



UNDERSTANDING YOUR HEALTH

PAYNE • HAHN

UNDERSTANDING YOUR HEALTH

WAYNE A. PAYNE, Ed.D.

BALL STATE UNIVERSITY
MUNCIE, INDIANA

DALE B. HAHN, Ph.D.

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Preface

When we wrote the first edition of *Understanding Your Health*, we realized that we were taking a risk by making a major departure from traditional college personal health textbooks. To make a health text really meaningful for college students, we were convinced that the book had to carry students *beyond* standard health information, healthful suggestions, and personal inventories. Our book had to make meaningful connections between health information and the lives of college students. The overwhelming success of the first edition indicates to us that our risk was worth taking.

The second edition of *Understanding Your Health* continues our approach of framing health content around two independent but related focuses: the *multiple dimensions of health* and the *developmental tasks of young adults*. Only when using our text will students be able to consistently consider health information from the physical, emotional, social, intellectual, and spiritual dimensions. *Understanding Your Health* also clearly and consistently reminds students that their health allows them to achieve personally satisfying lives by helping them master the important developmental tasks that confront them:

- ☐☐ Forming an initial adult self-identity
- ☐☐ Assuming increasing levels of responsibility
- ☐☐ Establishing a sense of relative independence
- ☐☐ Developing the skills for social interaction

This second edition of *Understanding Your Health* retains this academic approach with a carefully written, well-documented manuscript. *Understanding Your Health* is written by two health educators who teach the personal health course on a daily basis. None of our text has been written by journalists, contributors, graduate students, or ghost writers. It continues to acknowledge that students and professors seek sound, up-to-date material in an attractive, meaningful manner.

NEW TO THIS EDITION

The second edition of *Understanding Your Health* incorporates several new features to enhance student learning. The following summarizes these new features.

Presentation of Conceptual Theme Modified. Based on feedback from users and nonusers alike, application of the two conceptual threads (health dimensions and developmental tasks) helps this book stand alone. However, we have decided in this edition to alter the manner in which these threads are presented. Rather than being presented on a chapter-by-chapter basis, these threads are now presented at the start and completion of each of the text's seven units. By organizing the text in this fashion, we have been able to retain the significance



of the two conceptual threads and free up additional space for new health information.

Reorganization of Chapters. Users of the first edition of *Understanding Your Health* will immediately notice three changes in chapter organization. Our mental health chapter (“Achieving Emotional Maturity and Spiritual Growth: Keys to Your Mental Health”), Chapter 2, now comes *before* our stress management chapter (“Stress: Managing the Unexpected”), Chapter 3. The chapter on drug use (“Psychoactive Drugs: Use, Misuse, and Abuse”), Chapter 7, now precedes the chapter on alcohol use (“Alcohol: Responsible Choices”), Chapter 8.

The reorganization of some of the content in our sexuality unit (Chapters 13 through 16) should enhance student learning. We have now placed much of the anatomical and physiological information earlier in this unit. Also, our contraception chapter (“Fertility Control: An Exercise of Responsible Choice”) has become Chapter 15 and now precedes the chapter on parenthood and birth.

New and Expanded Content Areas. In addition to updating information that appeared in the first edition (for example, we greatly expanded the section on AIDS), we have added many new topics that will be of interest to today’s students. Approximately 40 new sections or subsections have been written for this edition. A sampling of some of the new topics is presented below:

- | | | | |
|-----------|---|------------|---|
| Chapter 2 | ▪ Factors that influence personality | Chapter 10 | ▪ Peripheral artery disease |
| | ▪ Characteristics of a mentally healthy person | | ▪ Heart transplants and artificial hearts |
| Chapter 3 | ▪ Life-centered stressors | Chapter 12 | ▪ Chronic Epstein-Barr virus syndrome |
| | ▪ Type T personality | Chapter 14 | ▪ Love |
| Chapter 4 | ▪ Exercise for older adults | | ▪ Improving marriage |
| | ▪ Low impact aerobics | | ▪ Sexual victimization (rape and sexual assault, date rape, child sexual abuse, sexual harassment, commercialization of sex) |
| Chapter 5 | ▪ Nutrient density | | ▪ Bisexuality |
| | ▪ Low-calorie fat substitutes | Chapter 15 | ▪ Outercourse |
| Chapter 7 | ▪ Crack and freebase cocaine | | ▪ Morning-after pill |
| | ▪ Drug testing | | ▪ Vaginal contraceptive film |
| | ▪ Designer drugs | | ▪ Infertility (artificial insemination, in vivo fertilization, GIFT procedure, surrogate parenting, how to reduce the chances of infertility) |
| Chapter 8 | ▪ Denial, enabling, and confrontation | | ▪ Birth technology |
| | ▪ Inherited alcohol predisposition and personality traits related to alcoholism | Chapter 19 | ▪ The joys of midlife |
| | ▪ Alcoholism and the family | | ▪ Sexuality and aging |





Full-color Throughout the Text. By no means has the emphasis on excellent content minimized *Understanding Your Health's* judicious use of illustrative support. As professors, we understand how important it is for students to be enthused about their assignments. Nearly all illustrations from the first edition have been replaced with full-color illustrations. We are certain that this full-color feature will make the second edition of *Understanding Your Health* especially exciting and inviting to today's college students in addition to enhancing comprehension of important concepts and applications.

Two New Appendixes. This edition features two new appendixes that depict the various systems of the body and mental disorders and therapies. These offer a quick reference to students and instructors seeking additional anatomical and mental health information.

Health Reference Guide. This guide lists the most commonly used resources that may have an impact on one's health. Perforated and laminated, this guide provides information students can keep for later use, such as national hotline phone numbers.

UNIQUE FEATURES

The second edition of *Understanding Your Health* continues to reflect our commitment to writing a text that provides a refreshingly different approach to the study of personal health. As hundreds of professors have indicated, this perspective is academically sound and personally meaningful to today's college students.

Conceptual Approach. This book's unique approach is consistently evident throughout the text. Each of the seven units in *Understanding Your Health* begins with a discussion of the upcoming content's relationship to the multiple dimensions of health. Each unit ends with a discussion of the relationship between the content and the four developmental tasks. Unlike other health books, we provide these two threads in a well-developed fashion throughout the book—not just in one or two isolated chapters or boxes.

Student Audience. This text is intended for traditional-age college students and older, nontraditional-age students. We have not ignored the increasing numbers of nontraditional students who have decided to pursue a college education. Frequent points within the discussion concern the lives of these nontraditional students. *Understanding Your Health* continues to encourage nontraditional students to achieve their goals in life.

Documentation. The second edition of *Understanding Your Health* continues its tradition of being the most comprehensively documented personal health text available. Numerous direct references to journals, scholarly books, and health agency materials help students and professors understand that they are reading the most current information concerning personal health issues.

Authorship. One continuing feature of this text is that it is written entirely by the authors. Both authors regularly teach the personal health course to nearly 1,000 students each year. By being colleagues at the same university, the authors have been able to maintain the highest level of content integration and consistency of writing style.

ADDITIONAL FEATURES

This book has been organized into seven major units that follow a sequence that seems appropriate for most personal health courses. However, instructors can

easily rearrange the order in which they present the units or chapters to fit their personal needs. Each chapter can "stand alone" in terms of the order of presentation.

We encourage instructors and students to start with Chapter 1. "Health: Support for Your Future" introduces students to the two principal threads *Understanding Your Health* uses in all of its units—the multiple dimensions of health and the developmental tasks of young adulthood. Written clearly and concisely, Chapter 1 establishes the tone and framework for the remainder of the book.

As you read through the table of contents, you will see that all of the topics appropriate to a college personal health course are addressed. In addition, you will discover that Chapter 2 ("Achieving Emotional Maturity and Spiritual Growth: Keys to Your Mental Health") is unique. This is a mental health chapter that does not focus on pathology but rather on a process that students can use to enhance their emotional maturity, responsibility, independence, and happiness. One unique section in Chapter 2 expands on the concept of faith—not just in its religious application, but rather in the growth of beliefs that are important to the young adult.

The remaining chapter titles in *Understanding Your Health* will certainly seem familiar. However, within each chapter's content, the underlying strengths of this book emerge. Users of *Understanding Your Health* report that this book stands apart from other personal health books because it is skillfully written in a manner that conveys accuracy, sensitivity, and scholarship. It is challenging without being overwhelming to students. Technical, complex issues and concepts are presented in a clear, undistorted manner. We have made a concerted effort to elevate the consciousness of the students about the value of their health and how they must assume a personal responsibility for improving and maintaining it.

Here are some of the specific chapters where our coverage has been especially embraced by students and professors.

Chapter 4 "Physical Fitness: Enhancing Work, Study, and Play." This presents current findings in the field of exercise physiology to provide a basis for constructing your own cardiorespiratory fitness program. A special section concerning college students' attitudes toward fitness makes this chapter especially pertinent to today's students. One section entitled "Fitness: Questions and Answers" deals with such current topics as commercial fitness clubs and spas, fitness equipment, muscle fiber types, steroid use, bodybuilding, and sleep.

Chapter 8 "Alcohol: Responsible Choices." Although most health texts cover certain alcohol-related topics (especially the physical effects of alcohol and alcoholism), this chapter expands further to include sensitive, nonjudgmental coverage concerning responsible drinking patterns, responsible party hosting, first aid for acute alcohol intoxication, decisions concerning alcohol use or abstinence, alcoholism and the family, alcohol-related organizations, and fetal alcohol syndrome. Throughout this chapter we encourage students who use alcohol to do so in a judicious manner that best reflects both their independence and growing maturity.

Chapter 9 "Tobacco Use: A Losing Choice." In comparison to chapters on tobacco use found among other personal health textbooks, Chapter 9 is felt to be outstanding by reviewers. The chapter's central theme, that little of value can be derived through smoking, is supported by in-depth discussion and the most current documentation. Information pertaining to dependency formation,



smokeless tobacco use, and constructive interchange between smokers and non-smokers highlights this chapter.

Chapter 13 "Sexuality: Biological and Psychosocial Origins." In this first of four chapters concerning sexuality, Chapter 13 effectively blends both the biological and psychosocial factors that contribute to the complex expression of our sexuality. The sensitive discussions of the concept of androgyny, and expanded definitions of sexuality, and the inclusion of basic anatomical and physiological information make this chapter unique when compared to other personal health texts on the market.

Chapter 19 "The Maturing Adult: Growing Older in America." Based on the most current theories of aging, this chapter treats the aging process with dignity and a great sense of optimism. From a variety of perspectives, we carefully examine two age groups: midlife adults and elderly adults. Perhaps for students the most intriguing and unique aspect of this chapter is the discussion of midlife adulthood. Students are asked to look closely at their own midlife parents or relatives to see how well they are mastering their own two key developmental tasks of midlife. This chapter helps prepare students for the probability of someday becoming "parents to their own parents."

PEDAGOGICAL AIDS

Understanding Your Health uses a variety of learning aids that will enhance student understanding.

Key Concepts. Each chapter opens with five to seven key concepts. The listing of these concepts will assist and direct the student's reading and comprehension of the chapter's most important topics.

Marginal Glossary. Key terms important to the student's understanding and application of the material are in boldface type and defined in the margin. Other significant terms in the text are in italics for added emphasis. Both approaches facilitate student vocabulary comprehension.

Comprehensive Glossary. At the end of the text, all terms defined in the margin, as well as pertinent italicized terms, are merged into a comprehensive glossary. This glossary improves the overall utility and study of the text. New for this edition is the added feature of page cross-references to the text; students will now be able to find a text location for any word in the glossary.

Personal Assessment Inventories. Each chapter contains a personal assessment inventory, starting with a comprehensive 64-question inventory ("Evaluating Your Health: A Personal Profile") in Chapter 1. These inventories serve two important functions: they capture the attention of the student and they serve as a basis for introspection and behavior change.

These assessments are presented in a variety of formats. We developed most of these assessments ourselves. Thus they apply directly to the chapter content and have stood the test of time in our own classes. Examples follow:

- Chapter 2 (Mental Health) "How Creative Are You?"
- Chapter 5 (Nutrition) "Seven-Day Diet Study"
- Chapter 7 (Drug Use) "Nonchemical High Challenge"
- Chapter 10 (Cardiovascular Disease) "RISKO"
- Chapter 14 (Sexuality-Behaviors) "How Compatible Are You?"
- Chapter 17 (Consumerism) "Health Consumer Skills"
- Chapter 20 (Dying and Death) "Planning Your Funeral"

Boxed Material. In each chapter special material in boxes encourages the student to delve into a particular topic or to closely examine an important health issue.

Chapter Summaries. To help the student pull the chapter material together, each chapter concludes with a summary of the key ideas and their significance or application. The student can then return to any part of the chapter for repeated study or clarification as needed.

Review Questions. To help the student check for overall understanding, questions are given after each chapter for review and analysis of the material presented.

Questions for Personal Contemplation. To encourage students to apply a chapter's content to their own attitudes or life situation, questions with a philosophical orientation are given after each chapter. These questions promote student thinking to a degree beyond mere recall.

Documentation. We believe that it is critical for both instructors and students to be convinced that the material presented in a textbook is scientifically accurate, fully documented, and as current as possible. *Understanding Your Health* provides this kind of solid documentation with information fully referenced at the end of each chapter.

Annotated Readings. Since some students desire further reading in a particular area of interest or research, we provide an annotated reading list at the end of each chapter. This list comprises current books that can be readily obtained in bookstores or public libraries.

Appendixes. *Understanding Your Health* includes five appendixes that are valuable resources for the student.

Commonly Used Over-the-Counter Products. Popular categories of over-the-counter drugs are discussed in detail, with recommendations for the consumer of these products.

First Aid and Personal Safety. This appendix outlines practical safety recommendations in seven key areas: General first aid, personal safety, residential safety, recreational safety, firearm safety, motor vehicle safety, and home accident prevention.

A Look at Canadian Health. Statistical information pertinent to the health of Canadians is presented. These statistics, supplied by the Canadian government, include information about such topics as accidents, marriage and divorce rates, cardiovascular disease, and cancer rates.

Categories of Mental Disorders. New to the second edition, categories of mental disorders and therapeutic approaches have been added.

Body Systems. Also new with the second edition, the anatomical systems of the human body have been included.

ANCILLARIES

An extensive ancillary package is available to adopters to enhance the teaching-learning process. We, as well as the publisher, have made a conscious effort to produce supplements that are extraordinary in utility and quality. This package has been carefully planned and developed to assist instructors in deriving the greatest benefit from the text. To that end you will find several unique features within them, and a quality in their use that enhances use of this book. Each of these ancillaries has been thoroughly reviewed by personal health instructors,



and we have subsequently refined them to ensure clarity, accuracy, and a strong correlation to the text. We encourage instructors to examine them carefully. Beyond the following brief descriptions, additional information on these helpful packages may be obtained from Times Mirror/Mosby College Publishing.

Instructor's Manual and Test Bank. One of the unique and most useful features of the supplementary materials for *Understanding Your Health* is the inclusion of conversion notes in the instructor's manual. At the beginning of each chapter, we describe how the content and focus in *Understanding Your Health* differs from similar chapters or coverage in other popular personal health textbooks. These conversion notes are intended to make the transition to *Understanding Your Health* as convenient and pedagogically sound as possible.

The instructional portion of the manual was prepared by Susan Cross Lipnickey, Ph.D., of Miami University, Ohio. This valuable tool features chapter overviews, learning objectives, suggested lecture outlines with recommended notes and activities for teaching each chapter, personal assessments, issues in the news, individual activities, community activities, suggestions for guest lectures, current media resources including software, and full-page transparency masters of helpful illustrations and charts. The manual is perforated and three-hole punched for convenience. The Test Bank has been revised by Kim Stassen, M.A., of Ball State University. It contains over 2,000 multiple choice, true/false, matching, and essay test questions. All test items have been thoroughly checked for accuracy, clarity, and range of difficulty by several instructors who also served as reviewers of the text.

Computerized Test Bank. Qualified adopters of this text may request a Computerized Test Bank package compatible with the IBM PC, Apple IIc, or Apple IIe microcomputers. This software is a unique combination of user-friendly computerized aids for the instructor. The following summarizes these software aids.

Testing. A test generator allows the user to select items from the test bank either manually or randomly; to add, edit, or delete test items through a preset format that includes multiple choice, true/false, short answer, or matching options; and to print exams with or without saving them for future use.

Grading. A computerized record keeper saves student names (up to 250), assignments (up to 50), and related grades in a format similar to that used in manual grade books. Statistics on individual or class performance, test weighting, and push-button grade curving are features of this software.

Tutoring. A tutorial package uses items from the Test Bank for student review. Student scores can be merged into the grading records.

Scheduling. A computerized datebook makes class planning and schedule management quick and convenient.

Student Study Guide. New with the second edition, the Student Study Guide was prepared by James F. McKenzie, Ph.D., M.P.H., of Mankato State University, Minnesota. The comprehensive manual offers invaluable help to students by reinforcing concepts presented in the text and integrating the concepts with innovative application activities. Reviewed for clarity and accuracy, the guide provides:

- A variety of questions to help students prepare for tests.
- Abundant activities and exercises to encourage students to apply what they've learned from the text to their daily routines.

Personal Health Self-Assessment Software. This interactive software allows students to assess their personal health status by helping them to better understand their individual behaviors and habits, and how these affect health. Students are asked a series of short questions about lifestyle and habits. Then they receive a personal health score that compares their health status with the optimal health score for a person of the same age, along with suggestions for gaining or maintaining high-level health. It is available to qualified adopters for use on IBM and Apple computers.

Overhead Transparency Acetates. Sixty of the text's most important illustrations, diagrams, tables, and charts are available as acetate transparencies. Attractively designed in full- and two-color, these useful tools facilitate learning and classroom discussion, and were chosen specifically to help explain difficult concepts. This package is also available to adopters of the text.

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CYNTHIA CHUBB, University of Oregon	ALBERT SIMON, University of Southwestern Louisiana
JANINE COX, University of Kansas	DENNIS W. SMITH, University of North Carolina at Greensboro
DICK DALTON, Lincoln University	LORETTA R. TAYLOR, Southwestern College
SHARRON K. DENY, East Los Angeles College	
EMOGENE FOX, University of Central Arkansas	
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STEPHEN E. BOHNENBLUST,
Mankato State University

NEIL RICHARD BOYD, JR.,
University of Southern Mississippi

WILLIAM B. CISSELL,
East Tennessee State University

VICTOR A. CARROLL,
University of Manitoba

DONNA KASARI ELLISON,
University of Oregon,
Umpqua Community College

NEIL E. GALLAGHER,
Towson State University

SUSAN C. GIARRATANO,
California State University at Northridge

RAYMOND GOLDBERG,
State University of New York College
at Cortland

MARSHA HOAGLAND,
Modesto Junior College

CAROL ANN HOLCOMB,
Kansas State University

SHARON S. JONES, Orange Coast College

DANIEL KLEIN,
Northern Illinois University

SUSAN CROSS LIPNICKEY,
Miami University of Ohio

GERALD W. MATHESON,
University of Wisconsin at La Crosse

HOLLIS N. MATSON,
San Francisco State University

DAVID E. MILLS, University of Waterloo

PEGGY PEDERSON, Montana State University

VALERIE PINHAS,
Nassau Community College

JACY SHOWERS,
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