HC Unit 1( 2nd reading):

The Healthy You:

Vocabulary:

Attitude Minerals/vitamins

Burnout prevention

Burnout proteins

Carbohydrate relax

Cholesterol sleep

Habit stress

“healthy” trans fats

Health risks

Readings:

Research had proven that a balance diet, exercise, sleep and a positive attitude can increase the quality of your life.

A positive **attitude** is how you view the world and life around you.

A healthy diet includes the following:

 **Proteins**: necessary for building and maintaining cell activity ( foods: meats, fish, egg, nuts, seeds and grains.

  **Carbohydrates**: composed of sugars provides the cell with immediate energy ( main sources fruits, breads, cereals and pasta)

 **Fats**: composted of fatty acids. Provide the most concentrated form of energy for the cells ( foods: oils, butter, fats around meats, fish, nuts eggs and certain plants ie: olives and avocados.

  **Vitamins**: Needed for growth and development of cells. Example: vit. D moves calcium into the blood, VIt K needed for blood clotting, Vit A healthy skin and vision

 **Minerals**: Substances that must be taken into the body for various cell functions: ie: Iron transport oxygen, magnesium-nerve function, potassium: nerve and muscle function

 **Water**: this is essential for the body. Makes up 55 to 80% of the body.

**Cholestero**l: needed for the cell membrane as well as some hormones. Classified as HDL ( high density lipoproteins: compose of a high level of protein and a low level of cholesterol) and LDL ( low density lipoprotein: composed of a low level of protein and an a high level of cholesterol) . HDL’s move more quickly through the body then LDL’s. More LDL’s can cause the cholesterol to build up on the arterial walls of the arteries. ( Trans fats in foods can increase the LDL’s)

In the global community there could be a lack of access to certain foods or minerals that can lead to certain disease conditions ( no iron – iron deficiency anemia, lack of vit A blindness in children.

A goal for increasing the quality of life is developing a daily balanced diet, incorporating an exercise plan, and getting plenty of sleep. Sleep is important for the body to repair damaged cell. The required amount of sleep for adults is 6-8 hours. For children and adolescents is 8-10 hours.

**Burnout**: This can occur due to a combination of many factors: It is the body’s response creating physical and emotional exhaustion. Examples that could lead to burnout: inadequate emotional support, poor diet, lack of exercise, long hours at work, lack of sleep. Signs and symptoms can include: fatigue, gastrointestinal disorders, headaches, irritability, making errors at works.

Health care professionals find that they are in a highly physical and emotional demanding job, which can lead to burnout.

In the global community: Reflect on the issues around the EBOLA out- break when the health care workers did not have protective clothing or enough health care workers to deal with the many patients that needed care. Burnout and Stress related issues were present.

**Stress**: This term is also used by health care professionals to describe their job. Health care is a high demanding job physically and emotionally. Body systems that are activated during stress are: endocrine system ( sends hormones to cells of the body to increase their activity), nervous system ( sends nerves to increase the activity of various organs) The cardiovascular system response by increase the heart action, and the respiratory system is activated to increase the rate at which oxygen is taken into the body.

External stress is defined as those that are outside our control. Example traffic you encounter coming to school. You can not control this but you can control how you response to it.

Internal Stress is defined as those we create within our body. Example: negative attitudes, poor time management, unrealistic goals.

**Habits**: Something we do every day without thinking like brushing your teeth, smoking a cigarette after we eat, washing our hands, drinking 4 beers after work. Some you recognize as good habits others are not good for our health. What if you wanted to stop a “bad” habit? Here are some steps you can take to eliminate a bad habit: 1) You want to stop the bad habit 2) Set a goal and develop a plan 3) get a partner 4) Track your progress 5) Plan a reward system for yourself as you progress.

Health Risks: Locally: Working with paints that have a high level of toxic fumes

 Globally: Students that have to study by a kerosene light to do their homework

Prevention: Besides those listed above, diet, exercise, sleep and positive attitude, also dental and physical annual exams, vaccines, and screenings for risks.