Maintaining Your Health and Well-being

Principles of Human Services
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What are some indicators of well-being?
INDICATORS OF WELL-BEING

- Strong family structure
- Adequate health care
- Secure parental employment
- Education
- Proper and acceptable behavior
- Food security
- Physical environment and safety

Source: America’s Children in Brief: Key National Indicators of Well-Being, 2012
Adequate Health Care
PHYSICAL HEALTH

Taking care of your health is of the utmost importance to well-being

• Control weight
• Don’t abuse alcohol or other drugs
• Eat healthy foods
• Exercise regularly
• Get plenty of rest
• Stop smoking
APPLICATIONS FOR HEALTH

- Classes and trainers
- Cyclists
- Eating healthy
- Fitness
- Health
- Interval timers
- Meditation and mindfulness
- Runners
- Sleeping better
- Staying on track
- Stress relievers
- Weight loss programs
Education
BENEFITS OF HIGHER EDUCATION

According to the College Board, there are many benefits to a higher education such as:

• Earnings
• Health benefits
• Health insurance
• Individual and societal benefits
• Job satisfaction
• Pension plans
• Social mobility
Food Security
FOOD SECURITY STATUS OF U.S. HOUSEHOLDS WITH CHILDREN IN 2013

Source: United States Department of Agriculture
Hunger exists everywhere in America – in rural and urban communities and in every county. In fact, the USDA reports that one in six Americans faces hunger, including 16 million children.
FOOD SECURITY VERSUS FOOD INSECURITY

Food Security versus Food Insecurity

Food Security —
- Occurs when everyone can afford to purchase and be able to access nutritious and safe food that they enjoy eating.
- Is when everyone can access food in a way that does not compromise human dignity.
- Means food is grown and accessed in ways that are environmentally sound and socially just.
- Means you can feel confident about the food you are eating and that you will have enough.
- Is about sharing and celebrating your food.

Food Insecurity —
- Is when you can’t access to foods that you enjoy and need for you and your family to be healthy.
- Is not having sufficient and safe food for future generations.
- Is feeling stressed about whether you have enough food or about where your next meal will come from.
- Is worrying about the safety of your food and about what is in it.
EFFECTS OF GOOD NUTRITION

- Appearance
- Fitness
- Emotional strength
- Future health
- Healing
- Protection from illness
- Weight
NUTRIENTS

Nutrients keep our body healthy. They include:

- Carbohydrates
- Fats
- Fat-soluble vitamins
- Minerals
- Proteins
- Vitamins
- Water
- Water-soluble vitamins
CHOOSEMYPLATE

(click on picture)

(getting started: how to get my plan)

(click on picture)
Physical Environment and Safety
The environment in which children live plays an important role in their health and development.

- Children may be more vulnerable than adults to the adverse effects of environmental contaminants in the air, food, drinking water and other sources because their bodies are still developing.

- Violence has a long-lasting effect on individuals.

- Unintentional injuries may result in death for children.
Proper and Acceptable Behavior
PROPER AND ACCEPTABLE BEHAVIORS

Individuals should avoid participating in:

- Alcohol use
- Criminal activity
- Illicit drug use
- Regular use of tobacco
- Risky sexual activity

(Click on picture)
Secure Parental Employment
What is a workplace health program, and how can employers benefit from this program? Employees?
OVERVIEW OF POTENTIAL BENEFITS OF WORKPLACE HEALTH PROGRAMS TO EMPLOYERS

The benefits for employers include:

• Decreased rates of illness and injuries
• Enhanced corporate image
• Enhanced employee productivity
• Improved employee morale
• Improved employee recruitment and retention
• Increased organizational commitment and creation of a culture of health
• Lower health care and disability costs
• Reduced employee absenteeism
OVERVIEW OF POTENTIAL BENEFITS OF WORKPLACE HEALTH PROGRAMS TO EMPLOYEES

The benefits for employees include:

▪ Improved coping skills with stress or other factors affecting health
▪ Improved health status
▪ Improved job satisfaction
▪ Increased access to health promotion resources and social support
▪ Increased well-being, self-image and self-esteem
▪ Lower costs for acute health issues
▪ Lower out-of-pocket costs for health care services
▪ Safer and more supportive work environment

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Strong Family Structure
ROLES AND RESPONSIBILITIES OF FAMILY MEMBERS

Individuals within the family provide the following:

▪ Basic needs (such as food, clothing and shelter)
▪ Economic support
▪ Education
▪ Love and affection
▪ Nurturance
▪ Opportunities to have fun
▪ Protection
▪ Religious background
BENEFITS OF A FAMILY

Maslow’s Hierarchy of Needs

- Provides for physical needs (food, shelter, clothing, protection and security)
- Satisfies one’s emotional needs (encouragement, support, belonging, companionship, love, self-esteem and self-actualization)
PREPARING FOR THE NEXT DECADE: A 2020 VISION FOR HEALTHY PEOPLE

(Click on picture)
What are examples of generally unhealthy lifestyles?
Nearly one in eight children (12 percent) has had three or more negative life experiences associated with levels of stress that can harm his or her health and development.

These experiences may include:

- abuse or neglect
- chronic economic hardship
- living with someone who has a mental illness or substance abuse problem
- parental divorce or separation
- social exclusion by peers
- the death of a parent
- witnessing domestic violence
What is stress, and what are some effects of stress associated in each area?

Stress

Body  Mind

Behavior  Emotions
THE EFFECTS OF STRESS

- Fatigue
- Headaches
- Skin irritations
- Tight muscles

- Accident prone
- Excessive drinking or use of illegal drugs
- Loss of appetite
- Restlessness

- Impaired judgment
- Indecisiveness
- Negativity
- Worrying

- Apathy
- Apprehension
- Depression
- Loss of confidence

- Apathy
- Apprehension
- Depression
- Loss of confidence

Body
Mind
Behavior
Emotions

Stress
WAYS TO COPE WITH STRESS AND DEPRESSION

Mental health resources include:

- Community mental health centers
- Employee assistance programs
- Family services, social agencies, or clergy
- Health maintenance organizations
- Hospital psychiatry departments and outpatient clinics
- Local medical and/or psychiatric societies

- Mental health programs at universities or medical schools
- Mental health specialists, such as psychiatrists, psychologists, social workers or mental health counselors
- Peer support groups
- Private clinics and facilities
- State hospital outpatient clinics
HOW TO CONSTRUCT A DIORAMA

A three-dimensional graphic organizer that is interactive and appeals to visual learners.

Start the Guide

(Click on picture)
QUESTIONS?
REFERENCES AND RESOURCES

Images:

- Microsoft Clip Art: Used with permission from Microsoft™.

Textbooks:


Websites:

- Centers for Disease Control and Prevention
  Benefits of Health Promotion Programs.
  http://www.cdc.gov/workplacehealthpromotion/businesscase/benefits

- Centers for Disease Control and Prevention
  The early years of a child’s life are very important for his or her health and development.
  http://www.cdc.gov/ncbddd/childdevelopment/index.html

- Childstats.gov

- College Board

- Healthy.gov
  Home of the Office of Disease Prevention and Health Promotion.
  http://health.gov/our-work/healthy-people
REFERENCES AND RESOURCES

- MyPlate.gov
  MyPlate, the government’s newest symbol for healthy eating, uses a dinner plate icon as a simple visual reminder of what to serve yourself, and your family for meals and at snack time.
  http://www.choosemyplate.gov

- National Dairy Council
  The Dairy Connection.
  http://www.nationaldairycouncil.org/HealthandWellness/FutureofFood/Pages/Future-of-Food.aspx

- United States Department of Agriculture
  Food security status of United States households with children in 2013.

- U.S. Department of Health and Human Services
  Health topics to help you and your loved ones stay healthy.

Technology:

- How to Make a Four-Door Diorama
  http://snapguide.com/guides/make-a-four-door-diorama

- Introducing the New Food Icon: MyPlate
  The Department of Agriculture introduces the new food icon, MyPlate, to replace the MyPyramid image as the government’s primary food group symbol. An easy-to-understand visual cue to help consumers adopt healthy eating habits, MyPlate is consistent with the 2010 Dietary Guidelines for Americans.
  http://youtu.be/SEFmSk08LIE

- National Institute on Drug Abuse (NIDA)
  Anyone Can Become Addicted to Drugs - You might think that only some types of people can get addicted to drugs. The truth is, it can happen to anyone, whether young or old, rich or poor, male or female. This video from NIDA explains addiction in simple terms and offers a hotline to help you or a loved one find treatment.
  http://youtu.be/SY2luGTX7Dk

- Preparing for the Next Decade: A 2020 Vision for Healthy People
  Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. Featuring Assistant Secretary for Health, Dr. Howard Koh, this presentation demonstrates how public health professionals and educators should use Healthy People.
  http://youtu.be/2G9K4c7wOml