

## 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

**Carol Sigelman, Elizabeth Rider, Kathy  
Trotter, Michie Swartwood**



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