

- Chapter 1
- **Healthy Lifestyles**
- History of Health Care
  
- **Early civilization** believed that illness was due to natural or supernatural forces or the result of wrongdoing
- Used incantations, charms or herbs, magic, or folk remedies
- 6th century BC: medical schools established
- Hippocrates: first physician to believe that nature had a healing component

- **History of Health Care**  
(continued)
- **Middle Ages:** medicine and religion were interwoven
- **19th century:** bacteriology developed
- **20th century:** infectious diseases were major causes of deaths, but marked improvements were seen in
  - Sanitation
  - Water
  - Food
  - Quality of life
  - Use of vaccines and antibiotics
- **Health Care Today**
- Improvements continue to limit the number of deaths
- Old diseases resurface
  - TB
  - Measles

- New infections appear
  - HIV/AIDS
  - Ebola
  - Drug-resistant strains of organisms
- Contributions to Longevity
- Motor vehicle safety
- Advances in diagnosis and treatment for heart disease and stroke
- Improvements in safety
- Advancements in maternal child care
- Better nutrition
- Improved hygiene
- Improved technology
- Recognition of risks with tobacco use
- Improved genetic counseling

- Healthy People 2010
    - Leading Health Indicators
  - Mental health
  - Injury and violence
  - Environmental quality
  - Immunization
  - Access to health care
  - Overweight and obesity
  - Tobacco use
  - Substance use
  - Physical activity
  - Responsible sexual behavior
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- Health Care Delivery
    - Early beginnings
    - 19th–20th centuries

- 21st century
  - Managed care
  - PCP
  - HMO
  - PPO
  - POS
  
- Concept of Health
  
- **WHO** definition: “A state of complete physical, mental and social well-being, not merely the absence of disease or infirmity”
- **Holistic health**
  - Physical
  - Psychological
  - Social
  - Cognitive
  - Environmental influences

- Health
- Health: a balance of internal and external forces leading to optimal functioning
- Health promotion: directed toward increasing one's optimal level of wellness
- Health maintenance: focuses on prevention
- Health restoration: to restore function and compensate for losses
- Healthy Lifestyle Practices
- Good nutrition
- Exercise

- Mental health
- Substance avoidance
- Disease prevention
  
- Empowerment
- Empowerment is a form of self-responsibility
- Components
  - Recognize own needs
  - Solve problems
  - Gain sense of control
  - Access resources
- Healthy Lifestyles
- Nutrition
- Exercise
- Mental health
- Stress and anxiety responses
- Avoidance of substance abuse

- A healthy self-concept
- Roles of the Nurse in Health Promotion
  - Caregiver
  - Teacher
  - Advocate
  - Collaborator
  - Role model
- Levels of Disease Prevention
  - Primary (health promotion)
    - Basic hygiene, nutrition, exercise, immunizations, and regular check-ups
  - Secondary
    - Early diagnosis, screening, and treatment
  - Tertiary (health restoration)



- Restore person to optimal functioning
  
- Chapter Challenge
- Name factors that promote a healthy lifestyle
- Explain why empowerment helps foster good health
- Distinguish between the three levels of disease prevention