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MICHAEL TEAGUE | SARA MACKENZIE | DAVID ROSENTHAL

7TH EDITION

YOUR HEALTH TODAY

Choices in a Changing Society



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Education

Your Health Today

Choices in a Changing Society

Seventh Edition

Your Health Today

Choices in a Changing Society

Seventh Edition

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YOUR HEALTH TODAY

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Dear Readers,

The story of this book began almost 20 years ago when three friends—a health educator, a family physician, and a family therapist—had a conversation about their beliefs about teaching health. While our clinical and academic paths differed, we found that we shared a fundamental belief that, although the individual plays a role in the wellness process, society has a responsibility to promote the well-being of all individuals. Many personal health books at the time focused on personal responsibility for health. That is indeed a major part of health, but we wanted to emphasize a model where individuals make health decisions within the context of their relationships, cultures, communities, policies, and physical surroundings. What eventually came of that conversation was the decision to create a book that emphasizes putting personal health in context.

Since we started working on the first edition of what became *Your Health Today*, we have visited health educators across the country and learned from their many different approaches to teaching personal health. We have tried to incorporate a range of those strategies and resources into our revisions and our own personal health courses.

Like instructors who use our book, we too have been challenged through the years by the dynamic nature of health. The world is changing—interpersonally, financially, politically, and environmentally—so, what does that mean to personal health? How do students of the 21st century learn best, and where does their current understanding of personal health come from? What will be the health priorities of the future? What skills will today's students need 20 years from now to maintain a healthy lifestyle? Examining history and our own beliefs about those questions encouraged us to incorporate several health topics that are not traditionally covered (or covered only briefly) in other personal health books. As learners, we also believe that today's students generally do not need to memorize facts so much as learn how to access and assess health information, critically consider implications, and respond. In essence, our program fills the need for an approach to personal health that balances individual and cultural responsibility.

Our mission and passion for this endeavor has remained true years later. We continue to learn how to create small change in personal, professional, and community lives in an attempt to improve the health outcomes for all future generations. We hope that the seventh edition will challenge students to think of themselves as agents of change. Students can make personal changes in lifestyle behaviors that affect their own health, and they can also influence communities to make changes in response to social, political, and economic factors that affect the health of broader segments of the population.

*Michael Teague
Sara Mackenzie
David Rosenthal*



Courtesy of Maria Richter



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School of Public Health*



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Brief Contents

CHAPTER 1	Self, Family, and Community	1
CHAPTER 2	Mental Health and Stress	31
CHAPTER 3	Social Connections	63
CHAPTER 4	Sleep	85
CHAPTER 5	Nutrition	105
CHAPTER 6	Fitness	135
CHAPTER 7	Body Weight and Body Composition	160
CHAPTER 8	Body Image	181
CHAPTER 9	Alcohol and Tobacco	199
CHAPTER 10	Drugs	233
CHAPTER 11	Sexual Health	259
CHAPTER 12	Reproductive Choices	285
CHAPTER 13	Infectious Diseases	312
CHAPTER 14	Cardiovascular Disease, Diabetes, and Chronic Lung Diseases	347
CHAPTER 15	Cancer	374
CHAPTER 16	Injury and Violence	397
CHAPTER 17	Complementary and Integrative Medicine	428
CHAPTER 18	Environmental Issues	450
REFERENCES R-1		
INDEX I-1		

Contents

CHAPTER 1 Self, Family, and Community 1

Your Health in Context 2

Health and Wellness 2

What Determines Health? 3

Population Health 4

Health Equity 4

Your Health and Your Community's Health 7

Public Health 7

Community Health 8

The Healthy People Initiative 9

Individual Choice Versus Societal Responsibility 10

Your Personal Health Choices 10

Health-Related Behavior Choices 10

The Health Belief Model 11

The Stages of Change Model 11

Creating a Behavior Change Plan 12

Being an Informed Consumer of Health Information 13

Your Health and Your Family Health History 15

DNA and Genes: The Basis of Heredity 15

Genetic Inheritance 16

Creating a Family Health Tree 18

What Can You Learn From Your Health Tree? 20

Looking Ahead 21

In Review 23

Personal Health Portfolio: *Physical and Mental Health Assessment 24; Behavior Change Contract 29; Creating a Family Health Tree 30*

p. 3

Who knew so many things influence the choices you make?



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CHAPTER 2 Mental Health and Stress 31

What Is Mental Health? 32

Positive Psychology and Character Strengths 32

Characteristics of Mentally Healthy People 32

The Self-Actualized Person 34

Optimism, Self-Efficacy, and Resilience 34

Happiness and Positive Psychology 34

Emotional Intelligence 36

The Grieving Process: Part of Life 37

Bereavement and Healthy Grieving 37

Facing Death 38

The Brain's Role in Mental Health and Illness 39

The Developing Brain 39

Mental Illness and the Brain 40

Mental Disorders and Treatment 41

Neurodevelopmental Disorders 41

Mood Disorders 42

Anxiety Disorders 42

Addiction 43

Schizophrenia and Other Psychotic Disorders 44

Mental Disorders and Suicide 44

Self-Injury 45

Treatments for Mental Disorders 45

What Is Stress? 47

The Stress Response 49

The Relaxation Response 49

Acute Stress and Chronic Stress 50

Stress and Your Health 50

The General Adaptation Syndrome 50

Physical Effects of Chronic Stress 50

Mediators of the Stress Response 51

Sources of Stress 52

Life Events 52

Daily Hassles 53

Managing Stress 56

Healthy and Unhealthy Ways to Manage Stress 56

Stress Reduction Strategies 56

Relaxation Techniques 57

In Review 60

Personal Health Portfolio: *How Resilient Are You? 61*

CHAPTER 3 Social Connections 63

Healthy Personal Relationships 64

*A Healthy Sense of Self 64**Friendships and Other Kinds of Relationships 64**Strengths of Successful Partnerships 65*

Looking for a Partner 65

*Attraction 65**The Process of Finding a Partner: Dating and More 67*

What Is Love? 68

*The Course of Love 68**Sternberg's Love Triangle 68*

Communication Skills and Styles 69

*Nonverbal Behavior and Metamessages 69**Building Communication Skills 69**Gender Differences in Communication Styles 70*

Sex and Gender 70

*Gender Roles and Gender Identities 70**Sexual Orientation 71*

Committed Relationships and Lifestyle Choices 71

*Marriage 72**Gay and Lesbian Partnerships 72**Cohabitation 73**Divorce 74**Blended Families 75**Singlehood 75**Keeping Your Relationships Strong and Vital 75*

Communities 75

*Community Starts Within 77**Finding a Community That Works for You 77*

In Review 82

Personal Health Portfolio: *Meaning in Life Questionnaire 83***CHAPTER 4 Sleep 85**

Sleep and Your Health 86

*Health Effects of Sleep 86**Health Effects of Sleep Deprivation 88*

What Makes You Sleep? 89

The Structure of Sleep 90

*NREM Sleep 90**REM Sleep 90**Sleep Cycles 91*

Sleep Disorders 92

*Insomnia 92**Sleep Apnea 92**Sleepwalking Disorder 93**Sleep-Related Eating Disorders 93**Evaluating Your Sleep 94*

Getting a Good Night's Sleep 94

*Taking a Break From Technology 94**Establishing Good Sleep Habits 94**Sleeping in Unfamiliar Environments 99**Using Sleep Aids and Sleep Apps 100*

In Review 102

Personal Health Portfolio: *Assessing Your Sleep 103***CHAPTER 5 Nutrition 105**

Understanding Nutritional Guidelines 106

Types of Nutrients 106

*Water—The Unappreciated Nutrient 107**Carbohydrates—Your Body's Fuel 108**Protein—Nutritional Muscle 110**Fats—A Necessary Nutrient 111**Minerals—A Need for Balance 112**Vitamins—Small but Potent Nutrients 113**Other Substances in Food: Phytochemicals 114*

Planning a Healthy Diet 116

*2015–2020 Dietary Guidelines for Americans 116**MyPlate 118***p. 64**Friendship matters
to your health.

The DASH Eating Plan 118

Limiting Red Meats 118

Vegetarian Diets 120

Traffic-Light System 120

Diet for a Healthy Brain 120

Getting Help from Food Labels 120

The Nutrition Facts Label 120

Claims on Food and Dietary Supplement Packaging 121

Restaurant Menu Labels 121

“Sell By” Labels 122

Current Consumer Concerns 122

Overconsumption of Soft Drinks 122

Overconsumption of Salt 123

Food Allergies and Food Intolerances 123

Celiac Disease and Gluten 125

Gluten Sensitivity 125

Energy Bars and Energy Drinks 125

Probiotics, Prebiotics, and Synbiotics 126

Fast Foods 126

Food Deserts 126

Food Insecurity on the College Campus 127

Food Safety and Technology 128

Organic Foods 128

Foodborne Illnesses 128

Genetically Modified Foods 130

In Review 131

Personal Health Portfolio: Assessing Your Diet 133

CHAPTER 6 Fitness 135

What Is Fitness? 136

Benefits of Physical Activity and Exercise 137

General Guidelines for Physical Activity 139

Components of Health-Related Fitness 140

Cardiorespiratory Fitness 141

Muscular Fitness 142

Flexibility 144

Neuromotor Fitness 145

Body Composition 145

Combining Fitness Activities 145

Falling Out of Shape 145

Improving Your Health Through Moderate Physical Activity 146

Making Daily Activities More Active 146

Walking for Fitness 146

p. 140

Physical activity benefits your physical, cognitive, and emotional health.



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Getting the Most From Cardio

Exercise Equipment 147

Exergaming and Other Replacements for Sedentary Technology 148

Keeping Track With Fitness Apps 149

Special Considerations in Exercise and Physical Activity 149

Health and Safety Precautions 149

Effects of Heat and Cold on Exercise and Physical Activity 151

Exercise for People With Disabilities 152

Physical Activity for Life 152

Making a Commitment to Change 152

Using Social and Community Support 154

In Review 157

Personal Health Portfolio: Assess Your Physical Activity 158

CHAPTER 7 Body Weight and Body Composition 160

What Is a Healthy Body Weight? 161

Body Mass Index 161

Body Composition 162

Body Fat Distribution 164

Issues Related to Obesity 164

The Problem of Underweight 165

- What Factors Influence Your Weight? 165
 - Genetic and Hormonal Influences* 165
 - Age and Gender* 166
 - Obesogenic Environments and Lifestyle* 167

- The Key to Healthy Body Composition: Energy Balance 171
 - Estimating Your Daily Energy Requirements* 171
 - Adjusting Your Caloric Intake* 171

- Are There Quick Fixes for Overweight and Obesity? 172
 - Fad Diets* 172
 - Weight Management Organizations* 172
 - The Medical Approach* 172
 - The Size Acceptance Movement* 173

- Achieving a Healthy Body Composition for Life 174
 - Tasks for Individuals* 174
 - Tasks for Society* 176

In Review 178

- Personal Health Portfolio: *What Are Your Daily Energy Needs?* 179

CHAPTER 8 Body Image 181

- What Shapes Body Image? 182
 - Positive Body Image* 182
 - Gender and Body Image* 182
 - Race, Ethnicity and Body Image* 184
 - Life Stages and Body Image* 184

- Disordered Eating and Eating Disorders 185
 - Contributing Factors* 186
 - Diagnosing Eating Disorders* 186
 - Health Effects of Eating Disorders* 188
 - Treating Disordered Eating and Eating Disorders* 188

- Body Dysmorphic Disorder 191
 - Muscle Dysmorphia* 191
 - Cosmetic Surgery* 191
 - Body Art* 192

Exercise Disorders 193

- Promoting Healthy Eating and A Healthy Body Image 193
 - Individual Attitudes and Actions* 193
 - College Initiatives* 193
 - Public Health Approaches* 194

In Review 196

- Personal Health Portfolio: *Self-Esteem and Body Image* 197

p. 194

Many body types and sizes can be associated with good health.



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CHAPTER 9 Alcohol and Tobacco 199

- Understanding Alcohol Use 200
 - Patterns of Alcohol Use* 200
 - Who Drinks?* 200
 - Why Do Some People Have Problems With Alcohol?* 201
 - Drinking on the College Campus* 202

- Effects of Alcohol on the Body 203
 - Alcohol and the Brain* 203
 - Alcohol Absorption* 205
 - Alcohol Metabolism* 205
 - Visible Effects: Weight and Wrinkles* 207
 - Acute Alcohol Intoxication* 208
 - Blackouts* 208
 - Effects of Alcohol Ingestion Fads* 208
 - Hangovers* 209
 - What Happens in the Body When You Stop Drinking Alcohol* 209

- Health Risks of Alcohol Use 210
 - Medical Problems Associated With Alcohol Use* 210
 - Social Problems Associated With Alcohol Use* 211
 - Alcohol Misuse, Abuse, and Dependence* 212
 - Another View: Health Benefits* 212

- Treatment Options 213
 - Brief Interventions* 213
 - Inpatient and Outpatient Treatment* 213
 - Self-Help Programs* 213
 - Harm Reduction: Approach, Policies, and Laws* 213
 - Fake IDs* 214

Taking Action	215
<i>Are You at Risk?</i>	215
<i>Developing a Behavior Change Plan</i>	215
<i>Be an Advocate</i>	215
Understanding Tobacco Use	215
<i>Who Smokes? Patterns of Tobacco Use</i>	215
<i>Tobacco Products and E-cigarettes</i>	216
Why Do People Smoke?	219
<i>Nicotine Addiction</i>	219
<i>Behavioral Dependence</i>	220
<i>Weight Control</i>	220
<i>Tobacco Marketing and Advertising</i>	220
Effects of Tobacco Use on Health	221
<i>Short-Term Effects</i>	221
<i>Long-Term Effects</i>	222
<i>Special Health Risks for Women</i>	222
<i>Special Health Risks for Men</i>	223
<i>Special Health Risks for Ethnic Minority Groups</i>	223
<i>Benefits of Quitting</i>	223
<i>Effects of Environmental Tobacco Smoke</i>	224
Quitting and Treatment Options	224
<i>Treatment Programs to Quit Smoking</i>	224
<i>Medications to Quit Smoking</i>	224
<i>Quitting on Your Own: Developing a Behavior Change Plan</i>	225
Confronting the Tobacco Challenge	227
<i>Lawsuits and Court Settlements</i>	227
<i>Limiting Access to Tobacco</i>	227
<i>FDA Regulation of Tobacco</i>	227
<i>Public Health Warnings</i>	227
<i>Tobacco-Free College Campuses</i>	228

In Review 229

Personal Health Portfolio: Assessing Your Drinking 231

CHAPTER 10 Drugs 233

Who Uses? Patterns of Illicit Drug Use 234

What is a Drug? 235

Types of Drugs 235

Drug Misuse and Abuse 236

Effects of Drugs on the Body 237

Routes of Administration 237

Factors Influencing the Effects of Drugs 238

Effects of Drugs on the Brain 238

p. 249

Should recreational use of marijuana be legal?



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Drugs of Abuse 239

Central Nervous System Stimulants 239

Central Nervous System Depressants 245

Opioids 245

Hallucinogens and Dissociative Drugs 248

Inhalants 248

Cannabinoids 248

Emerging Drugs of Abuse 249

Approaches to the Drug Problem 249

Supply Reduction Strategies 251

Demand Reduction Strategies 251

Harm Reduction Strategies 253

In Review 256

Personal Health Portfolio: Assessing Your Drug Use 257

CHAPTER 11 Sexual Health 259

Sexual Anatomy and Functioning 260

Female Sex Organs and Reproductive Anatomy 260

Male Sex Organs and Reproductive Anatomy 261

Sexual Response 263

Sexual Development and Health Across the Lifespan 265

Sexuality and Disability 266

Varieties of Sexual Behavior and Expression 266

Common Forms of Sexual Expression 266

Atypical Sexual Behaviors and Paraphilias 268

Sexual Dysfunctions 269

Female Sexual Dysfunctions 269

Male Sexual Dysfunctions 270

Protecting Your Sexual Health 271

Using Condoms 271

A New Generation of Condoms 274

Communicating About Sex 274

Sex and Culture: Issues for the 21st Century 275

Hooking Up 275

Abstinence 276

Condom Accessibility on College Campuses 276

Stealthling: Is It a Criminal Act? 276

Cybersex 276

Sexting 276

Internet Pornography 277

Revenge Porn 277

Revenge Sex 278

College Students and Sex Trafficking 278

The Future of Sex 278

Misuse of Erectile Dysfunction Drugs by Young Men 280

Aphrodisiacs 281

In Review 282

Personal Health Portfolio: *Are You a Good Communicator?* 283

CHAPTER 12 Reproductive Choices 285

Choosing A Contraceptive Method 286

Communicating About Contraception 287

Which Contraceptive Method Is Right for You? 287

Abstinence 289

Long-Acting Reversible Contraceptive Methods 290

Hormonal Contraceptive Methods 291

Barrier Methods 292

Fertility Awareness-Based Methods 294

Withdrawal 295

Emergency Contraception 295

Permanent Contraception 295

Unintended Pregnancy 296

Signs of Pregnancy 296

Deciding to Become a Parent 297

Adoption 297

Elective Abortion 298

Fertility Care 299

Pregnancy and Prenatal Care 299

Pregnancy Planning 299

Prepregnancy Counseling 300

Nutrition and Exercise 300

Infection and Pregnancy 300

Chronic Health Conditions 301

Prenatal Care and Delivery Choices 301

Fetal Development 302

Diagnosing Problems in a Fetus 304

Childbirth and the Postpartum Period 304

Labor and Delivery 304

Newborn Screening 305

The Postpartum Period 306

In Review 308

Personal Health Portfolio: *Which Contraceptive Method Is Right for You?* 310

CHAPTER 13 Infectious Diseases 312

The Process of Infection 313

The Chain of Infection 313

Pathogens 314

p. 312

What vaccines are recommended?



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The Body's Defenses 316*External Barriers 316**The Immune System 316**Risk Factors for Infection 318**Disruption of Immunity 320***Changing Patterns in Infectious Disease 320***Food-Related Pathogen Transmission 321**Behavior-Related Pathogen Transmission 321**Antibiotic Resistance 324**Vaccination Controversies 326***Infectious Diseases Worldwide and on Campus 326***Global Infectious Diseases 326**Infectious Diseases on Campus 328***Sexually Transmitted Infections 311***HIV/AIDS 332**Bacterial STIs 336**Viral STIs 340**Other STIs 342***Prevention of Infectious Diseases 342****In Review 344***Personal Health Portfolio: Evaluate Your Infectious Disease Risk 345***CHAPTER 14 Cardiovascular Disease, Diabetes, and Chronic Lung Diseases 347****Cardiovascular Disease 348***The Cardiovascular System 348**Atherosclerosis 350**Coronary Heart Disease and Heart Attack 350**Stroke 353**Congestive Heart Failure 354**Other Cardiovascular Diseases 354***Promoting Cardiovascular Health 355***Life's Simple 356**Contributing Factors in Cardiovascular Health 359**Areas of Interest for Future CVD Research 361**Testing and Treatment 361***Diabetes 363***Type-1 Diabetes 363**Type-2 Diabetes 363**Gestational Diabetes 366***Chronic Lung Diseases 366***The Respiratory System 367**Asthma 367**Chronic Obstructive Pulmonary Disease 369***Preventing Chronic Diseases 370****In Review 371***Personal Health Portfolio: How "Heart Healthy" Are You? 372***p. 347**

What foods are part of a heart-healthy diet?



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CHAPTER 15 Cancer 374**What Is Cancer? 375***Healthy Cell Growth 375**Cancer Cell Growth 375**Classifying Cancers 376**Types of Cancer 376***Risk Factors for Cancer 376***Family History 376**Lifestyle Factors 377**Social and Economic Factors 378**Environmental Factors 379***Cancer Screening 381****Cancer Treatments 381***Surgery 381**Chemotherapy 381**Radiation 381**Biological Therapies 382**Bone Marrow Transplantation 382**Gene Therapy and Genetic Testing 383**Clinical Trials 383**Complementary and Integrative Medicine 383***Common Cancers 383***Breast Cancer 384**Lung Cancer 385**Prostate Cancer 385**Colon and Rectal Cancer 386**Skin Cancers 387**Lymphoma 390**Common Cancers in the Young 391***Living With Cancer 393****In Review 394***Personal Health Portfolio: Assessing Your Risk Factors for Cancer 395*

CHAPTER 16 Injury and Violence 397

Injury: Creating Safe Environments 398

Motor Vehicle Safety 398

Bicycle Safety 401

Pedestrian Safety 401

Recreational Safety 402

Home Safety 403

Excessive Noise 405

Providing Emergency Aid 407

Computer Use 407

Natural Disasters 408

Violence: Working Toward Prevention 409

What Accounts for Violence? 409

Violence on the College Campus 409

Sexual Violence 410

Intimate Partner Violence 417

Hate Crimes and Terrorism 419

Preventing Violence 420

Campus Parties 423

Campus Security Drones 423

In Review 425

Personal Health Portfolio: *How Safe Are You?* 426

CHAPTER 17 Complementary and Integrative connect[™] Medicine 428

Approaches to Health Care 429

Conventional Medicine 429

*Complementary and Integrative
Medicine* 431

Natural Products 434

Megavitamins 434

Minerals 434

*Probiotics and Other Nonvitamin, Nonmineral
Supplements* 434

Herbal Medicines 435

Mind and Body Practices 436

Mind-Body Therapies 437

Manipulative Therapies 438

Energy Therapies 439

Alternative Medical Systems 441

Traditional Chinese Medicine 441

Ayurveda 441

Homeopathy 442

Naturopathy 442

Native American Medicine 443

p. 406

How loud is
too loud?



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CHAPTER 18 Environmental Issues 450

Making Informed Health Care Choices 443

Evaluating Choices 443

Choosing Self-Care 443

Influences on Health Care Choices 443

Supporting Integrative Medicine 446

In Review 447

Personal Health Portfolio: *Understanding Your
Insurance Coverage* 448

connect[™]

CHAPTER 18 Environmental Issues 450

Water and Water Quality 451

Water Supplies and Shortages 451

Virtual Water 452

Water Pollution 453

Safe Drinking Water 453

Conserving Water 454

Air and Air Quality 454*Earth's Atmosphere 454**Climate Change 455**Air Pollution 459**Indoor Air Pollution 462***Waste Management 463***Solid Waste 464**E-Waste 464**Hazardous Waste 464**Approaches to Waste Management: Recycling and More 466***Ecosystems and Biodiversity 468***Deforestation 468**Desertification 469**Loss of Freshwater Resources 469**Ocean Acidification 470**Coral Reefs 470**Protecting Ecosystems 470***Energy Resources 470***Corporate Average Fuel Economy 470**Crude Oil 471**Coal 472**Natural Gas 472**Nuclear Power 472**Solar Energy, Wind Power, and Other Renewable Energy Sources 473**Liquid Biofuels 474**Conserving Energy 474***p. 467**

What can and can't be recycled?



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Population Growth 474*Global and Cultural Carrying Capacities 475**Approaches to Population Control and Management 475**A Sustainable Planet 476***In Review 477***Personal Health Portfolio: Lifestyle, Water, Carbon, and Ecological Footprints 478***REFERENCES R-1****INDEX I-1**

Learn Without Limits

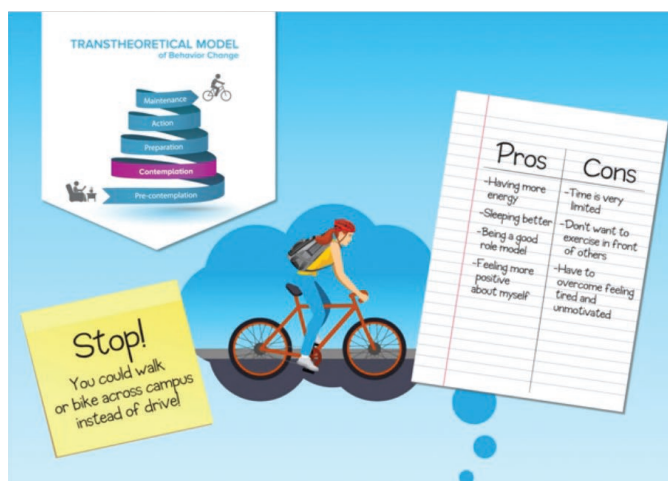
Your Health Today teaches personal health from a perspective of social responsibility. While each of us has a unique set of individual characteristics that shape our health, environmental factors have an impact on our well-being, too. *Your Health Today* incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond.

The student-focused features in the seventh edition of *Your Health Today* highlight current topics, illustrate concepts with new photos and graphs, and invite dialogue among personal health students. These features serve as entry points to classroom discussion, critical thought, and practical application of health concepts to students' lives. Many also have accompanying assignable online activities within Connect.

Connect is proven effective

 **connect**® McGraw-Hill Connect® is a digital teaching and learning environment that improves performance over a variety of critical outcomes; it is easy to use; and it is proven effective. Connect® empowers students by continually adapting to deliver precisely what they need, when they need it, and how they need it, so your class time is more engaging and effective. Connect for Personal Health offers a wealth of interactive online content, including health labs and self-assessments, video activities on timely health topics, and practice quizzes with immediate feedback.

New to this edition are assignable and assessable Concept Clips, which help students master key personal health concepts. Using colorful animation and easy-to-understand audio narration, Concept Clips provide step-by-step presentations to promote student comprehension. Topics include the stages of change model, diabetes types and metabolism, changes to the Nutrition Facts label, the cardiorespiratory system, and the stress response.



Also new are NewsFlash activities, which tie current news stories to key personal health concepts. After interacting with a contemporary news story, students are assessed on their understanding and their ability to make the connections between real-life events and course content. NewsFlash covers topics such as hands-only CPR, reducing sun damage, and vaccination rates.

Personalized Learning



SMARTBOOK™

Available within Connect, **SmartBook®** makes study time as productive and efficient as possible by identifying and closing knowledge gaps. SmartBook identifies what an individual student knows and doesn't know based on the student's confidence level, responses to questions, and other factors. SmartBook builds an optimal, personalized learning path for each student, so students spend less time on concepts they already understand and more time on those they don't. As a student engages with SmartBook, the reading experience continuously adapts by highlighting the most impactful content a student needs to learn at that moment in time. This ensures that every minute spent with SmartBook is returned to the student as the most value-added minute possible. The result? More confidence, better grades, and greater success.

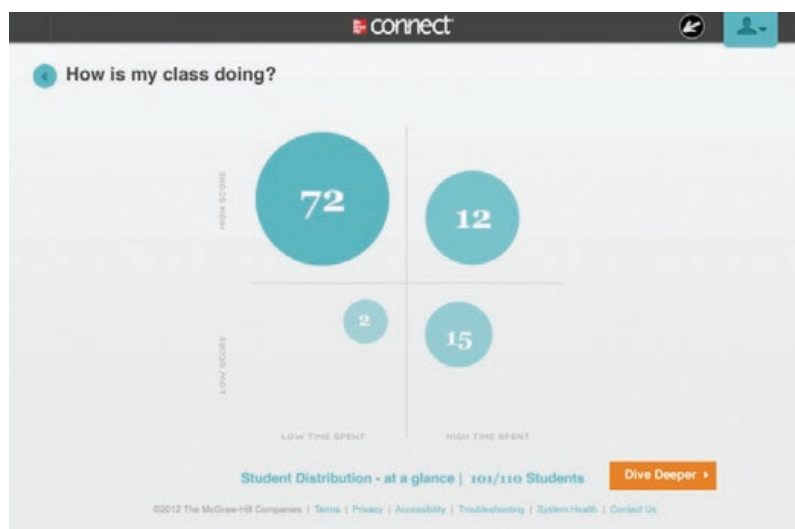
New to this edition, SmartBook is now optimized for phones and tablets and accessible for students with disabilities using interactive features.

Advanced Reporting



connectINSIGHT™

Connect Insight® is Connect's one-of-a-kind visual analytics dashboard—available for both instructors and students—that provides at-a-glance information regarding student performance, which is immediately actionable. By presenting assignment, assessment, and topical performance results together with a time metric that is easily visible for aggregate or individual results, Connect Insight gives the user the capability to take a just-in-time approach to teaching and learning, which was never before available. Connect Insight presents data that empowers students and helps instructors improve class performance in a way that is efficient and effective.



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Dietary Analysis Tool

NutritionCalc Plus is a suite of powerful dietary self-assessment tools that help students track their food intake and activity and analyze their diet and health goals. Students and instructors can trust the reliability of the ESHA database while interacting with a robust selection of reports. This tool is provided at no additional charge inside Connect for *Your Health Today*, seventh edition.

Features of *Your Health Today*

Action Skill-Builders present manageable first steps in making meaningful behavior changes and show that a small change can make a big difference. Topics include moving toward healthier eating, getting a better night's sleep, overcoming barriers to physical activity, and discussing contraception.



Consumer Clipboards show students how to weigh information, evaluate product claims, and make savvy health-related choices in a world full of misinformation and gimmicks. Topics include getting the most out of menu labeling, evaluating online health information, and selecting a pair of running shoes.



Public Health Is Personal boxes highlight broader community factors that influence personal health. They ask students to consider how systemic factors and policies that might seem remote—free early childhood education, community-sponsored needle-exchange programs, or community walkability—can have a profound impact on individual health choices and priorities.



Who's at Risk? boxes highlight data that show inequities in health outcomes and trends among diverse groups of people: for example, causes of death by geographic region and race, drinking problems by gender, or illicit drug use by geographic region. Featuring graphs and visuals, these boxes invite students to consider and critically discuss systemic reasons for these trends.



Life Stories boxes feature lively and relatable stories that personalize chapter concepts and show how topics play out in real life. Among the topics covered are online genetic testing, unintended pregnancy, culture and eating habits, and sexual assault.



Starting the Conversation boxes are designed to invite meaningful classroom discussion. Each box poses a question, presents information to inform the discussion, and ends with two critical thinking questions. Topics in the seventh edition include the role of voting in affecting public policy, the reason asthma rates are rising, and proposals to lower the legal limit for driving under the influence.



You Make the Call features present the facts behind a contentious social issue, followed by the pros and cons of two opposing positions. Topics include health insurance access, marijuana legalization, vaccination requirements for college students, mandatory calorie counts on menus, and digital connectivity.



A **Personal Health Portfolio** activity accompanies each chapter and can be completed on paper or online. Each includes a self-assessment or journaling activity and self-reflection questions. Students explore their personal health strengths and challenges and reflect on how friends, family, culture, community, and policy influence their personal health decisions. Activities include developing a family health tree; monitoring sleep, food, and activity levels; and assessing personal levels of stress.

Chapter-by-Chapter Changes—Informed by Student Data

Changes to the seventh edition include new research findings, updated statistics, and current hot topics that affect students' health choices and challenges. We have used inclusive language whenever possible. New pictures were added to chapters for relevance. Personal Health Portfolios were updated as necessary and moved from appendices to the end of chapters for convenient student access. Revisions to the seventh edition were also guided by student performance data collected anonymously from the thousands of students who have used Smartbook with *Your Health Today*. Because virtually every text paragraph is tied to several questions that students answer while using Smartbook, the specific concepts with which students are having the most difficulty can be pinpointed through this empirical data.

Chapter 1: Self, Family, and Community

- Reorganized discussion of health equities and socioecological model. Heredity and creating a family health tree is now the last section of the chapter.
- Updated discussion of health equity, with international comparison.
- New figure clarifying the stages of change.

Chapter 2: Mental Health and Stress

- Expanded discussion of the developing adolescent brain.
- New discussion of neurodevelopmental disorders, such as ADHD and the autism spectrum.
- Updated and expanded discussion of PTSD.
- Updated citations and relevant demographic statistics.
- Modified resilience scale.

Chapter 3: Social Connections

- Updated discussion of gay and lesbian partnerships to reflect the Supreme Court decision legalizing gay marriage.
- Updated “Who’s at Risk?” box that looks at divorce rates not only by ethnicity, but also by gender and education.
- New “Starting the Conversation” box that addresses voting as a way to influence public policy.
- New “You Make the Call” box.

Chapter 4: Sleep

- New “Public Health Is Personal” box on whether accidents resulting in fatalities or serious injuries caused by sleep deprivation should be viewed as criminal acts in the judicial system.

- Revised “Action Skill-Builders” box that looks more deeply at how blue light from electronics disrupts sleep and how to prevent this disruption with blue-light filters.
- Expanded section on pain and sleep.
- New section on how unfamiliar environments—for example, a hotel room—interfere with good-quality sleep, and a new “Life Stories” box on this topic.

Chapter 5: Nutrition

- Beverage nutrient ratings from the Beverage Guidance Panel added to the chapter’s “Types of Nutrients” section.
- Discussion of the paradox of cooking meat too rare or too well to avoid food pathogens or cancer.
- Discussion of the cafeteria traffic-light system used by many colleges and universities to help students make healthy food choices.
- Coverage of the USDA’s new label mandates that help consumers to understand food expiration dates.
- Inclusion of the caramel food color (4-Mels) used in diet soda as a possible carcinogen.
- Addition of the health concerns of people who are gluten sensitive and adopt gluten diets but do not have celiac disease.
- New section on food insecurity on college campuses.
- New “Public Health Is Personal” box on hunger on campus.

Chapter 6: Fitness

- Added section on neuromuscular fitness (functional fitness).
- New discussion of exercising in dirty air.
- New “Public Health Is Personal” box, on active lifestyles and built environments, discussing how communities are being designed to facilitate physical activity.
- A new planning framework that facilitates active lifestyles, the Ecological Model for Designing Active Communities.

Chapter 7: Body Weight and Body Composition

- Updated and expanded discussion of the multifactorial effect of genes on BMI and obesity.
- Revised approach to types of diets that emphasizes critical thinking about their characteristics and individual dieting goals.
- Increased emphasis on a holistic approach to body composition and health.
- New “Public Health Is Personal” box about walkable communities.

Chapter 8: Body Image

- New focus on positive body image development and resiliency.
- Increased inclusion of gender identity and sexual identity formation.
- Updates on media role, incorporating social media and media literacy.
- Updated data on and discussion of body art and cosmetic surgery.

Chapter 9: Alcohol and Tobacco

- New “Who’s at Risk?” box, on heavy drinkers at risk for alcohol-related diseases, with risks according to diversity classification.
- Discussion of Wernicke-Korsakoff as a “wet brain” disease.
- New “Starting the Conversation” box about whether to lower the blood alcohol limit for driving under the influence.
- New section on what happens to the body after someone stops drinking alcohol.
- New section on how states are cracking down on fake IDs used for underage alcohol consumption.
- Updated information about FDA efforts to regulate tobacco, particularly e-cigarettes.

Chapter 10: Drugs

- Updated table of “Commonly Abused Drugs.”
- Addition of synthetic cannabinoids to “Emerging Drugs of Abuse.”
- Updated discussion of marijuana legalization.
- Modified discussion of sources of pain relievers.
- Expanded section on opiate addiction and overdose.

Chapter 11: Sexual Health

- Discussion of “stealthing” during intercourse as a potentially criminal act, and a new “Life Stories” box on this topic.
- A new “Public Health Is Personal” box on framing sex trafficking as a public health issue.
- A new section on the future of sex, addressing virtual reality, teledildonics, augmented reality, affective technology, and sex robots.
- A new figure, “The Future of Sex.”

Chapter 12: Reproductive Choices

- Reordering of presentation of contraceptives to emphasize long-acting reversible contraceptives.
- Addition of LARCs to the “Starting the Conversation” box.
- More inclusive language and data on sexual-minority and gender-minority reproductive health.

Chapter 13: Infectious Diseases

- Updated discussion of food-related pathogens, including the 2017 SoyNut Butter–related *E. coli* outbreak.
- Updated “Starting the Conversation” box about the Zika virus and the risk for pregnant women.
- Updated figure about the adult immunization schedule.
- Updated and expanded discussion of antibiotic resistance in both the chapter and in the “Public Health Is Personal” box introducing the One Health model.
- Updated statistics and focus on prevention of HIV, including new sections on treatment as prevention (TasP), post-exposure prophylaxis (PEP), and pre-exposure prophylaxis (PrEP).

Chapter 14: Cardiovascular Disease, Diabetes, and Chronic Lung Diseases

- Updated discussion of aspirin therapy in the “Consumer Clipboard” box.
- “Promoting Cardiovascular Health” reorganized to focus on the Life’s Simple 7, behaviors and factors that promote cardiovascular health.
- Updated data on and impact of chronic diseases.
- Expanded discussion of rising asthma rates and contributing factors.

Chapter 15: Cancer

- Updated cancer diagnosis and death data.
- New discussion of disparities in access to cancer screening by education, sexual identity, insurance status, and immigration status.

Chapter 16: Injury and Violence

- In-depth discussion of campus speech and conduct codes to confront hate speech.
- New “You Make the Call” box on free speech on campus.
- New “Starting the Conversation” box on why colleges and universities are soft targets for terrorism.
- A new “Public Health Is Personal” box on college grievance procedures for sexual violence cases.
- New coverage of infotainment systems causing distracted driving, safety of recreational drones, campus security uses of drones for safety, LED light strips for accident prevention, textalyzer used by law enforcement to crack down on texting while driving, Vision Zero campaign for bicycle safety, coercive control as a form of intimate partner violence, historical efforts by black colleges to respond to campus sexual assaults, safety apps, and concealed guns marketed to women.
- New Personal Health Portfolio activity focuses on violence prevention and personal safety.

connect Chapter 17: Complementary and Integrative Medicine

- Revisions throughout to reflect the National Center for Complementary and Alternative Medicine's name change to the National Center for Complementary and Integrative Health.
- Reorganization so that two aspects of complementary medicine—natural products and mind and body practices—are followed by the discussion of alternative medical systems

connect Chapter 18: Environmental Issues

- A new “Public Health Is Personal” box on whether the United States should pull out of the Paris Agreement.

- New sections on ocean acidification and coral reefs.
- A more in-depth discussions of smart growth.
- An updated Personal Health Portfolio activity with more personal assessment instruments on carbon, water, and lifestyle footprint.
- Discussion of the health hazards of PBDEs as a source of indoor pollution.
- Discussion of lead exposure in Flint, Michigan, as an example of health problems from lead in public water systems.
- Discussion of PFASs in water.

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Instructor Resources

Instructor resources available through Connect for Personal Health include a Test Bank, Image Bank, and PowerPoint presentations for each chapter. All test questions are available within TestGen™ software. PowerPoint presentations now contain improved accessibility.

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Self, Family, and Community

1



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Ever Wonder...

- why it's so hard to break a bad habit?
 - how much your parents' health predicts your own?
 - how your neighborhood influences your health?
- 

As individuals, we are all responsible for our own health. Each of us makes choices about how we live—about whether to be physically active, whether to eat a healthy diet, whether to get enough sleep, and whether to see a doctor. And yet to talk about health only as a matter of individual choice assumes that we are always aware of the choices we are making and that we are always “free” to make them. The truth is that there are differences in the way we live and the contexts in which we make decisions.

In this book, we explore personal health within the context of our social, cultural, and physical environment. We recognize that individuals are ultimately responsible for their own health, but we also know that people make healthier choices when the environment in which they live, learn, work, and play supports those choices. Our goal is to challenge and empower individuals to enact personal and collective change to improve their health and the health of their communities.

YOUR HEALTH IN CONTEXT

To begin, we consider the difference between the terms *health* and *wellness*, and then we explore the personal and environmental factors that shape and influence our personal health.

health

A state of complete physical, mental, social, and spiritual well-being.

wellness

A process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction; wellness has several domains and can be conceptualized as a continuum.

Health and Wellness

Traditionally, people were considered “healthy” if they did not have symptoms of disease. In 1947, the World Health Organization (WHO) broke new ground with its positive definition of **health** as a state of complete physical, mental, and social well-being, not merely the absence of disease and infirmity. *Physical health* refers to the biological integrity of the individual. *Mental health* includes emotional and intellectual capabilities, or the individual’s subjective sense of well-being. *Social*

health means the ability of the individual to interact effectively with other people and the social environment.¹

More recently, a *spiritual domain* has been added to the WHO definition, reflecting the idea that people’s value systems or beliefs have an impact on their overall health. Spiritual health does not require participation in a particular organized religion but suggests a belief in (or a search for) some type of greater or higher power that gives meaning and purpose to life. Spiritual health involves a connectedness to self, to significant others, and to the community.

Wellness is a slightly different concept from health. It is generally defined as an active process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction. Like health, wellness encompasses multiple dimensions (note that wellness includes more dimensions than health does):

- Physical
- Emotional
- Intellectual
- Spiritual
- Interpersonal or social
- Environmental
- Occupational

Wellness may also be conceptualized as a continuum. At one end is extreme illness and premature death; at the other is wellness and optimal health (see Figure 1.1). Historically, Western medicine has focused on the illness side of the continuum, treating people with symptoms of disease. Other approaches focus on the wellness side of the continuum, seeking to understand root causes of health to help people live their lives fully, with vitality and meaning. For example, in the approach called *salutogenesis*, individuals (or communities) are encouraged to assess their current situation, culture, life stress, and assets in order to find reasons to move in a direction that promotes health and then develop the capacity to do it.²

How do you know whether you are healthy? Does your body physically do what you want it to do? Can you actively participate in daily life? Are your physical needs for food and shelter met? Do you awake feeling rested? Mentally sharp?

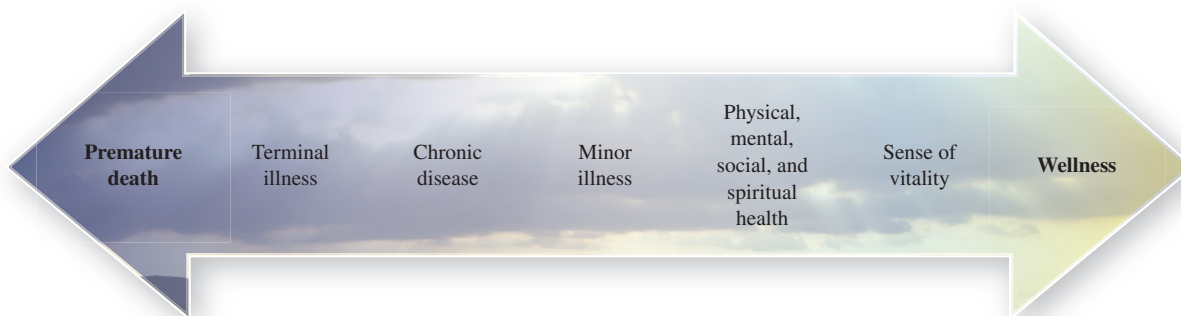


figure 1.1 The wellness continuum.

Source: Adapted from O'Donnell, M.P. (1986). Definition of health promotion. *American Journal of Health Promotion*, 1(5).