

PROJECT YOUTH WELLNESS

**WEEK 1: UNDERSTANDING HEALTH STATUS
AND RISKS**

WEEK 1 CONTENTS

What is Health?	3
Understanding Health Behaviors	4
Health Behavior Survey	5,6
Making Comparisons to Health Behavior Standards	7,8
Sharing What You Learned	9
Review and Reflection	10

What Is Health?

"Health" is a complex term to understand. For many, health has meant the opposite of illness or the absence of disease and disability. However, health is also described as a way of living regardless of whether someone has a disease or disability. Also, the term "health" not only relates to physical health, but is also a combination of additional components, including emotional health, social health, and spiritual health.



Health Perceptions

Because the term health is difficult to define and measure, a common way to understand health is to ask people how they think about their health (called personal "health perceptions"). Below is an example:

In general, how would you rate your overall health status?

1 - Poor 2 - Fair 3 - Good 4 - Very good 5 - Excellent



How would you rate your health status using this scale?
[select a number]

1 2 3 4 5

Why did you rate your health this way? What are some factors you considered to give your overall estimate/impression of your health status at your age?

Understanding Health Behaviors

Let's spend time reviewing health behaviors more closely for better understanding.
Health behaviors can be categorized as either

1. Health-promoting behaviors
2. Health-damaging behaviors



What's the difference? Health-promoting behaviors are actions you take to help prevent chronic disease and disorders. In contrast, health-damaging behaviors are actions that put you at risk for developing them. Other terms used to describe health-promoting and health-damaging behaviors are “protective” behaviors and “risk” behaviors. Take some time to think about general health behaviors, like

- Sleep
- Nutrition
- Physical activity
- Screen time
- Safety
- Substance use

Using the charts below, categorize the health behaviors listed above into either health-promoting (protective) or health-damaging (risky).

Health-Promoting Behaviors

- 1.
- 2.
- 3.
- 4.
- 5.

Health-Damaging Behaviors

- 1.
- 2.
- 3.
- 4.
- 5.

After, reflect or share on the following:

- Why did you choose certain health behaviors for a particular category?
- What similarities do you notice within the category?
- What differences do you notice between the categories?

HEALTH BEHAVIOR SURVEY



Let's see how you are doing with respect to health behavior standards that are set for people your age. Answer the questions from a National Health Behavior Survey (collected by the CDC with young people in schools every year). You are not turning this in, and no one will see your answers except you, so make sure to make an honest evaluation of your health behaviors.

Health Behaviors on Safety

When you ride a bicycle or skateboard, how often do you wear a helmet?

- A. I do not ride a bicycle or a skateboard
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

Health Behaviors on Nutrition

During the past 7 days, on how many days did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

Health Behaviors on Physical Activity

During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (includes activity that increased your heart rate and made you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

HEALTH BEHAVIOR SURVEY



Health Behaviors on Screen Time

On an average school day, how many hours do you spend in front of a TV, computer, smartphone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

- A. Less than 1 hour per day
- B. 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 or more hours per day

Considering the diverse substance use health behaviors, Unit 3 of this module will review various substances separately in terms of risks and consequences to your health.

Health Behaviors on Substance Use

Have you ever used marijuana?

- A. Yes
- B. No

Have you ever had a drink of alcohol, other than a few sips?

- A. Yes
- B. No

Have you ever tried cigarette smoking or using other tobacco products, even one or two puffs?

- A. Yes
- B. No

Have you ever used an electronic vapor product? (such as JUUL, SMOK, Suorin, Vuse, blu, e-cigarettes, vapes, vape pens, e-cigars, ehookahs, hookah pens, and mods)

- A. Yes
- B. No

Making Comparisons to Health Behavior Standards

After completing the Health Behavior Survey, take time to compare your results to standards for young people established by national entities as health-promoting behaviors by circling yes (if you match up) or no (if you don't match up).

Health Behavior

Recommendation

Do you match up?

Sleep	<p>The American Academy of Sleep Medicine has recommended that</p> <ul style="list-style-type: none"> • Children aged 6–12 years old should regularly sleep 9–12 hours per 24 hours. • Teenagers aged 13–18 years old should sleep 8–10 hours per 24 hours. <p><small>Source: https://www.cdc.gov/healthyschools/sleep.htm</small></p>	Yes	No
Nutrition	<p>The USDA 2015-2020 Dietary Guidelines provides the following guidance for teens</p> <ul style="list-style-type: none"> • Should eat 2 cups of fruit and 2 ½ cups of vegetables every day. • Should eat three 1-cup servings of low-fat or fat-free calcium-rich foods every day. • Should eat 5½ ounces of protein-rich foods every day. • Should get 6 ounces of grains every day. • Should limit their fat intake to 25 to 35 percent of total calories every day and should choose unsaturated fats over saturated fats. • Should drink mainly water and low-fat or fat-free milk daily. <p><small>Source: https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines</small></p>		
Screen Time	<p>Recommendations from the American Academy of Pediatrics include:</p> <ul style="list-style-type: none"> • Limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days (children 2–5). • Encourage healthy habits and limit screen time recreational activities to 2 hours per day. Turn off screens and remove them 60 minutes before bedtime (ages 6 and older). <p><small>Source: https://www.healthychildren.org/English/Pages/default.aspx</small></p>		
Physical Activity	<p>The Department of Health and Human Services recommends that youth should engage in</p> <ul style="list-style-type: none"> • At least 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily. <p><small>Source: https://health.gov/sites/default/files/2019-09/pageguide.pdf</small></p>		

Making Comparisons to Health Behavior Standards

After making comparisons, either in a group or alone, review why there are health standards for three common health behaviors young people engage in daily using the chart below. Write in additional reasons that you can think of as well in the "Other" space.

Inadequate (*too little*) **sleep** is associated with

- Drowsiness—negatively affects concentration, which affects performance in school and recreational activities.
- Emotional issues—stress, irritability, anger, anxiety, and depression.
- Poor dietary choices—more likely to want high sugary foods, caffeine, or large meals before bed.
- Negatively affected brain development and function.
- Other:

Source: <https://www.cdc.gov/healthyschools/sleep.htm>

Excessive (*too much*) **screen time** is associated with

- Physical issues—more headaches, eye strain, and eye dryness.
- Being less physically active because of not having enough time to exercise.
- Emotional distress—irritability and stress; feeling tired, anxious, and numb.
- Sleep problems—interferes with the amount of melatonin your body produces, which interrupts the sleeping cycle and leads to sleep problems.
- Diminished school performance—reading fewer books, less time to complete assignments.
- Less time with family and friends.
- Negatively affected brain development and function.
- Other:

Source: http://headsup.scholastic.com/sites/default/files/NIDA_YR18_INS3_downloadall_508.pdf

Being **physically inactive** is associated with

- Higher body fat, weaker bones, and weaker muscles.
- Sleep issues.
- Inability to regulate stress and negative emotions.
- Increased risk for developing health problems like heart disease, obesity, and type 2 diabetes.
- Negatively affected brain development and function.
- Other:

Source: <https://health.gov/sites/default/files/2019-09/paguide.pdf>

Sharing What You Learned



Considering the three health behaviors covered in the chart on the previous page—sleep, screen time, and physical activity—what stands out to you as critical (important) information? Meaning, what do you think is important to share or tell others (your friends) about to warn them about engaging in certain risky patterns for each of the three health behaviors?

A large yellow sticky note with a pink tab at the top left. It contains three stars, each followed by two horizontal lines for writing.

These recommendations are meant to encourage healthy physical development and to help young people make healthy choices to prevent the risks of developing later chronic disease, disability, and premature death.

Fact check: Today, about half of all Americans—117 million people—have one or more preventable, chronic diseases (heart disease, hypertension, stroke, diabetes, obesity, cancers), many of which are related to health-damaging behaviors.

Source: https://health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf



Review and Reflection

Let's Review



Let's review here what we have learned so far. Here's a brief summary:

- Health behaviors are "actions that are taken by individuals that affect health."
- There are two kinds of health behaviors: health-promoting (the kind that protects your health) and health-damaging (the kind that harms your health).
- Adolescence presents an opportunity to learn about health behaviors and begin thinking about how small changes in behavior can lead to positive short- and long-term effects on health.
- Young people need 8-12 hours of sleep, 1 hour of physical activity a day, proper dietary intake, and limited screen time for healthy development.

Reflect on things that stood out to you from this section, things you never knew about, and things you will be sharing with others. Also, include any other reflections or questions you have about the information that was covered.
