 minutes long, featuring students involved in discussion and role play on health issues. Finally, an additional video—*McGraw-Hill Health Video*—is available. This video features brief clips on a wide range of topics of interest in personal health courses. Contact your McGraw-Hill sales representative to discuss eligibility to receive videos.

## PageOut: The Course Website Development Center

[www.pageout.net](http://www.pageout.net)

PageOut, free to instructors who use a McGraw-Hill textbook, is an online program you can use to create your own course website. PageOut offers the following features:

- A course home page
- An instructor home page
- A syllabus (interactive and customizable, including quizzing, instructor notes, and links to the text's Online Learning Center)
- Web links
- Discussions (multiple discussion areas per class)
- An online gradebook
- Links to student web pages

Contact your McGraw-Hill sales representative to obtain a password.

## Course Management Systems

[www.mhhe.com/solutions](http://www.mhhe.com/solutions)

Now instructors can combine their McGraw-Hill Online Learning Center with today's most popular course management systems. Our Instructor Advantage program offers customers access to a complete online teaching website called the Knowledge Gateway, prepaid, toll-free phone support, and unlimited e-mail support directly from WebCT and Blackboard. Instructors who use 500 or more copies of a McGraw-Hill textbook can enroll in our Instructor Advantage Plus program, which provides on-campus, hands-on training from a certified platform specialist. Consult your McGraw-Hill sales representative to learn what other course management systems are easily used with McGraw-Hill online materials.



## Classroom Performance System

Classroom Performance System (CPS) brings interactivity into the classroom/lecture hall. It is a wireless response system that gives instructors and students immediate feedback from the entire class. The wireless response pads are essentially remotes that are easy to use and that engage students. CPS is available for both IBM and Mac computers.

## The Wellness Workbook from Quia

The Wellness Workbook, developed in collaboration with Quia™, offers an electronic version of assessments and quizzes compiled from the text and its main supplements. This new online supplement offers students such benefits as interactive assessments, self-scoring quizzes, and instant feedback. Instructors benefit from a grade book that automatically scores, tracks, and records students' results and provides the opportunity to review individual and class performance. Instructors also have the ability to customize activities and features for their course by using Quia's™ activity templates. To find out more about this new online supplement and how you can package it with your textbook, contact your McGraw-Hill sales representative.

## Primis Online

[www.mhhe.com/primis/online](http://www.mhhe.com/primis/online)

Primis Online is a database-driven publishing system that allows instructors to create content-rich textbooks, lab manuals, or readers for their courses directly from the Primis website. The customized text can be delivered in print or electronic (eBook) form. A Primis eBook is a digital version of the customized text (sold directly to students as a file downloadable to their computer or accessed online by a password). *Focus on Health*, seventh edition, is included in the database.

## You Can Make a Difference: Be Environmentally Responsible, Second Edition, by Judith Getis

This handy text is organized around the three parts of the biosphere: land, water, and air. Each section contains descriptions of the environmental problems associated with that part of the biosphere. Immediately following the problems, or challenges, are suggested ways in which individuals and communities can help solve or alleviate them.

## Annual Editions

*Annual Editions* is an ever-enlarging series of more than seventy volumes, each designed to provide convenient, low-cost access to a wide range of current, carefully selected articles from some of the most important magazines, news-

papers, and journals published today. The articles, drawn from more than 400 periodical sources, are written by prominent scholars, researchers, and commentators. All *Annual Editions* have common organizational features, such as annotated tables of contents, topic guides, unit overviews, and indexes. In addition, a list of annotated websites is included. An Instructor's Resource Guide with testing suggestions for each volume is available to qualified instructors.

## Taking Sides

[www.dushkin.com/takingsides](http://www.dushkin.com/takingsides)

McGraw-Hill/Dushkin's *Taking Sides* series currently consists of twenty-two volumes, with an instructor's guide with testing material available for each volume. The *Taking Sides* approach brings together the arguments of leading social and behavioral scientists, educators, and contemporary commentators, forming eighteen to twenty debates, or issues, that present the pros and cons of current controversies in an area of study. An Issue Introduction that precedes the two opposing viewpoints gives students the proper context and historical background for each debate. After reading the debate, students are given other viewpoints to consider in the Issue Postscript, which also offers recommendations for further reading. *Taking Sides* fosters critical thinking in students and encourages them to develop a concern for serious social dialogue.

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### For the Seventh Edition

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**Dale B. Hahn**  
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**Ellen B. Mauer**



# a visual guide to focus on health

Whether you're trying to get in shape, looking for sound health advice, trying to interpret the health information you see in the media, or just working toward a good grade, *Focus on Health* is designed to help you succeed. Here's a brief guide to some of the useful and eye-opening features you'll find inside.

## Chapter Objectives

Each chapter opens with a set of clear learning goals; check them out before you begin reading the chapter, and use them for review once you've completed it.

## Online Learning Center Resources

A wealth of study aids and other resources to help you prepare for exams and improve your grade are available at [www.mhhe.com/hahn7e](http://www.mhhe.com/hahn7e).

## Talking It Over

How would you approach a doctor, family member, friend, or partner about a specific health problem? Where do you stand on today's controversial health issues? Are you honest with yourself about your own health? Use these boxes to role play and sharpen your communication skills.

## Eye on the Media

Curious about all those ads you see for various drugs? Wondering about the reliability of the health information you find on the Internet? This feature investigates the way that written, broadcast, and electronic media shape our perceptions about health, health care, and wellness.

## Health on the Web Behavior Change Activities

Surfing the web can be good for your health! These activities guide you to interactive self-assessments on the web. How much stress are you under? What form of contraception is best for you? Log on and find out!

## HealthQuest Activities

You received a free HealthQuest CD-ROM with your new copy of *Focus on Health*. This feature provides activities to help you explore HealthQuest and assess your health behavior in areas like cancer prevention, fitness, and nutrition.

## chapter seventeen

### the environment and your health

**Chapter Objectives**

After reading this chapter, you should be able to:

- identify several environmental factors that can impact your personal health in either positive or adverse ways.
- explain how your personal health is influenced by different environmental factors on several scales, including personal environment, the community and regional environment, and the global environment.
- describe specific actions that you can take to minimize health risks associated with your personal environment—your home, your automobile, your workplace.
- describe the distinction between a "point source" versus a "nonpoint source" of community/regional air or water pollution.
- detail several specific actions that you can take to minimize environmental health risks at the community and regional level.
- describe several global environmental health issues, and offer several actions that you might take to foster change.

**Online Learning Center Resources**

[www.mhhe.com/hahn7e](http://www.mhhe.com/hahn7e)

Log on to our Online Learning Center (OLC) for access to these additional resources:

- Chapter key terms and definitions
- Learning objectives
- Student interactive question-and-answer sites
- Self-scoring chapter quiz
- Online assessments
- Key term flash cards

**Talking It Over**

**Talking—and Acting—Like an Environmentalist**

One of your classmates claims to be an avid environmentalist who loves hiking, camping, and other outdoor activities. He is involved with several organizations that lobby the government for environmental reform. So, when you see him drive a large, gas-guzzling SUV up to the recycling center, where he deposits neatly sorted paper, bottles, and cans for recycling, does this image strike you as contradictory? Do you think he recycles to ease a guilty conscience about driving an SUV? Would it matter more if you were standing in

the middle of New York City (far from any dirt roads), or in Salt Lake City (surrounded by vast wildlands)? If his love of the great outdoors requires a larger vehicle (to haul camping gear, kayak, etc.), might he have made a more environmentally sound choice?

**CommunicationLinks:**  
[www.thedetroitproject.com](http://www.thedetroitproject.com)  
<http://www.ecocenter.org/auto.shtml>

**Eye on the Media**

**Does Eco-Terrorism Really Work to Protect Our Environment?**

On August 23, 2003, several automobile dealerships were attacked by arsonists who left graffiti claiming that they destroyed or damaged gas-guzzling SUVs to protect the environment. The unknown perpetrators claimed to be acting in accordance with the Earth Liberation Front, or ELF. According to their internet website, ELF is an international "underground organization."

over \$100 million in damages to entities who profit from the destruction of life and the planet.

Many people are angered by the degradation of our shared natural environment, but is direct action/eco-terrorism justified in a democratic society?

**Health on the Web**

**Behavior Change Activities**

**Following a Healthy Lifestyle**

Students who take a personal health course usually want to improve their health behavior. *Prevention* magazine offers an excellent general health website that addresses subjects such as health, weight loss and fitness, food, and community. The content varies, but it's always useful and worthwhile. Click on [www.healthylifeideas.com](http://www.healthylifeideas.com), and choose a path that interests you.

**Exploring Lifestyle Links**

If you're seeking information on a multitude of lifestyle choices, this is the site for you. Topics include fitness, weight, exercise, food, nutrition, and material arts, and more. Click on [www.healthylifeideas.com](http://www.healthylifeideas.com).

**HealthQuest Activities**

- Use the Wellboard to report your life score (number of years out of 114) and the score percentages for each of the eight health areas.
- Fill out the Wellboard using data from a fictional college student. On the first assessment screen, change the demographics to show how gender, ethnicity, age, marital status, and community affect average life expectancy.



## Changing for the Better

### Eating on the Run

I am always in a hurry and don't have time to cook, and so a lot of my meals end up being fast food. Are there better choices I can make when eating on the run?

The typical American eats about three hamburgers and four orders of French fries each week so you aren't alone. With over 300,000 fast-food restaurants in the United States, fast food is definitely part of the American lifestyle. Here are some things to consider when eating at fast food restaurants:

- Don't supersize! Go for the "small" or "regular" size.
- Don't wait until you are starving because that leads to overeating and supersizing!

Decide what you want to eat ahead of time and don't be tempted by the "supersize" options.

- Order grilled instead of fried chicken or fish.
- Look for the "light" choices.
- Limit your condiments. Mustard, catsup, salsa, or low-fat or fat-free condiments and dressing are preferable to regular mayonnaise or high-fat dressings.
- For breakfast, choose cereal and milk or pancakes rather than a breakfast sandwich (which can have about 475 calories, 30 grams of fat, and 1,260 mg of sodium).
- Bring fast food from home! Buy portable foods at the grocery store to take with you that can be eaten quickly and easily such as portable yogurt, a banana or apple, low-fat granola bar, or breakfast bar.
- Order skim milk or water instead of soda.



## Changing for the Better

Learn to put health concepts into practice by following these useful tips. This feature provides practical advice for making positive changes and staying motivated to follow a healthy lifestyle.

## Discovering Your Spirituality

### Yoga: Creating Peaceful Time

In a typical college day that includes academic, social, and financial pressures, you can lose the sense of who you really are. Do you ever find yourself wondering why you're making certain choices and what's really important to you? Meditative practices such as yoga offer you the chance to slow down and recapture a sense of yourself.

The word yoga comes from a Sanskrit root meaning "union" or "joining," referring to the integration of body, mind, and spirit. Yoga has evolved from ancient beginnings in the Himalayan mountains of India. Accounts of its origin differ, and some suggest that it reaches back 6,000 years. Yoga is practiced by people of all social, economic, and religious backgrounds. Many past yoga masters have practiced yoga in their homes, but this practice is now more common in yoga studios and community centers.

Each exercise, called an asana or asanas, has specific effects. The "diamond pose," for example, limbers the lower back, hips, and groin muscles. Specialized workouts—to address pregnancy, sports, weight-loss programs, and other needs—can be created by including carefully selected exercises.

Yoga requires no special equipment and can be practiced in a small space such as a bedroom. Instructors in the United States have worked to make yoga accessible to the American lifestyle by developing special routines that can be pursued during travel, business, or the academic year. Classes are frequently offered at colleges and universities, and many campuses offer yoga as a part of their wellness programs.



## Discovering Your Spirituality

A healthy body and a healthy mind go hand in hand. This feature will help you tap into your spiritual side to improve your self-esteem, foster good relationships with others, and jump-start your physical health.

## Talking Points

Throughout each chapter, you'll find these tips for starting a dialogue about sensitive health topics.



**TALKING POINTS** How would you show support for a friend who is struggling with the dietary requirements of diabetes?



## Learning from Our Diversity

### Understanding Kosher Laws

Food has been part of many religious practices and customs for centuries. Some foods have symbolic meanings related to major life experiences, and ceremonies and religious rites involving food are associated with certain events. Understanding the dietary restrictions of your friends, classmates, and colleagues can help you to be more sensitive to their needs when dining out, or when you entertain at home.

While many religions have specific dietary restrictions, perhaps the most familiar are those that govern the diets of many Jews. Foods selected and prepared according to the "Rules of Kashruth" are referred to as kosher, meaning "fit or proper." These laws dictate that no pork or shellfish shall be consumed, and all other types of meat must be ritually slaughtered. Animals that are eaten must be ritually slaughtered, and their blood must be removed. Animals that are not kosher are not eaten.

For many Jews, following a kosher diet is a not merely a matter of following tradition or of being aware of what they eat. The laws governing the kosher diet are an important part of Jewish law, spelled out in the Torah. Many of these laws are in essence guidelines for safe and sanitary food, indeed, the laws governing the butchering of animals are so humane and sanitary that the federal government exempts kosher butchers and slaughterhouses from many USDA regulations.<sup>1</sup> For this reason, many non-Jews choose to eat only kosher meat, noting that it is not only very safe to eat, but also tastes better.<sup>2</sup> In the wake of the first reported cases of Mad Cow Disease in the United States at the end of 2003, many more consumers began to seek kosher beef, noting that the kosher law prohibits the slaughter of cows that cannot walk, and does not allow animals to be killed by gunshot or by shooting in the head.<sup>3</sup>

## Learning from Our Diversity

These unique boxes invite you to explore the rich diversity of your own campus, and to gain perspective on the way such characteristics as age, racial/ethnic background, physical abilities, and sexual orientation can shape individuals' lives and well-being.

## personal assessment



### how stressed are you?

A widely used life stress scale called the Social Readjustment Rating Scale by Holmes and Rahe has been used to determine the degree of stress that you are experiencing due to life events over the past year. It also projects your chances of developing an illness—or stress-related health condition. Stress can lead to some serious health problems, and the more stress you have in your life, the more vulnerable you are to being susceptible to illness. Let's see how you score.

Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Begin or end school	26	_____
Partner begins/stops working	26	_____
Change in living conditions	25	_____
Change in personal habits	24	_____
Trouble with supervisor	23	_____
Change in work hours	20	_____

## Personal Assessment

Do you eat too much fat? What's the best method of birth control for you if you are sexually active? Are you a perfectionist? Each chapter in *Focus on Health* includes an assessment to help you learn the answers to these and many other questions.

## focus on

## the changing picture of infectious disease

Just a generation ago, many scientists believed we were wiping out infectious disease. Armed with improved sanitation, better hygiene practices, antibiotics, and pesticides, humankind had malaria, cholera, and tuberculosis (TB) on the run and smallpox and polio well on the way to extinction.

(SIV), but don't become sick. Of course, HIV/AIDS is a dangerous virus, but Ebola is more infective and runs a shorter disease course. As one author put it, "Ebola does in ten days what it takes AIDS ten years to accomplish."<sup>1</sup> This is terrible for the nine out of ten people infected with Ebola who die of disease.

the rodent population exploded in the Four Corners area of New Mexico, Arizona, Colorado, and Utah. The rodent population spread hantavirus to sixteen states. This virus killed half of the ninety-four people it infected.<sup>2</sup> More recently, the first case of hantavirus transmission between humans in Argentina was reported.

## Focus On...

Every day you hear the buzz about hot health topics ranging from extreme sports to emerging diseases. Read these articles and decide where you stand on these controversial issues.



# Comprehensive health assessment

## Social and Occupational Health

	Not true/ rarely	Somewhat true/ sometimes	Mostly true/ usually	Very true/ always
1. I feel loved and supported by my family.	1	2	3	4
2. I establish friendships with ease and enjoyment.	1	2	3	4
3. I establish friendships with people of both genders and all ages.	1	2	3	4
4. I sustain relationships by communicating with and caring about my family and friends.	1	2	3	4
5. I feel comfortable and confident when meeting people for the first time.	1	2	3	4
6. I practice social skills to facilitate the process of forming new relationships.	1	2	3	4
7. I seek opportunities to meet and interact with new people.	1	2	3	4
8. I talk with, rather than at, people.	1	2	3	4
9. I am open to developing or sustaining intimate relationships.	1	2	3	4
10. I appreciate the importance of parenting the next generation and am committed to supporting it in ways that reflect my own resources.	1	2	3	4
11. I recognize the strengths and weaknesses of my parents' childrearing skills and feel comfortable modifying them if I choose to become a parent.	1	2	3	4
12. I attempt to be tolerant of others whether or not I approve of their behavior or beliefs.	1	2	3	4
13. I understand and appreciate the contribution that cultural diversity makes to the quality of living.	1	2	3	4
14. I understand and appreciate the difference between being educated and being trained.	1	2	3	4
15. My work gives me a sense of self-sufficiency and an opportunity to contribute.	1	2	3	4
16. I have equal respect for the roles of leader and subordinate within the workplace.	1	2	3	4
17. I have chosen an occupation that suits my interests and temperament.	1	2	3	4
18. I have chosen an occupation that does not compromise my physical or psychological health.	1	2	3	4
19. I get along well with my coworkers most of the time.	1	2	3	4
20. When I have a disagreement with a coworker, I try to resolve it directly and constructively.	1	2	3	4

Points \_\_\_\_\_

## Spiritual and Psychological Health

	Not true/ rarely	Somewhat true/ sometimes	Mostly true/ usually	Very true/ always
1. I have a deeply held belief system or personal theology.	1	2	3	4
2. I recognize the contribution that membership in a community of faith can make to a person's overall quality of life.	1	2	3	4