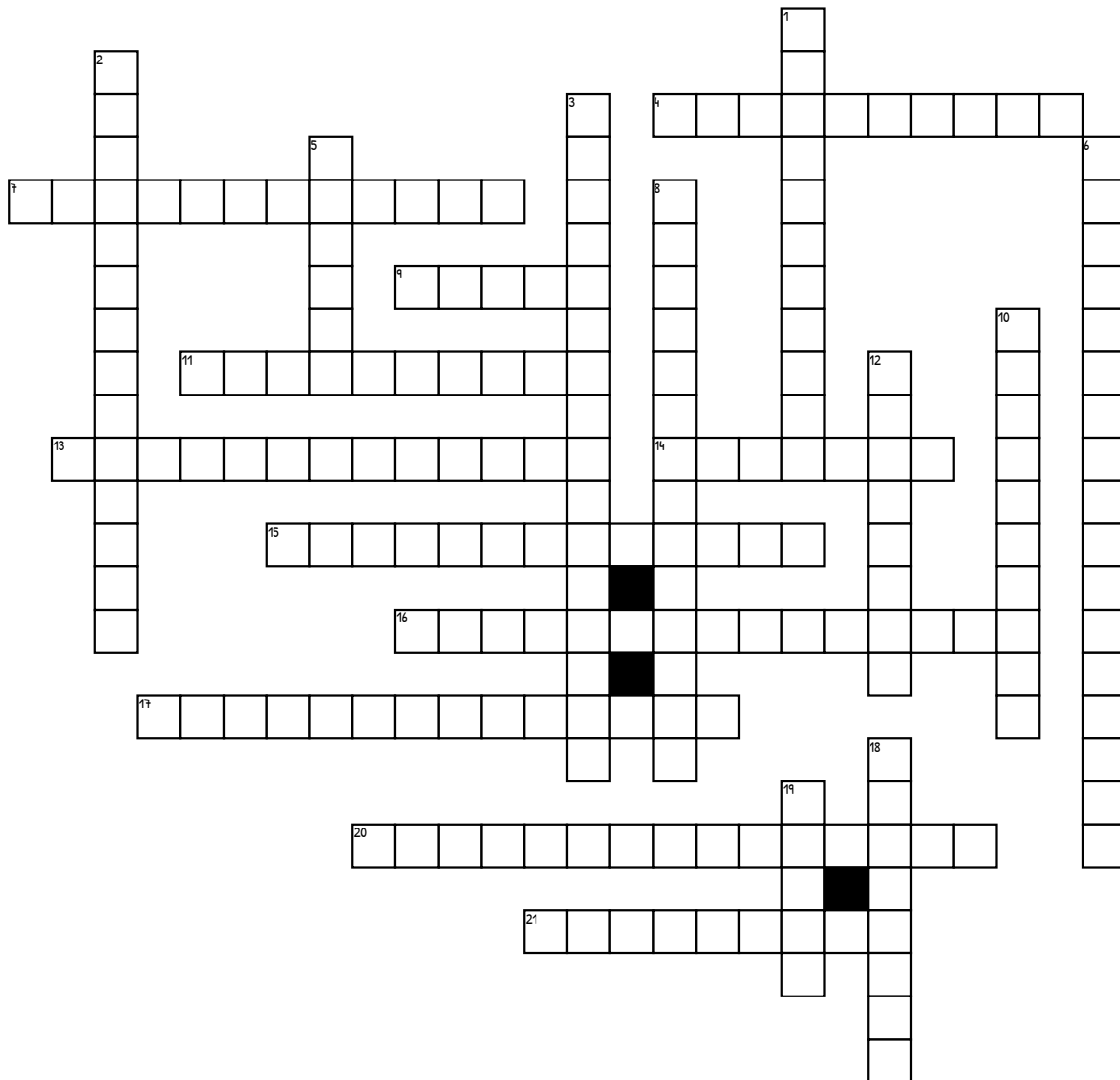


Name: _____

Unit 1 – Your Health & Wellness



Across

4. This is when you take steps to keep something from happening or getting worse.
7. Able to make correct decisions about behavior when adults are not present to enforce rules.
9. These are people of the same age who share similar interests.
11. Radio, television, and the internet.
13. This is a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States.
14. This is the collective beliefs, customs, and behaviors of a group.
15. Certain actions that can potentially threaten your health or the health of others.

16. Providing accurate health information and health skills teaching to help people make healthy decisions.
17. These are related risks that increase in effect with each added risk.
20. A deep-seated sense of meaning and purpose in life.
21. A condition that occurs when pathogens in the body multiply and damage body cells.

Down

1. The sum of your surroundings.
2. A person's capacity to learn about and understand basic health information and services and to use these resources to promote one's health and wellness.
3. These are personal habits or behaviors related to the way a person lives.

5. This is the combination of physical, mental/emotional, and social well-being.
6. These are differences in health outcomes among groups.
8. This is an ongoing condition or illness.
10. This is a deliberate decision to avoid high-risk behaviors.
12. All the traits that were biologically passed on to you from your parents.
18. This is an overall sense of well-being or total Health.
19. The various methods for communicating information.