

Life Span Exam #1 Study Guide (ch. 1-4)

Chapter 1: Healthy Lifestyles

Epidemic: a disease that affects many people living in a community.

Endemic: when a disease affects only a particular people or country.

Social Determinants of Health

- Objectives that focus on conditions on the environment affecting people's health, functioning, and quality of life.
 - o **Education Access and Quality**
 - Goal: increase educational opportunities to help children and adolescents do well in school.
 - o **Economic Stability**
 - Goal: help people to earn a steady income that allows them to meet their health care needs.
 - o **Social and Community Context**
 - Goal: Increase support.
 - o **Health Care Access and Quality**
 - Goal: increase access to comprehensive high quality health care
 - o **Neighborhood and Built Environment**
 - Goal: create neighborhoods and environments to promote health and safety



Disease Prevention

- Primary Prevention (Health Promotion)
 - o Before there is any disease or dysfunction.
 - ex. Immunization, controlling risk factors, HIV/AIDS education
- Secondary Prevention
 - o Begins with dx of disease.
 - o Focuses on need to early treatment to avoid permanent disability
 - Screenings, treatment, disease control
- Tertiary Prevention (Health Restoration)
 - o Begins when permanent disability occurs; restore pt. to optimal functioning
 - o health restoration → begin when disease stabilized
 - Ex. Rehab, PT, diet, exercise, stress reduction, pain control

Nutrition

- Science that studies the body's need for food, how foods are digested, and how food choices related to health and disease.
- Malnutrition – poor dietary state due to lack of essential nutrients or failure to use available foods
- *Healthy People 2030* goal – promote health and reduce disease by promoting health and reduce disease by promoting the consumption of a healthy diet and maintaining a healthy body weight

Roles of the Nurse in Health Promotion

- Caregiver
- Teacher
- Advocate

Life Span Study Guide

JS Bruner



Life Span Study Guide:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Life Span Study Guide**

In a global inundated with screens and the cacophony of instant communication, the profound power and mental resonance of verbal artistry often diminish into obscurity, eclipsed by the constant assault of noise and distractions. However, nestled within the musical pages of **Life Span Study Guide**, a interesting perform of fictional elegance that pulses with raw emotions, lies an remarkable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus courses visitors on an emotional odyssey, gently exposing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect their captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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