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Web
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Edition

ESSENTIALS FOR HEALTH AND WELLNESS

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Essentials for Health and Wellness

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Preface

Since the early 1980s, when the first edition appeared, *Health and Wellness* has been used by hundreds of instructors and read by tens of thousands of students. Our initial goal was to provide instructors and students with the information and tools to improve their health and their personal lives through self-responsibility for health habits and for changing unhealthy behaviors. The continued success of *Health and Wellness* over the years has encouraged us to believe that it has accomplished those goals in many classrooms. The fifth edition of *Health and Wellness* has again been received enthusiastically by hundreds of instructors and their students, a sign that we are “keeping up with the times.”

The decision to develop and publish *Essentials for Health and Wellness* came after feedback from many instructors and the realization that time is now even more restricted and precious than it was twenty years ago. The world is moving faster, as is the flow of information. In many health courses now, the time available to cover all aspects of healthful living is only one semester or quarter hour. We define “essentials” as that information that students must have to be able to make responsible, positive decisions regarding their health and behaviors. Thus, *Essentials for Health and Wellness* has only 17 chapters, which is ample for the brief personal health course. In constructing *Essentials for Health and Wellness*, we have maintained scientific accuracy of information, kept important topics such as stress reduction and alternative medicines, and, hopefully, maintained a sense of humor.

Essentials for Health and Wellness has two important features that integrate computer technology with classroom instruction and encourage critical thinking among students. **Wellness on the Web** provides interactive learning experiences for students by encouraging them to explore the World Wide Web for health and wellness information. We believe this feature will be extremely

useful for instructors and for students who enjoy “surfing” the web.

The second feature is **Health in Action**, which provides students with controversial issues in health for which they are asked to develop an opinion or decide what action they would take. By addressing the issues raised in the **Health in Action** questions at the end of each chapter, students explore their own emotions and beliefs regarding health behaviors. Hopefully, such introspection will encourage them to make positive changes in their own health behaviors.

Three major themes are maintained throughout *Essentials for Health and Wellness*. First the concept of self-responsibility for health is introduced early on and reinforced through the text. Self-responsibility is truly the only way to institute changes in destructive smoking, drinking, eating, or sexual habits. Second, understanding the causes of stress and developing ways to cope with the stresses of everyday life—college life in particular—is emphasized in almost every chapter. Stress contributes to the development of high blood pressure and heart disease, to infections due to lowered immunity, and to unhealthy behaviors such as smoking, drinking, overeating, and the irresponsible use of drugs. The third, and most pervasive theme throughout the text, is the general concept of holistic health. By continual emphasis on the physiological, mental, emotional, social, spiritual, and environmental aspects of health, we try to instill in students the idea that health and optimum wellness derive from all aspects of their being as well as from their interactions with other people and with the environment.

CONTENT AND ORGANIZATION

Essentials for Health and Wellness is organized into six parts with no more than three chapters per part. We believe this organization makes the text “learning friendly.” Sections

within chapters are kept short and the continuity is maintained by numerous headings and subheading.

- Part One, **Achieving Wellness**, provides the basic definitions and concepts of health and wellness and is the foundation for the holistic philosophy that is developed throughout the text. This part emphasizes stress management, positive emotional health, and the importance of the mind in maintaining and restoring health.
- Part Two, **Eating and Exercising toward a Healthy Life-style**, presents the essentials of good nutrition and physical fitness. Students are encouraged to develop a good diet and to engage in an exercise program of some sort.
- Part Three, **Building Healthy Relationships**, explains the biological, emotional, and social aspects of sexuality. It describes how to establish healthy, intimate relationships and how to avoid or overcome unhealthy relationships. It also explains how to prepare for parenthood, the options available for fertility control, and the pros and cons of abortion.
- Part Four, **Understanding and Preventing Disease**, reinforces the importance of self-responsibility and understanding of the causes of diseases. It explains how a healthy life-style can help prevent infectious diseases, protect one from contracting STDs or AIDS, and help reduce the risk of heart disease and cancer.
- Part Five, **Explaining Drug Use and Abuse**, again emphasizes the importance of self-responsibility in reducing the use of all forms of drugs—both legal and illegal. Self-responsibility includes minimizing the use of over-the-counter drugs for minor complaints and health problems, by using prescription drugs only as prescribed, and eliminating tobacco and alcohol use as much as possible. It also means not using any drugs, particularly illegal drugs, for recreational use.
- Part Six, **Making Healthy Choices**, discusses how to make decisions regarding health care, including both traditional and alternative medicine. This part also emphasizes how to maintain health and vigor with advancing age and the importance of the environment in maintaining health.

FEATURES OF ESSENTIALS FOR HEALTH AND WELLNESS

Boxed Features

Boxed features have long been a popular feature of *Health and Wellness*, and *Essentials for Health and Wellness* continues that tradition with interesting, up-to-date information on current topics in greater depth than in the text itself.

Managing Stress: Written by Brian Luke Seaward, these boxes facilitate coping with stressful situations by using a variety of relaxation methods and other mind-body techniques. For example,



- The Two-Minute Stress Reducer (page 30)
- Stress and Your Diet (page 61)
- Walking in Balance (page 93)

Wellness on the Web: Takes advantage of the vast up-to-date information available on the world wide web by encouraging students to explore the net for useful health and wellness information. Home pages are shown for reference. Sites include:



- NYU's Sexual Disorder Screening site (page 130)
- PharmInfoNet's website of drug information browser (page 247)
- Greenpeace Organization's Ozone Crisis page (page 318)

Health Update: Discusses current and relevant personal health trends and issues, such as:



- Testing Blood (page 194)
- Correct Use of Medicine (page 237)
- Woman and Alcohol (page 266)

Global Wellness: Explores the multicultural aspects of health and wellness. Sample topics are:



- Harmony and Peace (page 6)
- Ayurvedic Medicine (page 282)
- Can Beliefs Influence Disease Susceptibility? (page 300)

Wellness Guide: Provides "how to" health information. Many offer tips, techniques, or steps toward prevention and self-responsibility. Examples include:



- Talking to a Friend Who Is Depressed (page 43)
- Condom Sense (page 189)
- Quitting Tips for Smokers (page 257)

Other Features

Learning Objectives: The learning objectives, which begin each chapter, are a study guide for students, helping them focus on the most important concepts of each chapter.

Health in Review: A brief review of the chapter's most important concepts. The reviews correspond closely with the chapter learning objectives.

Health in Action: Thought-provoking exercises that help students utilize the information in each chapter and explore their own thoughts and feelings regarding health behaviors.

Suggested Readings: Provides students with resources for further study.

Suggested Web Sites: For those who prefer to learn via the world wide web, we offer relevant sites that students may wish to explore.

Epigrams: Quotes—some humorous and some serious—regarding specific health issues.

Key Terms: Defined on the page-spread on which they are highlighted.

References: Found at the end of each chapter.

Study Guide and Self Assessments: A student self-study guide is provided at the end of the book. This section is comprised of multiple choice and true/false test questions for each chapter; and 14 health assessments that students can use to evaluate their health status in a particular area.

Ancillary Package

Available with *Essentials for Health and Wellness* is a comprehensive package of supplementary materials that enhance both teaching and learning. Included are the following items:

Health Instructor's CD-ROM: Package includes: 1) PowerPoint presentation. A PowerPoint presentation for each chapter is available for multi-media instruction in the classroom. 2) Web Simulations. Designed for classroom presentations, these website simulations enable students to see how the Internet can be used for learning and gathering data in health-related topics. The package, which includes Microsoft's Internet Explorer, allows instructors to demonstrate the Internet for classroom instruction, even when an Internet connection is not readily available. The PowerPoint presentation includes links to the Web simulations, for greater flexibility.

Instructor's Guide: The *Instructor's Guide* includes for each chapter: 1) learning objectives; 2) a list of key terms; 3) an outline of the chapter; and 4) suggestions for incorporating student activities and assessments from *Managing Your Health: Assessment and Action*; and 5) suggestions for incorporating the *Health and Wellness Journal Workbook* by Brian Luke Seaward.

Overhead transparencies: A full set of acetate transparencies to accompany the text material. Free.

Videotapes: As an adopter of *Essentials for Health and Wellness*, you will be able to select videotapes on various health-related topics. Free. These videotapes are selected to enhance teaching and learning. For more information about the videos, instructors should contact their Jones and Bartlett representative or call 1-800-832-0034.

Test Bank: Comprehensive test-item file. Contains true/false and multiple choice test questions and answers.

Computerized Test Bank: A computerized testing software package containing the revised test questions written specifically for *Essentials for Health and Wellness*. Available for IBM, IBM-compatible, and Macintosh computers. Free.

Instructor's Teaching Package for Stress Management: Written by the National Safety Council, Stress Management addresses the relationship between stress and the work environment, and provides the latest, most comprehensive approach to identifying the controlling stress. The book is beautifully illustrated in full color and offers a holistic approach, integrating and balancing mental, emotional, and spiritual health for total well-being. The text is supplemented with a stress management video, an Instructor's Resource Manual, and an Instructor's slide set. Free.

Berkeley Wellness Newsletter, University of California: This highly respected newsletter is offered to all adopters of *Essentials for Health and Wellness*. The *Wellness Newsletter* is an excellent resource for instructors in providing up-to-date health information.

Health and Wellness On-Line: Health information provided through the information superhighway.

Health and Wellness Journal Workbook, written by Brian Luke Seaward. One of the best ways to integrate the material from the text is to personally engage in the process of the concepts highlighted. Journalizing allows the student to explore his or her own thoughts on specific health attitudes and behaviors. Keeping a journal has proven to be an effective awareness tool for behavioral change and self-awareness.

Managing Stress: A Creative Journal, Second Edition: Contains more than 70 thought-provoking exercises that stimulate students to write creatively on how to increase awareness of the causes of stress and to develop effective coping skills.

60-Minute Stress Reduction Audiotape: Employs other stress management techniques such as autogenic training, progressive relaxation, and mental imagery.

Managing Your Health: Assessment and Action, written by David Birch, Indiana University, and Michael Cleary, Slippery Rock University. This workbook includes activities designed to involve students in personal health promotion. The activities focus on self-assessment, issues examination, and skill development. The Instructor's Guide refers to the Student Workbook to facilitate teaching and learning.

Healthy People 2000 Summary Report: A handy condensed version of the nation's goals and priorities for health promotion and disease prevention for the next decade.

Healthy People 2000 Midcourse Review and 1995 Revisions: A report card on where the nation stands on the road to achieving the Year 2000 goals.

A NOTE OF THANKS

Throughout all editions of *Health and Wellness* and in the development of *Essentials for Health and Wellness*, many people have contributed support and guidance. We have benefited greatly from their comments, opinions, thoughtful critiques, expert knowledge, and constructive suggestions. We would specifically like to thank those who assisted with *Essentials for Health and Wellness*: Debra O'Connell, Andrew Wise, Roberta Lyons, and M. Dawn Larsen.

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Last but not least is the great amount we have learned from our students as we have explored health and wellness issues together. It has been both a challenge and a pleasure to develop *Essentials for Health and Wellness*. We hope that instructors and students alike will find that it meets their needs and improves their health and wellness. We welcome comments for changes and improvements.

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Achieving Wellness



- Chapter 1 *Achieving Personal Health*
- Chapter 2 *Managing Stress: Mind over Body*
- Chapter 3 *Maintaining Emotional Wellness*



LEARNING OBJECTIVES

After reading this chapter you should be able to:

- Describe what it means to be healthy.
- Describe the medical, environmental, and holistic/wellness models of health.
- Explain the wellness continuum and its impact on your health.
- Identify and describe the six dimensions of wellness.
- Explain how over the past century the nature of most illness has changed from infectious/communicable to chronic disease.
- Describe how life-style diseases affect morbidity and mortality.
- Explain how you can practice a holistic life-style.
- Explain the importance of the Year 2000 Objectives.

Achieving Personal Health

Ask people what they mean by “being healthy” or “feeling well” and you probably will get different answers depending on whom you ask. Most people usually think of health in terms of disease; that is, people who are well have no disease. But what about someone who has a relatively harmless genetic disorder such as an extra toe? Is this individual less healthy than a person with the usual number of toes? Different perhaps, but not necessarily less healthy. Are you less well when you are struggling with a personal problem than when you are out having fun? Finding an acceptable, generally useful definition of health or wellness is not a simple task.

It is true that not feeling sick is one important aspect of health. Just as important, however, is the idea that health is a sense of optimum well-being—a state of physical, mental, emotional, social, and spiritual wellness. Contained in this view is the idea that health can be obtained by living in harmony with yourself, with other people, and with the environment. Health is gained and maintained by exerting self-responsibility for reducing exposure to health risks and for maximizing things such as good nutrition and exercise.

Throughout this book, we show you ways to maximize your health by understanding how your mind and body function, how to avoid harmful chemicals, how to make informed decisions about health and health care, and how to be responsible for your actions and behaviors. Learning to be responsible while