

DAY 3

Health Risks and Your Behavior



BIG IDEA

Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.

Updated 3/25/2024

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Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.

New Vocabulary

➤ **risk behaviors**

➤ **abstinence**

➤ **cumulative risk**

➤ **lifestyle factors**

➤ **prevention**

Identifying Health Risks

Main Idea

Engaging in risk behaviors can harm your health.

Identifying Health Risks

You can control most **risk behaviors**.

Avoiding risks will help you to protect and promote your health.

New Vocabulary

risk behaviors

Actions that can potentially threaten your health or the health of others.

Recognizing Risk Behaviors

Risk behaviors for people under age 24.

1 Tobacco use

2 Unhealthy dietary behaviors

3 Inadequate physical activity

4 Alcohol and other drug use

5 Sexual behaviors

6 Behaviors that contribute to injuries and violence

Risks and Consequences

Risk behaviors carry significant consequences.

Both the short-term and long-term consequences can harm your health and well-being. Some risks behaviors can even be fatal.

Risks and Consequences

Short-Term Consequences of Tobacco Use

- bad breath
- yellow teeth
- headaches

Long-Term Consequences of Tobacco Use

- lung cancer
- emphysema
- heart disease

Risks and Consequences

When you repeatedly engage in certain risk behaviors you expose yourself to the effects of **cumulative risks**.

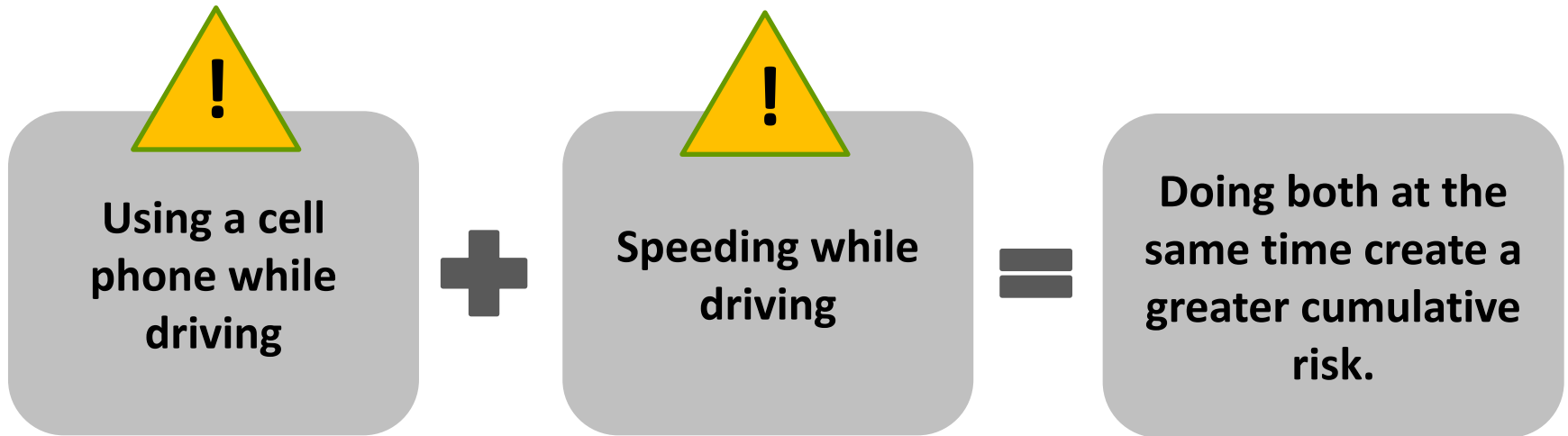
New Vocabulary

cumulative risks

Related risks that increase in effect with each added risk.

Risks and Consequences

Cumulative risks also increase when several risk factors are combined.



How to Avoid or Reduce Risks

Main Idea

You can take action to reduce your exposure to health risks.

You can protect your health and minimize the possibility of risk by practicing positive health behaviors.

How to Avoid or Reduce Risks

Another way to reduce health risks is through **prevention**.

New Vocabulary

prevention

Taking steps to keep something from happening or getting worse.

How to Avoid or Reduce Risks

Ways to Prevent Health Risks

Choose friends who avoid high-risk behaviors.

Choose healthful foods most of the time.

Remain aware of your surroundings.

Use sports equipment designed to prevent injuries.

Abstaining from High-Risk Behaviors

One of the most effective strategies for protecting your health is practicing **abstinence**.

New Vocabulary

abstinence

A deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs.

Abstaining from High-Risk Behaviors

Reasons to Practice Abstinence

Protect yourself from chronic disease.

Protect yourself from injury.

Show that you value your well-being.

Demonstrate maturity.

Promoting Your Health

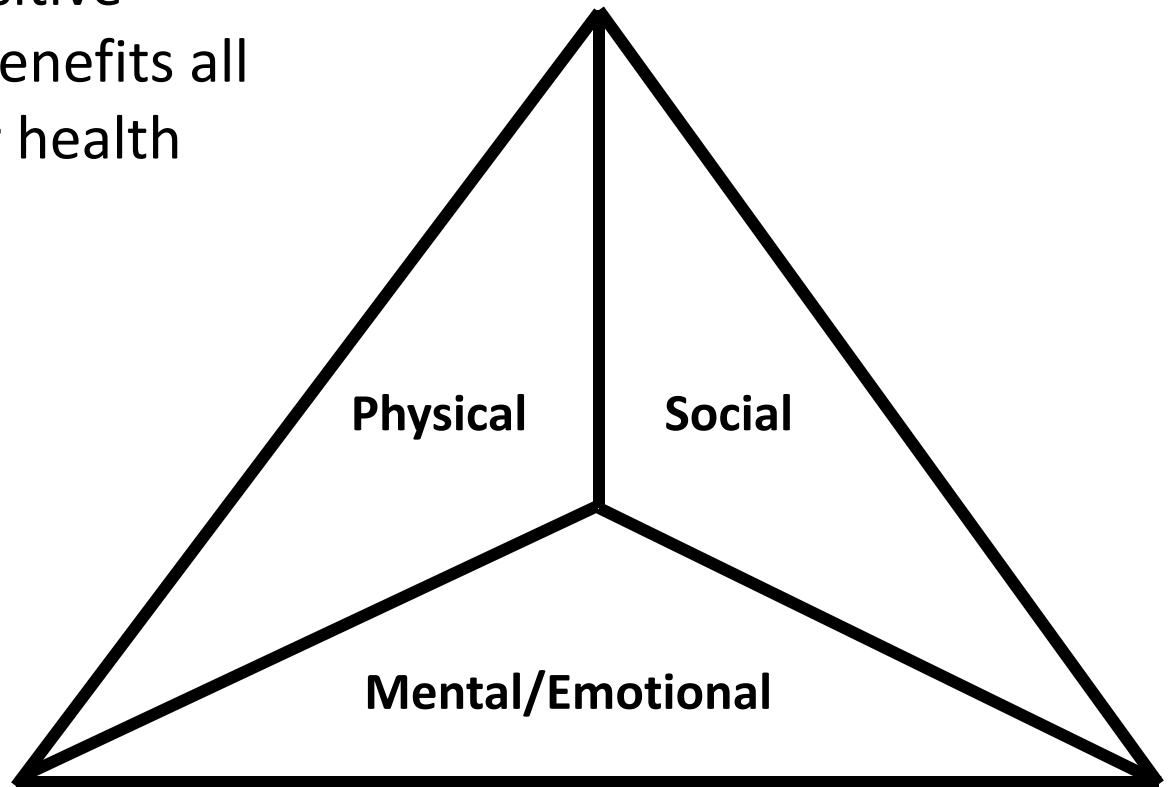
Main Idea

Regularly participating in health-promoting behaviors will help you reach a high level of wellness.

Understanding how your decisions impact your health will inspire you to adopt healthful behaviors that can promote wellness and prevent disease.

Promoting Your Health

Participating in positive health behaviors benefits all three sides of your health triangle.



Lifestyle Factors

Scientists have found that positive **lifestyle factors** improve a person's overall health, happiness, and longevity.

New Vocabulary

lifestyle factors

The personal habits or behaviors related to the way a person lives.

Lifestyle Factors

Positive Lifestyle Factors

Get eight hours of sleep each night.

Start each day with a healthy breakfast.

Eat a variety of nutritious foods each day.

Be physically active for 30 to 60 minutes most days.

Maintain a healthy weight.

Abstain from smoking or using other tobacco products.

Abstain from the use of alcohol or other drugs.

After You Read

Reviewing Facts and Vocabulary

- 1. Define the term *risk behavior*.**

After You Read

Reviewing Facts and Vocabulary

2. Why is cumulative risk a serious concern?

After You Read

Reviewing Facts and Vocabulary

- 3. How might changes in lifestyle factors influence your health in positive ways?**

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END OF PRESENTATION



BIG IDEA

Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.