

# DAY 2

## Effects on Your Health



BIG IDEA

Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.

Updated 3/22/2024

**BIG IDEA**

**Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.**

## **New Vocabulary**

➤ **heredity**

➤ **culture**

➤ **environment**

➤ **media**

➤ **peers**

➤ **technology**

# Influences on Your Health

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## Main Idea

**Heredity, environment, attitude, behavior, media, and technology can all influence your health.**

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Understanding these influences will help you make informed decisions about your health.

# Influences on Your Health

**heredity**

**physical environment**

**social environment**

**culture**

**attitude**

**behavior**

**the media**

# Heredity

Your **heredity** influences your health. Ask your parent or grandparent questions about what health conditions and diseases run in your family.

## *New Vocabulary*

### **Heredity**

All the traits that were biologically passed on to you from your parents.

# Environment

Your **environment** includes:

The physical  
places in which  
you live.

The people who  
make up your  
world.

The culture you  
live in.

## *New Vocabulary*

### **environment**

The sum of your surroundings.

# Physical Environment

## Environmental Factors that Affect Your Health

**Neighborhood safety**

**School safety**

**Air quality**

**Water quality**

**Availability of parks**

**Availability of recreational facilities**

**Availability of libraries**

**Access to medical care**

**Cleanliness of your surroundings**

# Social Environment

Your social environment is made up of all the people around you, including your family and **peers**.

## *New Vocabulary*

### **peers**

People of the same age who share similar interests.





# Social Environment

Peers can have a positive or negative influence on you.

## Positive Influences

- Become more active
- Develop new interests
- Develop new friendships

## Negative Influences

- Avoid responsibilities
- Engage in risk behaviors
- Harm relationships with family, friends, and others.

# Culture

Your **culture** can influence your health. Your culture may include the language you speak, the foods you eat, your spiritual beliefs, and the traditions you practice.

## *New Vocabulary*

### **culture**

The collective beliefs, customs, and behaviors of a group.

# Attitude

Your attitude is the way that you view situations. It can have a big effect on your health.

**Optimists are usually in better health than pessimists.**

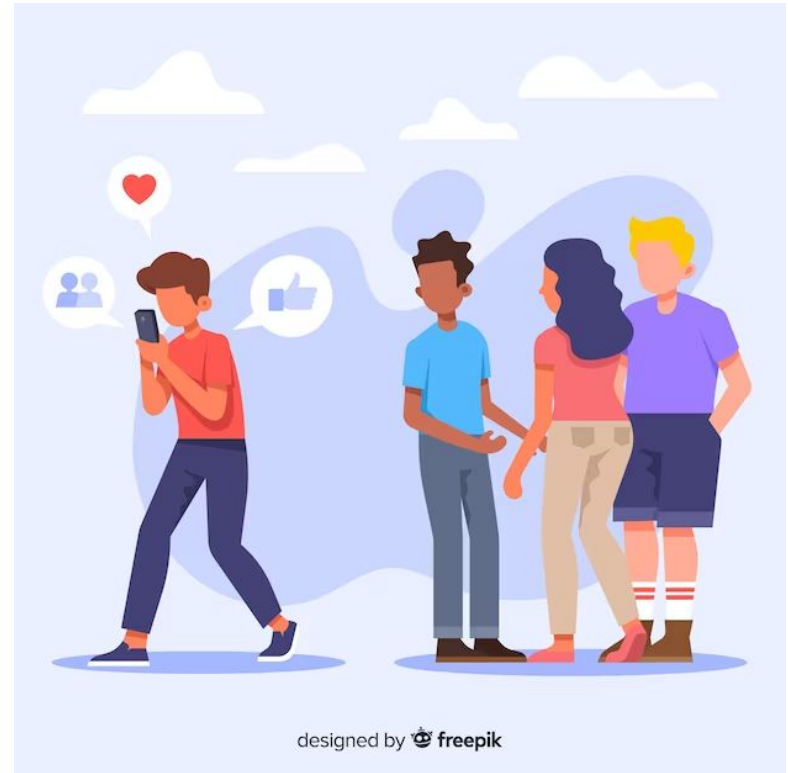
# Behavior

You have total control over your own behaviors.

**You can choose to avoid high-risk behaviors in favor of healthful behaviors, like choosing low-fat, nutritious foods and participating in daily physical activity.**

# Media and Technology

The constant presence of **media** messages has a significant influence on your decisions.



## *New Vocabulary*

### **media**

The various methods for communicating information.

# Media and Technology

Media content is delivered via **technology** and through print media, like newspapers and magazines.

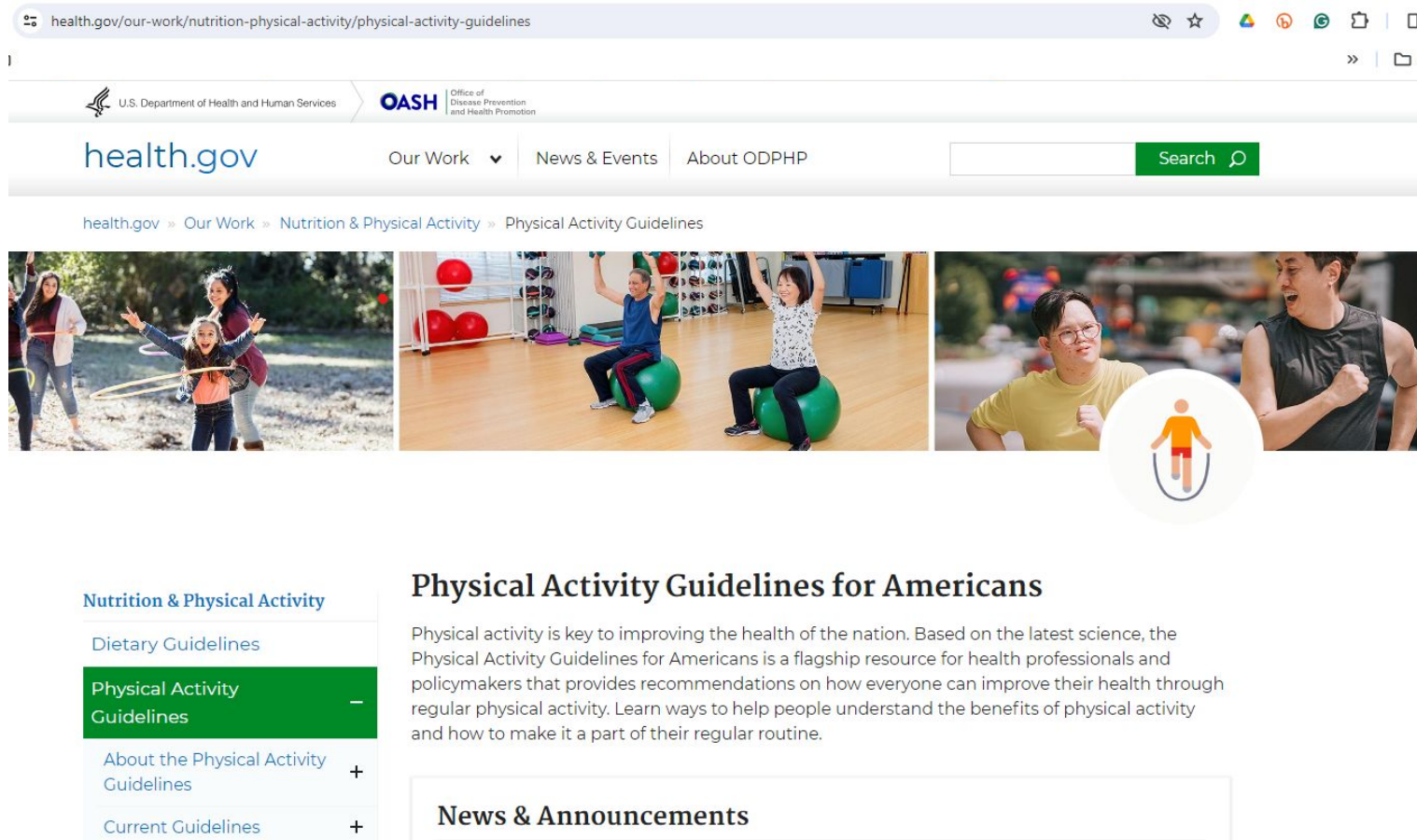
## *New Vocabulary*

### **technology**

Radio, television, and the Internet.

# Media and Technology

For valid health information, choose web sites that end in *.gov* and *.edu*, or sites maintained by professional health organizations.



The screenshot shows the health.gov website. The browser address bar displays "health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines". The website header includes the U.S. Department of Health and Human Services logo, the OASH (Office of Disease Prevention and Health Promotion) logo, and the health.gov logo. Navigation links for "Our Work", "News & Events", and "About ODPHP" are visible, along with a search bar. The breadcrumb trail reads "health.gov » Our Work » Nutrition & Physical Activity » Physical Activity Guidelines".

The main content area features three images: a group of people hula hooping outdoors, two people exercising on green exercise balls in a gym, and a man in a yellow shirt and a man in a black tank top. A circular icon of a person jumping rope is overlaid on the right image.

**Nutrition & Physical Activity**

- Dietary Guidelines
- Physical Activity Guidelines** -
- About the Physical Activity Guidelines +
- Current Guidelines +

## Physical Activity Guidelines for Americans

Physical activity is key to improving the health of the nation. Based on the latest science, the Physical Activity Guidelines for Americans is a flagship resource for health professionals and policymakers that provides recommendations on how everyone can improve their health through regular physical activity. Learn ways to help people understand the benefits of physical activity and how to make it a part of their regular routine.

### News & Announcements

# Understanding Your Influences

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## Main Idea

**You can take control of your health by understanding the factors that influence it.**

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Understanding these influences and committing to a healthy lifestyle are the first steps toward achieving and maintaining wellness.



# After You Read

Reviewing Facts and Vocabulary

**1. What does *heredity* mean?**

# After You Read

Reviewing Facts and Vocabulary

- 2. Define *environment*. Identify three types of environment.**

# After You Read

Reviewing Facts and Vocabulary

- 3. List two ways that media and technology may influence your health.**

# Effects on Your Health

END OF PRESENTATION



## BIG IDEA

Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.