

A·N·N·U·A·L E·D·I·T·I·O·N·S

Health

99/00



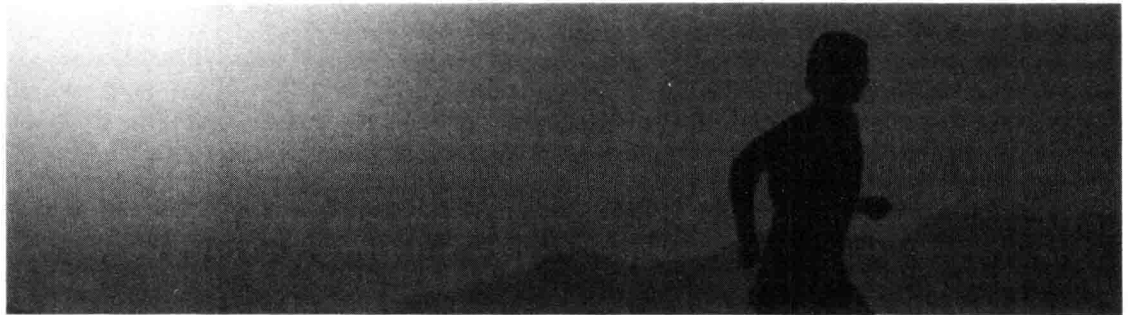
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Health

Twentieth Edition

99/00



EDITOR

Richard Yarian

Towson University

Richard Yarian is a health educator with extensive training in the area of biomedical health. He received a B.A. in biology from Ball State University. Before leaving Ball State University, he also received both an M.A. and an Ed.S. in the area of health education. He continued his academic training at the University of Maryland where he received a Ph.D. in biomedical health. Following completion of his doctoral program, he became an assistant professor at the University of Maryland and taught courses in the areas of personal health, stress management, drug abuse, medical physiology, and cardiovascular disease.

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Twentieth Edition

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Members of the Advisory Board are instrumental in the final selection of articles for each edition of ANNUAL EDITIONS. Their review of articles for content, level, currentness, and appropriateness provides critical direction to the editor and staff. We think that you will find their careful consideration well reflected in this volume.

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Richard Yarian
Towson University

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In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the public press in providing current, first-rate educational information in a broad spectrum of interest areas. Many of these articles are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully collected, organized, indexed, and reproduced in a low-cost format, which provides easy and permanent access when the material is needed. That is the role played by ANNUAL EDITIONS.

New to ANNUAL EDITIONS is the inclusion of related World Wide Web sites. These sites have been selected by our editorial staff to represent some of the best resources found on the World Wide Web today. Through our carefully developed topic guide, we have linked these Web resources to the articles covered in this ANNUAL EDITIONS reader. We think that you will find this volume useful, and we hope that you will take a moment to visit us on the Web at <http://www.dushkin.com> to tell us what you think.

America is in the midst of a health revolution that is changing the way millions of Americans view their health. Traditionally, most people delegated responsibility for their health to their physicians and hoped that medical science would be able to cure whatever ailed them. This approach to health care emphasized the role of medical technology and funneled billions of dollars into medical research. The net result of all this spending is the most technically advanced and expensive health care system in the world. Unfortunately, health care costs have risen so high that millions of Americans can no longer afford health care, and even among those who can, there is limited accessibility to many of the new technologies because the cost is prohibitive. Despite all the technological advances, the medical community has been unable to reverse the damage associated with society's unhealthy lifestyle. This fact, coupled with rapidly rising health care costs, has prompted millions of individuals to assume a more active role in safeguarding their own health. Evidence of this change in attitude can be seen in the growing interest in nutrition, physical fitness, dietary supplements, and stress management. If we as a nation are to capitalize on this new health consciousness, then we must devote more time and energy to educating Americans in the health sciences so that they will be better able to make informed choices about their health.

Health is such a complex and dynamic subject that it is practically impossible for anyone to stay abreast of all the current research findings. In the past most of us have relied on newspapers, magazines, and television for this information, but today with the widespread use of personal computers and the World Wide Web it is possible to access vast amounts of health information without ever leaving home. Unfortunately, quantity does not necessarily translate into quality and so our task as health educators is twofold: (1) To provide our students with the most current and accurate information currently available on major health issues of our time and (2) to teach our students the skills that will enable them to sort our fact from fiction and become informed consumers. *Annual Editions: Health 99/00* was designed to aid in this task. It presents a sampling of quality articles that represent current thinking on a variety of health issues, and it also serves as a tool for developing critical thinking skills.

The articles in this volume were carefully chosen on the basis of their quality and timeliness. Because this book is revised and updated annually, it contains information that is not currently available in any standard textbook. As such, it serves as a valuable resource for both teachers and students. In an attempt to stay current with the field of health education, this edition of *Annual Editions: Health* has been updated to reflect the most current thinking on a variety of contemporary health issues ranging from selecting effective sunscreens to "date rape." We hope that you find this edition of *Annual Editions: Health* to be a helpful learning tool filled with information presented in a user-friendly format. The content areas presented in this edition generally mirror those that are normally covered in introductory health courses. The 10 topic areas covered are: Health Behavior and Decision Making, Stress and Mental Health, Nutritional Health, Exercise and Weight Control, Drugs and Health, Human Sexuality, Current Killers, America's Health and the Health Care System, Consumer Health, and Contemporary Health Hazards. Because of the interdependence of the various elements that constitute health, the articles selected were written by naturalists, environmentalists, psychologists, economists, sociologists, nutritionists, consumer advocates, and traditional health practitioners. The diversity of these selections provides the reader with a variety of viewpoints regarding health and the complexity of the issues involved. This edition of *Annual Editions: Health* also recommends World Wide Web sites that can be used to further explore topics addressed in the articles. These sites are cross-referenced by number in the topic guide.

Annual Editions: Health 99/00 is one of the most useful and up-to-date publications currently available in the area of health. Please let us know what you think of it by filling out and returning the postage-paid *article rating form* on the last page of this book. Any anthology can be improved. This one will be—annually.



Richard Yarian
Editor

49. The Frog Solution, Josie Glausiusz, <i>Discover</i> , Novmeber 1998.	207
Scientists are constantly looking for new ways to inhibit emerging infectious diseases . Peptide antibiotics , the newest antibacterial troops, are found in frogs' skin, honeybees, snakes, pigs' and cows' blood cells, and even in fish, birds, and plants.	
50. Prevent Sexually Transmitted Diseases, Lauren Picker, <i>American Health</i> , October 1995.	211
While the term safe sex has primarily been used in discussions concerning AIDS , it is equally relevant for six other sexually transmitted diseases (STDs) spreading at a rate of 12 million new cases each year in the United States. Lauren Picker discusses the most common STDs and provides information on their incidence, symptoms, and medical complications.	
51. Irradiation: A Safe Measure for Safer Food, John Henkel, <i>FDA Consumer</i> , May/June 1998.	216
The FDA has added red meat irradiation to its long list of foods approved for the process. But not many of these foods can be found on supermarket shelves. Store owners and food producers alike are afraid that consumers will not buy the products, based on misgivings about radiation.	
52. Why Is Date Rape So Hard to Prove? Sheila Weller, <i>Health</i> , July/August 1992.	222
The National Victim Center estimates that one in every eight women in the United States has been raped, in most cases by someone she knew. Only about 16 percent are reported, and the majority of the cases are dropped by the prosecution prior to a trial. Sheila Weller examines the issue of acquaintance rape and discusses why it is so hard to make the charge of rape stick.	
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Topic Guide

This topic guide suggests how the selections and World Wide Web sites found in the next section of this book relate to topics of traditional concern to students and professionals involved with the study of health. It is useful for locating interrelated articles and Web sites for reading and research. The guide is arranged alphabetically according to topic.

The relevant Web sites, which are numbered and annotated on pages 4 and 5, are easily identified by the Web icon () under the topic articles. By linking the articles and the Web sites by topic, this ANNUAL EDITIONS reader becomes a powerful learning and research tool.

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Alcohol	24. Alcohol and Health 33. Heart Disease in Women 35. Strategies for Minimizing Cancer Risk ☉ 1, 4, 6, 18, 19, 20, 33		13. Are You Getting Enough Fat? 14. Bulking Up Fiber's Healthful Reputation 32. Heart Attackers 34. Beyond Cholesterol 41. How Health Savvy Are You? ☉ 4, 11, 12, 13, 14
Alternative Medicine	39. Choose Treatments You Believe In 40. Alternative Medicine 45. Nature's Pharmacy ☉ 30	Drugs/Drug Addiction	23. Postmodern Guide to Cold Relief 24. Alcohol and Health 25. War over Weed 26. Will You Pay for Your Past as a Smoker? 43. Switch to OTC 45. Nature's Pharmacy ☉ 4, 18, 19, 20
Cancer	2. Why Do Those #&*?@! "Experts" Keep Changing Their Minds? 5. Challenging America's Inverted Health Priorities 6. Critical Life Events 13. Are You Getting Enough Fat? 14. Bulking Up Fiber's Healthful Reputation 15. Vitamin Revolution 17. How Fit Are You? 24. Alcohol and Health 25. War over Weed 26. Will You Pay for Your Past as a Smoker? 31. Family History 35. Strategies for Minimizing Cancer Risk 41. How Health Savvy Are You? 45. Nature's Pharmacy 47. Quiz: Are You Ready for the Sun? 50. Prevent Sexually Transmitted Diseases ☉ 1, 2, 3, 5, 25, 29, 33	Environmental/Health Hazards	5. Challenging America's Inverted Health Priorities 35. Strategies for Minimizing Cancer Risk 47. Quiz: Are You Ready for the Sun? 48. Germ Crazy 49. Frog Solution 50. Prevent Sexually Transmitted Diseases 51. Irradiation ☉ 3, 33
Cardiovascular Disease	1. How Does Your Life Measure Up? 6. Critical Life Events 7. Talking Cure for Stress 8. Using Your Mind to Heal 9. Forgiveness 11. Tall Tales from the Table 14. Bulking Up Fiber's Healthful Reputation 15. Vitamin Revolution 16. How Fitness Savvy Are You? 17. How Fit Are You? 18. Rebel against a Sedentary Life 19. Skinny on Weight Loss 24. Alcohol and Health 26. Will You Pay for Your Past as a Smoker? 31. Family History 32. Heart Attackers 33. Heart Disease in Women 34. Beyond Cholesterol 41. How Health Savvy Are You? 45. Nature's Pharmacy ☉ 1, 2, 3, 5, 15, 16, 17, 26, 28, 29, 33	Exercise and Fitness	1. How Does Your Life Measure Up? 13. Are You Getting Enough Fat? 16. How Fitness Savvy Are You? 17. How Fit Are You? 18. Rebel against a Sedentary Life 19. Skinny on Weight Loss 33. Heart Disease in Women 34. Beyond Cholesterol 35. Strategies for Minimizing Cancer Risk 41. How Health Savvy Are You? ☉ 4, 15, 16, 17, 31
		Genetics	12. Bitter Truth 19. Skinny on Weight Loss 20. Pressure to Eat 31. Family History 34. Beyond Cholesterol 35. Strategies for Minimizing Cancer Risk ☉ 1, 2, 15
Dietary Fat, Fiber	1. How Does Your Life Measure Up? 11. Tall Tales from the Table	Health Behavior and Decision Making	1. How Does Your Life Measure Up? 2. Why Do Those #&*?@! "Experts" Keep Changing Their Minds? 3. Yet Another Study—Should You Pay Attention? 4. "Just Do It" Isn't Enough 5. Challenging America's Inverted Health Priorities 29. America Awash in STDs 30. Your Sexual Landscape 31. Family History

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Health Behavior and Decision Making (Continued)	35. Strategies for Minimizing Cancer Risk 39. Choose Treatments You Believe In 40. Alternative Medicine 42. Nutrition in the News 44. Doctor Is On 45. Nature's Pharmacy 46. FDA Guide to Dietary Supplements 47. Quiz: Are You Ready for the Sun? ☉ 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 21, 22, 24, 30, 31, 32		32. Heart Attackers 34. Beyond Cholesterol 35. Strategies for Minimizing Cancer Risk 41. How Health Savvy Are You? 42. Nutrition in the News ☉ 11, 12, 13, 14, 30, 31
Health Care Issues	37. Health Unlimited 38. Your Hospital Stay 39. Choose Treatments You Believe In 40. Alternative Medicine ☉ 4, 16, 28, 29, 30, 31, 33	Personality and Disease	6. Critical Life Events 7. Talking Cure for Stress ☉ 7, 8, 9, 10
Immunity	6. Critical Life Events 36. AIDS, after the "Cure" 45. Nature's Pharmacy 48. Germ Crazy 49. Frog Solution ☉ 1, 2, 4, 28, 29, 31	Sexual Behavior	28. Condoms: Barriers to Bad News 29. America Awash in STDs 30. Your Sexual Landscape 35. Strategies for Minimizing Cancer Risk 50. Prevent Sexually Transmitted Diseases 52. Why Is Date Rape So Hard to Prove? ☉ 21, 22, 23, 24
Infectious Illness	23. Postmodern Guide to Cold Relief 28. Condoms: Barriers to Bad News 29. America Awash in STDs 32. Heart Attackers 38. Your Hospital Stay 45. Nature's Pharmacy 48. Germ Crazy 49. Frog Solution 50. Prevent Sexually Transmitted Diseases 51. Irradiation ☉ 4, 21, 24, 26, 28, 29, 31, 33	Sexually Transmitted Diseases (STDs)/HIV/AIDS	6. Critical Life Events 27. Rethinking Birth Control 28. Condoms: Barriers to Bad News 29. America Awash in STDs 36. AIDS, after the "Cure" 50. Prevent Sexually Transmitted Diseases ☉ 21, 22, 23, 24, 27, 34
Medical Concerns and Ethics	25. War over Weed 36. AIDS, after the "Cure" 37. Health Unlimited 38. Your Hospital Stay 39. Choose Treatments You Believe In 40. Alternative Medicine 43. Switch to OTC 44. Doctor Is On 45. Nature's Pharmacy 48. Germ Crazy ☉ 1, 3, 5, 17, 28, 29, 33	Stress	1. How Does Your Life Measure Up? 6. Critical Life Events 7. Talking Cure for Stress 8. Using Your Mind to Heal 9. Forgiveness 33. Heart Disease in Women ☉ 7, 8, 9, 10, 24, 26
Mental Health and Depression	6. Critical Life Events 7. Talking Cure for Stress 8. Using Your Mind to Heal 9. Forgiveness 10. Bad Mood Rising 21. Does Food Control You? 45. Nature's Pharmacy ☉ 7, 8, 9, 10, 32	Tobacco and Health	1. How Does Your Life Measure Up? 2. Why Do Those #&*?@! "Experts" Keep Changing Their Minds? 5. Challenging America's Inverted Health Priorities 26. Will You Pay for Your Past as a Smoker? 33. Heart Disease in Women
Nutrition/ Vitamins	11. Tall Tales from the Table 12. Bitter Truth 13. Are You Getting Enough Fat? 14. Bulking Up Fiber's Healthful Reputation 15. Vitamin Revolution 19. Skinny on Weight Loss	Vitamins	15. Vitamin Revolution 32. Heart Attackers 35. Strategies for Minimizing Cancer Risk ☉ 11, 12, 13, 14, 17, 31
		Weight Control/ Obesity/Other Eating Disorders	11. Tall Tales from the Table 13. Are You Getting Enough Fat? 14. Bulking Up Fiber's Healthful Reputation 18. Rebel against a Sedentary Life 19. Skinny on Weight Loss 20. Pressure to Eat 21. Does Food Control You? 22. Binge-Eating 33. Heart Disease in Women ☉ 15, 16, 17, 24, 26

Annual Editions: Health

The following World Wide Web sites have been carefully researched and selected to support the articles found in this reader. If you are interested in learning more about specific topics found in this book, these Web sites are a good place to start. The sites are cross-referenced by number and appear in the topic guide on the previous two pages. Also, you can link to these Web sites through our DUSHKIN ONLINE support site at <http://www.dushkin.com/online/>.

The following sites were available at the time of publication. Visit our Web site—we update DUSHKIN ONLINE regularly to reflect any changes.

General Sources

1. U.S. National Institutes of Health (NIH)

<http://www.nih.gov>

Consult this site for links to extensive health information and scientific resources. Comprised of 24 separate institutes, centers, and divisions, the NIH is one of eight health agencies of the Public Health Service, which, in turn, is part of the U.S. Department of Health and Human Services.

2. U.S. National Library of Medicine

<http://www.nlm.nih.gov>

This huge site permits a search of a number of databases and electronic information sources such as MEDLINE. You can learn about research projects and programs and peruse the national network of medical libraries here.

3. World Health Organization

<http://www.who.ch/Welcome.html>

This home page of the World Health Organization will provide links to a wealth of statistical and analytical information about health around the world.

Health Behavior and Decision Making

4. Columbia University's Go Ask Alice!

<http://www.goaskalice.columbia.edu/index.html>

This interactive site provides discussion and insight into a number of personal issues of interest to college-age people and those younger and older. Many questions about physical and emotional health and well-being are answered.

5. National Institute on Aging (NIA)

<http://www.nih.gov/nia/>

The NIA, one of the institutes of the U.S. National Institutes of Health, presents this home page to lead you to a variety of resources on health and lifestyle issues on aging.

6. The Society of Behavioral Medicine

<http://www.sbmweb.org>

This site provides listings of major general health institutes and organizations as well as discipline-specific links and resources in medicine, psychology, and public health.

Stress and Mental Health

7. The Anxiety-Panic Internet Resource

<http://www.algy.com/anxiety/panic.html>

Information on the symptoms and causes of various anxiety and panic disorders is provided on this site. Links to many related articles are available, and psychopharmacology and other issues are addressed.

8. Dr. Ivan's Depression Central

<http://www.psycom.net/depression.central.html>

This extensive site describes itself as the "Internet's central clearinghouse for information on all types of depressive disorders and on the most effective treatments," and it lives up

to the billing. Students of mental health will turn to this site and its links again and again.

9. National Mental Health Association (NMHA)

<http://www.nmha.org/index.html>

The NMHA is a citizen volunteer advocacy organization that works to improve the mental health of all individuals. The site provides access to guidelines that individuals can use to reduce stress and improve their lives in small yet tangible ways.

10. University of Sheffield Medical School/Center for Psychotherapeutic Studies

<http://www.shef.ac.uk/~psysc/psychotherapy/>

Access to *The Online Dictionary of Mental Health* may be gained here. "A global information resource and research tool" covering all of the disciplines contributing to an understanding of mental health is described. The site also provides information about psychotherapy.

Nutritional Health

11. University of Pennsylvania Library

<http://www.library.upenn.edu/resources/websitest.html>

This vast site is rich in links to information about virtually every subject in health studies. Its extensive population and demography resources address such concerns as family planning and nutrition in various world regions.

12. University of Pennsylvania School of Medicine Nutrition Education and Prevention Program

<http://www.med.upenn.edu/~nutrimed/>

The aim of the Nutrition Education and Prevention Program is to engage medical students in active learning about nutrition and medicine through interdisciplinary study. This home page provides links to many related Web sites.

13. U.S. Department of Agriculture (USDA)/Food and Nutrition Information Center (FNIC)

<http://www.nal.usda.gov/fnic/>

Use this site to find nutrition information provided by various USDA agencies, to find links to food and nutrition resources on the Internet, and to access FNIC publications and databases.

14. Vegetarian Pages

<http://www.veg.org/veg/>

The Vegetarian Pages are intended to be an independent, definitive Internet guide for vegetarians, vegans, and others.

Exercise and Weight Control

15. American Society of Exercise Physiologists (ASEP)

<http://www.css.edu/users/tboone2/asep/toc.htm>

The ASEP is devoted to promoting people's health and physical fitness. This extensive site provides links to publications related to exercise and career opportunities in exercise physiology.

16. Health Links

<http://www.hslib.washington.edu>

Open this site to find links to international health statistics, journals, public health topics, library services, and so on.

17. U.S. Department of Health and Human Services

<http://www.os.dhhs.gov>

This site has extensive links to information on such topics as the health benefits of exercise, weight control, and prudent lifestyle choices.

Drugs and Health

18. National Institute on Drug Abuse (NIDA)

<http://165.112.78.61/>

Use this site index for access to NIDA publications and communications, information on drugs of abuse, and links to other related Web sites.

19. University of California at San Francisco/Drug Dependence Research Center (DDRC)

<http://itsa.ucsf.edu/~ddrc/about.html>

The DDRC studies the pharmacology, physiology, and psychology of drugs in humans. This site provides information on the DDRC's profile of medical marijuana users, its research into the cardiac effects of cocaine, and other topics.

20. University of Chicago

<http://uhs.bsd.uchicago.edu/~bhsiung/tips/tips.html>

Gain access to a wide variety of information related to psychopharmacology on this site, with its links to specific drug sites and to specific disorders.

Human Sexuality

21. Men's Health

<http://www.menshealth.com/new/guide/index.html>

This resource guide from *Men's Health* presents many links, from AIDS/STDs, to back pain, to impotence and infertility, to vasectomy, plus discussions of family issues.

22. Planned Parenthood

<http://www.plannedparenthood.org>

This home page provides links to information on contraceptives (including intercourse and abstinence) and to discussions of other topics related to sexual health.

23. Sex and Gender

<http://www.bioanth.cam.ac.uk/pip4amod3.html>

Use the syllabus, lecture titles, and readings noted in this site as a jumping-off point to explore more about sexual differentiation in human cultures as well as the genetics of sexual differentiation and the biology of sex roles in nonhumans.

24. University of Maryland/Women's Studies

<http://www.inform.umd.edu/EdRes/Topic/WomensStudies/>

This site provides a wealth of resources related to women's physical and emotional well-being: topics such as body image, comfort with sexuality, and relationships.

Current Killers

25. American Cancer Society

<http://www.cancer.org/frames.html>

Open this site and its various links to learn the concerns and lifestyle advice of the American Cancer Society. It provides information on tobacco and alternative therapies.

26. American Heart Association (AMA)

<http://www.amhrt.org>

The AMA offers this site to provide the most comprehensive information on heart disease and stroke. The site presents facts on the warning signs of heart disease and stroke, a reference guide, and explanations of diseases and treatments.

27. Body Health Resources Corporation

<http://www.thebody.com/cgi-bin/body.cgi>

From this site it is possible to access "The Body: A Multimedia AIDS and HIV Information Resource" to learn about treatments, to exchange information in forums, to gain insight from experts, and to help and get help.

America's Health and the Health Care System

28. Agency for Health Care Policy and Research

<http://www.ahrp.gov>

The aim of the AHCPR is to improve health care quality through education and research. Open this site to find information on consumer health, U.S. health care policy and trends, clinical research, and managed care.

29. American Medical Association (AMA)

<http://www.ama-assn.org>

The venerable AMA offers this site for consumers and health practitioners to find up-to-date medical information, peer-reviews resources, discussions of such topics as HIV/AIDS and women's health, examination of issues related to managed care, and important publications.

Consumer Health

30. Alt-MEDMarket

<http://alt.medmarket.com/indexes/indexmfr.html>

This commercial site bills itself as "the Internet guide to alternative therapies and products." Click on the "Alternative Health E-Mall" for an alternative medicine directory and herbal information center; alternative medicine providers, listed by geographic area and specialty; a listing of articles; and herbs with their corresponding treatments.

31. HealthyWay/Sympatico

<http://www1.sympatico.ca/healthyway/>

This Canadian site meant for consumers will lead you to many links related to general and reproductive health.

32. Mental Health Net

<http://www.cmhc.com/selfhelp.htm>

This site and its many links are geared to providing information on mental disorders, with an emphasis on self-help. Aging, dementia and Alzheimer's disease, and topics from cancer to depression are described.

Contemporary Health Hazards

33. Centers for Disease Control and Prevention

<http://www.cdc.gov>

The CDC offers this page from which you can learn about travelers' health, data and statistics related to disease control and prevention, and general health information.

34. Sexual Assault Information Page

<http://www.cs.utk.edu/~bartley/saInfoPage.html>

This invaluable site provides links to information and resources on a variety of topics, from child sexual abuse, to date rape, to incest, to secondary victims, to offenders.

We highly recommend that you review our Web site for expanded information and our other product lines. We are continually updating and adding links to our Web site in order to offer you the most usable and useful information that will support and expand the value of your Annual Editions. You can reach us at:
<http://www.dushkin.com/annualeditions/>.

Unit Selections

1. **How Does Your Life Measure Up?** Alice Lesch Kelly
2. **Why Do Those #&*?@! "Experts" Keep Changing Their Minds?**
University of California at Berkeley Wellness Letter
3. **Yet Another Study—Should You Pay Attention?** *Tufts University Health & Nutrition Letter*
4. **"Just Do It" Isn't Enough: Change Comes in Stages,** *Tufts University Diet & Nutrition Letter*
5. **Challenging America's Inverted Health Priorities,** Elizabeth M. Whelan

Key Points to Consider

- ❖ Why do you think that people continue to engage in negative health behaviors when they know that these behaviors will have a negative impact on their health?
- ❖ What is the difference between clinical or interventional trials, epidemiologic studies, and population-based intervention trials? What are the limitations of each in terms of type of information they yield?
- ❖ What is the difference between absolute and relative risk as it applies to the likelihood one has of developing a particular health problem? How are these statistics derived?
- ❖ Explain how the improper use of statistical methods can yield misleading results to an otherwise good research design.
- ❖ Discuss the six stages of change and the role each serves in bringing about a permanent behavioral change.
- ❖ Explain the statement: America is a nation fraught with inverted health priorities.
- ❖ What personal health behaviors would you like to change? What prevents you from making these changes?



Links

www.dushkin.com/online/

4. **Columbia University's Go Ask Alice!**
<http://www.goaskalice.columbia.edu/index.html>
5. **National Institute on Aging (NIA)**
<http://www.nih.gov/nia/>
6. **The Society of Behavioral Medicine**
<http://www.sbmweb.org>

These sites are annotated on pages 4 and 5.

"That those of us who protect our health daily and those of us who put our health in constant jeopardy have exactly the same mortality: 100 percent. The difference, of course, is the timing." This quote from Elizabeth M. Whelan, Sc.D., M.P.H., reminds us that we must all face the fact that we are going to die sometime. The question that is decided by our behavior is when, and, to a certain extent, how. This book and especially this unit are designed to assist students in the development of cognitive skills and knowledge that when put to use help make the moment of our death come as late as possible in our lives. While we cannot control many of the things that happen to us in our lives, we must all strive to accept personal responsibility for, and make informed decisions about, things that we can control. This is no minor task, but it is one in which the potential reward is life itself.

Perhaps the best way to start this process is by educating ourselves on the relative risks associated with the various behaviors and lifestyle choices we make. To minimize all risk to life and health would be to significantly limit the quality of our lives, and while this might be a choice that some would make, it certainly is not the goal of health education. A more logical approach to risk reduction would be to educate the public on the relative risk associated with various behaviors and lifestyle choices so that they are capable of making informed decisions. While it may seem obvious that certain behaviors, such as smoking, entail a high level of risk, the significance of others such as toxic waste sites and food additives are frequently blown out of proportion to the actual risks involved. The net result of this type of distortion is that many Americans tend to minimize the dangers of known hazards such as tobacco and alcohol and, instead, focus attention on potentially minor health hazards over which they have little or no control. This issue is discussed in detail in the essay "Challenging America's Inverted Health Priorities." "How Does Your Life Measure Up?" by Alice Kelly provides you, the reader, with an opportunity to examine your lifestyle and see just how well you are doing at taking control of those factors that have been found to significantly influence your health and longevity.

Educating the public on relative risk of various health behaviors is only part of the job that health education must tackle in order to assist individuals in making informed choices regarding their health. If the past is any indication of the future, then we must assume that new discoveries in the arena of health will be made, and some of the information that we teach today will become obsolete. The only way to guard against obsolescence is to teach the skills that will enable people to evaluate the validity and significance of new information as it becomes available. Just how important informed decision making is in our daily lives is evidenced by the numerous health-related media announcements and articles that fill our newspapers, magazines, and television broadcasts. Rather than inform and enlighten the public on significant new medical discoveries, many of these announcements do little more than add to the level of

confusion. Why is this so? While there is no simple explanation, there appear to be at least two major factors that contribute to the confusion. The first has to do with the primary goals and objectives of the media itself. One only has to scan the headlines on the cover pages of magazines or newspapers to realize that the primary goal of these publications is to entice the potential reader into purchasing their product. How better to capture the readers' attention than to sensationalize and exaggerate scientific discoveries. This is not to blame the media but rather to remind the reader that given the economic realities of the competitive world in which we live, sometimes accuracy and validity take second place to the marketing needs of a publisher.

A second major factor that contributes to confusion and distortions is ignorance on behalf of the American public regarding the criteria on which to judge the quality of scientific information. In the absence of established criteria on which to judge information, how can one be expected to assess its accuracy and validity? If health education's goal is to create informed consumers, then surely it must educate the public regarding the criteria on which to judge the quality of scientific investigations. The articles "Why Do Those #&*?@! 'Experts' Keep Changing Their Minds?" and "Yet Another Study—Should You Pay Attention?" were selected for this unit because they do an excellent job of discussing both the strengths and weaknesses of the scientific methods being used to study health problems.

Let's assume for a minute that the scientific community is in general agreement that certain behaviors clearly promote health while others damage our health. Given this information, are you likely to make adjustments to your lifestyle to comply with the findings? Logic would suggest that of course you would, but experience has taught us that information alone isn't enough to bring about behavioral change in many people. Why is it so difficult to get people to change? Perhaps some individuals do not feel that they are at risk, or perhaps they feel that it is too late in their lives for the changes to have any significant impact on their health. How then is a health educator to assist these individuals in changing their behaviors? "Just Do It! Isn't Enough: Change Comes in Stages" is an interview with James Prochaska, one of the leading authorities on health promotion and behavioral change. He discusses the stages of change that most people go through when they are successful in making a lasting change in their health behavior. He also suggests strategies that will help with each stage of the process.

While the goal of health education is to promote healthy behaviors that lead to healthy lifestyles, this objective will not be reached unless, or until, the public is armed with the knowledge and skills necessary to make informed decisions regarding their health. Even then, there is no guarantee that the information gleaned will serve to motivate the public into making healthy choices regarding their lifestyle. In a free society such as ours, the choice is, and must remain, up to the individual.

How Does Your Life **Measure Up?**

What's more important: How long you live or how well? Here's an eye-opening quiz to help you take stock and an argument for keeping it all in balance.

talk about lucky. When it comes to lifespan, we 1998-ers are luckier than just about any other generation in history. Not only can most of us expect to live a long time, but we have the scientific knowledge to make lifestyle decisions that may stretch our lives even more. ♣ We're lucky when it comes to quality of life, too: Most of us are self-aware enough (or have had enough therapy) to have a pretty good handle on how to make life happy as well as long. ♣ Despite all this, it's good to re-examine our behaviors—and our motives—every now and then. That's where this “Live Better, Live Longer” package comes in. You know what you should be doing to live well and healthfully, but an occasional reminder can't hurt. Take the quiz on the following pages to find out how long, in theory, you can expect to live, and to pinpoint habits that might need changing. Then read our essay, which offers some food for thought on how to make the time you have matter even more. Of course, there are no guarantees that you'll live a long life—or a happy one. But you can stack the odds in your favor. ♣ Now that's lucky.

By Alice Lesch Kelly

It's an existential irony, a cosmic coincidence: On the day that the "Live Better, Live Longer" Quiz tells me that my squeaky-clean health habits should pave the way for me to live nearly a century, a frightening story in Rolling Stone tells me the world is overdue for a "killer flu" lethal enough to take down even the healthiest of victims in just days and kill millions within months. So let me get this straight: I may live to celebrate a bicentennial of the Civil War, or I could be dead before the next episode of Friends. What do I do with this wildly incongruous information? Optimistically gulp my favorite antioxidant-rich fruit juice and read the Rolling Stone story about Jakob Dylan instead of the one on the flu? (Hey, I should get a point on that life-expectancy quiz just for knowing, at 35, who Jakob Dylan is.) Or do I read the article and give up—start eating, drinking, and making merry now instead of trying to live long enough to lavish my sons' inheritance on a nursing home with a view of the Pacific?

I can't do the hell-in-a-handbasket route—I tried hedonism in college, and I wasn't very good at it; I hated never being able to find my car keys. Instead, I'm sticking with healthful living. But I'll admit that notions like a flu epidemic make me stop and take stock of why I live this way. And the answers surprise even me.

It was something else that pushed me to re-embrace a lifestyle whose cornerstones are getting up early and eschewing pepperoni pizza. I can pinpoint the moment: It coincided with parenthood. Once an avid consumer of the most lurid tabloid tales, I now cannot stomach any newspaper story in which offspring of any age are in danger—a qualifier so wide that it takes me only minutes to get through a newspaper, which is fortunate because my reading time is limited to fleeting moments in the bathroom when I'm not having to explain privacy to a doorknob-dexterous 2-year-old. But when Rolling Stone arrived with the cover line "Killer Flu: The Next Epidemic?" I couldn't resist. Maybe, I thought, Rolling Stone will make it palatable with upbeat quotes from the Spice Girls or hand-washing tips from Barbra Streisand.

It's not just about living a long life: Done right, living healthfully can be a reward in itself.

No such luck. If a killer flu bug comes, there won't be much that we technology-loving humans can do about it. The flu could be so lethal that it may necessitate, according to Rolling Stone, turning the Motel 6 chain into

a national network of emergency hospital wards. (I'm sorry, I know this is a serious topic, but does it have to be Motel 6? Can't I die in a Hyatt Regency with a well-stocked honor bar?) Sure, there may be vaccines, but they'll probably be reserved for the president, Pentagon brass, and Michael Jackson. The rest of us are on our own.

And, of course, it's not just a flue that could cheat me out of the next 60 years that the lifespan quiz promises. Dangers lurk everywhere: Drunk drivers, throat-blocking chicken bones, precariously placed penthouse planters.

An active life may not guarantee quantity, but it's highly likely to deliver quality.

So why take such good care of myself? Why eat those five fruits and vegetables every day, why do that 3-mile loop again, why pass up crème brûlée when those sacrifices offer no protection from an unstoppable flu bug or a runaway train?

I figured out the answer as I pondered the flu story. No, smart health choices won't guarantee that I'll live longer than a cheesburger-eating Marlboro addict. But here's something they do promise: more strength, more energy, and more desire to live fully. If a healthful life were just a prison sentence to serve for 75 years in order to postpone death for a year or two at the very end, I'd opt for the crème brûlée. Rather, I've discovered, living healthfully is a reward in itself, a ticket to experiencing the world in a fuller way now, while I'm young, my children are small, my husband and I can still make each other laugh, and I still enjoy cranking up the volume and singing my lungs out when the Talking Heads play on the radio of the minivan. An active life may not guarantee quantity, but it's highly likely to deliver quality.

So I live healthfully, with an occasional dose of hedonism. I don't replace my walks with doughnut runs—but I do occasionally slow down to take my 2-year-old with me to see if we can beat our personal best, the 45-minute half-mile. I eat well, but when my husband and I manage to lure a dateless babysitter on a Saturday night, we spend a few fat grams and a small fortune at a chic restaurant where the chairs don't turn upside down to hold baby seats.

More important, I try to make sure my strength and energy have an impact in the real world. This is some-

1 ♦ HEALTH BEHAVIOR AND DECISION MAKING

How long will you live? *This quiz will clue you in.*

Score yourself on each question; tally the totals for each section and record them on page 12 to find out your life expectancy.

ENTER
YOUR
SCORES
BELOW

I CORONARY HEART DISEASE (CHD) RISK FACTORS

What is your cholesterol level? (total cholesterol over HDL ratio)

under 160/<3	160–200/3–4	200–220/4–5	220–240/5–6	over 240/>6
+2	+1	-1	-2	-4

Blood pressure (systolic over diastolic)

110/60–80	110–130/60–80	130–150/80–90	150–170/90–100	170/>100
+1	0	-1	-2	-4

Smoking

never	quit	smoke cigar or pipe or close family member smokes	1 pack cigarettes daily	2 or more packs daily
+1	0	-1	-3	-5

Heredity

no family history of CHD	1 close relative over 60 with CHD	2 close relatives over 60 with CHD	1 close relative under 60 with CHD	2 or more relatives under 60 with CHD
+2	0	-1	-2	-4

Body weight (or fat)

5 lbs. below desirable weight (M:<10% fat; F:<16%)	5 lbs. below to 4 lbs. above desirable weight (M:10–15% fat; F:16–22%)	5–20 lbs. overweight (M:15–20% fat; F:22–30%)	20–35 lbs. overweight (M:20–25% fat; F:30–35%)	35 lbs. overweight (M:>25% fat; F:>35%)
+2	+1	0	-2	-3

Age & gender

female under 45 years	female over 45 years	male	stocky male	bald, stocky male
0	-1	-1	-2	-4

Stress

phlegmatic, unhurried, generally happy	ambitious, but generally relaxed	sometimes hard-driving, time-competitive	hard-driving, time-conscious, competitive (Type A)	Type A with repressed hostility
+1	0	0	-1	-3

Physical activity

high intensity, over 30 minutes daily	intermittent, 20–30 minutes 3–5 times/week	moderate, 10–20 minutes 3–5 times/week	light, 10–20 minutes, 1–2 times/week	little or none
+2	+2	+1	0	-2

Total I CHD Factors:

II HEALTH HABITS ASSOCIATED WITH GOOD HEALTH AND LONGEVITY

Breakfast

daily	sometimes	none	coffee	coffee and doughnut
+1	0	-1	-2	-3

Regular meals

3 or more	2 daily	not regular	fad diets	starve and stuff
+1	0	-1	-2	-3

Sleep

7–8 hrs.	8–9 hrs.	6–7 hrs.	9 hrs.	6 hrs.
+1	0	0	-1	-2

Alcohol

none	women 3/week	men 1–2 daily	2–6 daily	6 daily
+1	+1	+1	-2	-4

Total II Health Habits:

1. How Does Your Life Measure Up?

III MEDICAL FACTORS

Medical exam and screening tests (blood pressure, diabetes, glaucoma)

regular tests, see doctor when necessary	periodic medical exam and selected tests	periodic medical exam	sometimes get tests	no tests or medical exams	_____
+1	+1	0	0	-1	

Heart

no history of problems, self or family	some history	rheumatic fever as child, no murmur now	rheumatic fever as child, have murmur	have ECG abnormality and/or angina pectoris	_____
+1	0	-1	-2	-3	

Lung (including pneumonia and tuberculosis)

no problem	some past problem	mild asthma or bronchitis	emphysema, severe asthma, or bronchitis	severe lung problems	_____
+1	0	-1	-2	-3	

Digestive tract

no problem	occasional diarrhea, loss of appetite	frequent diarrhea or stomach upset	ulcers, colitis, gall bladder, or liver problems	severe gastrointestinal disorders	_____
+1	0	-1	-2	-3	

Diabetes

no problem or family history	controlled hypoglycemia (low blood sugar)	hypoglycemia and family history	mild diabetes (diet and exercise)	diabetes (insulin)	_____
+1	0	-1	-2	-3	

Drugs

seldom take	minimal but regular use of aspirin or other drugs	heavy use of aspirin or other drugs	regular use of amphetamines, barbiturates, or psychogenic drugs	heavy use of amphetamines, barbiturates, or psychogenic drugs	_____
+1	0	-1	-2	-3	

Total III Medical Factors: _____

IV SAFETY FACTORS

Driving in car

4,000 mi/year, mostly local	4,000–6,000 mi/year, local and some highway	6,000–8,000 mi/year, local and highway	8,000–10,000 mi/year, highway and some local	10,000 mi/year, mostly highway	_____
+1	0	0	-1	-2	

Using seat belt

always	most of time (75%)	on highway only	seldom (25%)	never	_____
+1	0	-1	-2	-3	

Risk-taking behavior (motorcycling, skydiving, mountain climbing, flying small plane, etc.)

some with careful preparation	never	occasional	often	try anything for thrills	_____
+1	0	-1	-1	-2	

Total IV Safety Factors: _____

V PERSONAL FACTORS

Diet

lowfat, high complex carbohydrates	balanced, moderate fat	balanced, typical fat	fad diets	starve and stuff	_____
+2	+1	0	-1	-2	

Longevity

grandparents lived past 90, parents past 80	grandparents lived past 80, parents past 70	grandparents lived past 70, parents past 60	few relatives lived past 60	few relatives lived past 50	_____
+2	+1	0	-1	-3	

Education

postgraduate or master craftsman	college graduate or skilled craftsman	some college or trade school	high school graduate	grade school graduate	_____
+1	+1	0	-1	-2	

Job satisfaction

enjoy job, see results, room for advancement	enjoy job, see some results, able to advance	job okay, no results, nowhere to go	dislike job	hate job	_____
+1	+1	0	-1	-2	

1 ♦ HEALTH BEHAVIOR AND DECISION MAKING

Love and marriage

happily married	married	unmarried	divorced	extramarital relationship
+2	+1	0	-1	-3

Social

have some close friends	have some friends	have no good friends	stuck with people I don't enjoy	have no friends at all
+1	0	-1	-2	-3

Race

white or Asian	black or Hispanic	American Indian
0	-1	-2

Total V Personal Factors: _____

VI PSYCHOLOGICAL FACTORS

Outlook

feel good about present and future	satisfied	unsure about present or future	unhappy in present, don't look forward to future	miserable, rather not get out of bed
+1	0	-1	-2	-3

Depression

no family history of depression	some family history; I feel okay	family history; I am mildly depressed	sometimes I feel life isn't worth living	thoughts of suicide
+1	0	-1	-2	-3

Anxiety

seldom anxious	occasionally anxious	often anxious	always anxious	panic attacks
+1	0	-1	-2	-3

Relaxation

relax or meditate daily	relax often	seldom relax	usually tense	always tense
+1	0	-1	-2	-3

Total VI Psychological Factors: _____

VII FOR WOMEN ONLY

Health care

regular breast and Pap exam	occasional breast and Pap exam	never have exam	treated disorder	untreated cancer
+1	0	-1	-2	-4

Birth control pill

never used	quit 5 years ago	still use, under 30 years of age	use pill and smoke	use pill, smoke, over 35
+1	0	0	-2	-3

Total VII For Women Only: _____

SCORE

To find your personal longevity estimate, tally your score and add your total to the base life expectancy that matches your age. Then go back and see how you can add years to your life by improving behaviors and lifestyle.

I CHD risk factors total	_____	Life Expectancy	
II Health habits total	_____	Nearest age	Base life expectancy
III Medical factors total	_____	30	74
IV Safety factors total	_____	35	74
V Personal factors total	_____	40	75
VI Psychological factors total	_____	45	76
VII For women only total	_____	50	76
		55	77
		60	78
		65	80
		70	82

Grand total _____ **+ Base life expectancy** _____ **= Your longevity estimate:** _____