

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chapter 1-

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|---|-----------------------|
| 1. physical/mental/social well being  | A. Culture            |
| 2. sense of meaning and purpose in life   | B. Wellness           |
| 3. overall state of well-being  | C. Heredity           |
| 4. ongoing condition or illness   | D. Health literacy    |
| 5. all traits biologically passed on to you from your parents                               | E. Risk behaviors     |
| 6. the sum of your surroundings   | F. Cumulative risks   |
| 7. people of the same age who share similar interests                                       | G. Lifestyle factors  |
| 8. collective beliefs, customs, and behaviors in a group                                    | H. Environment        |
| 9. various methods for communicating information  | I. Health disparities |
| 10. radio, television, Internet   | J. Peers              |
| 11. actions that can potentially threaten your health                                       | K. Prevention         |
| 12. related risks that increase in effect with each added risk                              | L. Health             |
| 13. taking steps to prevent something from happening or getting worse                       | M. Technology         |
| 14. avoiding high risk behaviors  | N. Abstinence         |
| 15. personal habits or behaviors related to the way a person lives                          | O. Spiritual Health   |
| 16. differences in health outcomes among groups   | P. Media              |
| 17. a person's capacity to learn about and understand basic health information and services | Q. Chronic Disease    |