

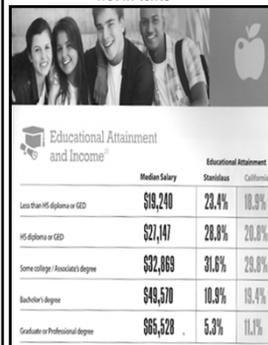
success at MJC:

- ✓ go to class
- ✓ create short term and long term goals
- ✓ ask questions...get help when you need it
- ✓ we want to help you succeed!
- ✓ get involved...you get out of an institution what you put in: clubs-arts-athletics
- ✓ time management is the key to your success in college

The purpose of college is to enable you to learn how to make the kinds of changes that lead to success in your life

make it a great semester!

2014 reality check: *not in texts*

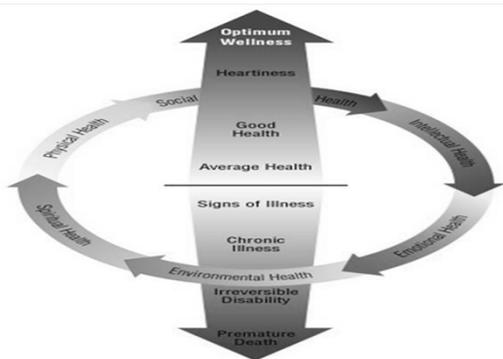


top 10 barriers to success in college: *12th edition, p. 2; 11th edition, p. 2.*



six components of a healthful life

12th edition, pp. 6-7; 11th edition, pp. 6-7 (different diagram)



Everyday occurrence...

(not in text books)

<http://www.youtube.com/watch?v=Sb7mzUCpTyY>

How will you react when you are confronted with a similar situation challenging your success in college and transition into a healthful adulthood?

Make this a productive semester... walk up the escalator!

Review chapter 1 for next class
buy 20 5x8 cards

Failure is continuing the same behavior and expecting different results...

What are you doing to walk up the escalator?

Become a better student:

- ✓ Study Skills 78 (3 units) is offered at many times throughout the week which teaches you how to succeed in college
- ✓ College Skills 100 (3 units) is a semester length class with also reaches college survival skills
- ✓ Take a guidance class and see a counselor and set-up a academic plan
- ✓ Seek help and ask questions!

defining health and wellness

12th edition, pp. 6-7; 11th edition, pp. 6-7

- ✓ definition has evolved through the ages...early on defined simply as the absence of illness
- ✓ in 1947, the W.H.O. defined health as: 'the state of complete physical, mental, social well being, not just the absence of disease or infirmity'
- ✓ today in the United States, one of our challenges is to separate out from the sheer 'quantity' of life a 'quality' of life: trinkets vs. treasures
- ✓ we must strive to find a 'balance'

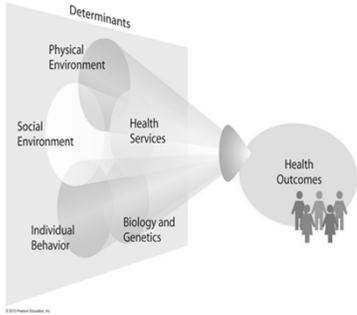


The Ten Greatest Public Health Achievements of the 20th Century

- Vaccinations
- Motor vehicle safety
- Workplace safety
- Control of infectious diseases
- Reduction in cardiovascular disease (CVD) and stroke deaths
- Safe and healthy foods
- Maternal and infant care
- Family planning
- Fluoridated drinking water
- Recognition of tobacco as a health hazard

determinants of our health

12th edition, pp. 3-8; 11th edition, pp. 8-10



70% of all diseases and cancers are lifestyle choices!

All Ages	Percentage of Deaths
Heart disease	24.6%
Cancer	23.1%
Chronic lower respiratory diseases	12.5%
Accidents (unintentional injuries)	11.8%
Stroke	10.4%
Diabetes	8.1%
Alcohol poisoning	3.5%
Chronic liver disease and cirrhosis	3.4%
Intentional self-harm	2.9%
Drug poisoning	2.8%
Chronic kidney disease	2.7%
Alzheimer's disease	2.6%
Chronic heart failure	2.5%
Chronic obstructive pulmonary disease	2.4%
Septicemia	2.3%
Chronic pancreatitis	2.2%
Chronic liver disease and cirrhosis	2.1%
Chronic kidney disease	2.0%
Chronic heart failure	1.9%
Chronic obstructive pulmonary disease	1.8%
Septicemia	1.7%
Chronic pancreatitis	1.6%
Chronic liver disease and cirrhosis	1.5%
Chronic kidney disease	1.4%
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Chronic kidney disease	0.2%
Chronic heart failure	0.1%
Chronic obstructive pulmonary disease	0.0%

what influences your health?

12th edition, pp. 6-12; 11th edition, pp. 7-9

- ✓ **Individual behavior**
lack of physical activity leading to overweight & obesity
poor nutrition characterized by too much processed & junk food, plus additives
excessive alcohol consumption leading to diseases such as cardio and accidents
tobacco use (*first and second hand*) leads to 20% of deaths in US
- ✓ **Biology and Genetics**
Genetically inherited traits, condition, and predisposition to diseases such as cardio, diabetes, and certain cancers...
you typically cannot modify biology or genetics



what influences your health?

12th edition, pp. 6-12; 11th edition, pp. 7-9

- ✓ **Social Factors**
Access to education, income, availability of healthy foods, exposure to violence, sources of stress, peer and family group influence
- ✓ **Economic factors**
Access to affordable health care, health education opportunities
Living in poor housing without adequate water + high levels of crime
Being able to pay for nourishing food, clothing, and utilities
access to employer health care and affordable medications
- ✓ **Environmental factors**
our living environment: neighborhoods, access to recreation facilities/activities, exposure to pollutants and toxic/infectious sources, weather, advent of climate change.

key factors to live a healthful life

12th edition, pp. 2-11; 11th edition pp. 2-4

- ✓ Getting enough sleep (*minimum of 7 hours*)
- ✓ Maintaining healthy eating habits
- ✓ Managing a healthy weight
- ✓ Participating in physical exercise
- ✓ Avoiding tobacco products (*cigs-cigars-chew*)
- ✓ Use drugs only as prescribed and only when necessary
- ✓ Practicing safe sex...avoiding STD's and STI's
- ✓ Consuming alcohol responsibly
- ✓ Utilizing the healthcare system with regular check-ups and exams
- ✓ Controlling stressors
- ✓ Making time for yourself: *exercise, prayer-meditation, writing*



Leading causes of preventable death in the United States

- 18.1% Tobacco
- 15.2% Poor diet/physical inactivity
- 3.5% Alcohol consumption
- 3.1% Microbial agents
- 2.3% Toxic agents
- 1.8% Motor vehicles
- 1.2% Firearms
- 0.8% Social behavior
- 0.7% Illicit drug use

Top 2016 New Year's Resolutions

(not in texts)

47% of American's make resolutions, less than half keep them.

- ✓ get fit
- ✓ Spend more time with Family and friends
- ✓ Loose or moderate weight
- ✓ Quit smoking
- ✓ Enjoy life more



Setting realistic-obtainable goals, and creating a successful change strategy are key to success!

So you've identified areas in your life that you want to change?

Stages for behavior change:

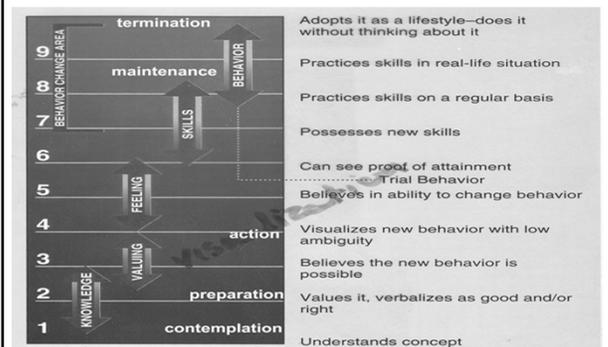
(Transtheoretical model) 12th edition, pp. 12-19; 11th edition pp. 14-20

- ✓ **1. Precontemplation:** unaware or sometimes in denial that a problem or challenge exists
- ✓ **2. Contemplation:** one begins to realize they have a challenge and need to make a change. Increased awareness comes from education, societal, family or peer influence
- ✓ **3. Preparation:** creating a plan or setting goals with incremental steps to help assure success
- ✓ **4. Taking action:** putting your plan into action. It's important to solicit help from mentors, family, and friends to create a support network to share in the challenge
- ✓ **5. Maintenance:** The behavior change begins to become a habit
- ✓ **6. Termination:** by this point the behavior change becomes part of your normal routine without thinking about it



stages for behavior change

(Transtheoretical Model)
table not in texts



S.M.A.R.T. model for goal setting

12th edition, p. 16; 11th edition p. 18;
also refer to handout in class or on class website

- S** pecific...be specific in defining your goal
- M** ake it measurable ...score/grade achieved, lbs. lost
- A** chievable ...be sure you can achieve the goal you create
- R** elevant ...be sure that the achievement of the goal is important to YOU
- T** ime frame ...set a realistic time table to achieve your goal

Don't forget behaviour change contract and calendars to document your progress on the class website!

behavior change strategies

12th edition, pp. 17-19; 11th edition, pp. 18-19

- ✓ **Shaping:** involves creating incremental steps to success
- ✓ **Visualization:** use your mind to imagine or visualize you practicing your goal behavior...*block out negative images!*
modify yourself talk to a positive 'can do' tense
- ✓ **Modeling:** you don't have to reinvent the wheel! Find someone who has achieved similar goals and utilize their expertise and enthusiasm ...they may become a powerful mentor and champion to help achieve your goal
- ✓ **Reinforcement:** use reinforcements to reward yourself
 - ✓ **Consumable reinforcers:** meals, sweets, comfort foods
 - ✓ **Activity reinforcers:** holidays, movies, parties
 - ✓ **Processional reinforcers:** a new car, T.V., or item that you've wanted
 - ✓ **Social :** approval or appreciation from family, friends, co-workers
- ✓ **Support networks:** set-up a support group of friends, family or join a class, team or gym



overcoming barriers to change

12th edition, pp. 18-19; 11th edition p. 18

- ✓ **Over ambitious goals:** remember to set realistic goals and take small incremental steps to achieve your goal
- ✓ **Self-defeating beliefs and attitudes:** changing your self-efficacy to a 'can do' attitude
- ✓ **Failing to accurately assess your current state of wellness:** understand your beginning level of fitness, perhaps consult a doctor if you have predisposing concerns
- ✓ **Lack of support and guidance:** rely on those who will support and guide you, while jettisoning those who will not or tie you to old beliefs or behaviours
- ✓ **Emotions that sabotage your efforts and sap your will:** understand your sources of negative emotions and/or stress and work to overcome them

Quiz/Assignment One: Self-Assessment Assignment

12th pp. 20-22; 11th edition, pp. 21-23

- ✓ **Complete the self-assessment on 'How Healthy Are You' in the text**
- ✓ **On a 5x8 card, write the results of the six dimensions of health in addition to personal health promotion and disease prevention dimension which relocated at the end of the assessment exercise**
- ✓ **Total the scores for each dimension, and write a brief self evaluation based on the score definitions at the very end of the exercise**
- ✓ **Turn in Thursday class meeting next week**
- ✓ **Remember if you do not have a book, copies are located in the reserve section of the West or East Campus Learning Resource Centres for two hour check-out.**