

Chapter 1 Reading Guide

1. The medical profession once looked at the concept of health as the absence of any illness. That is, if you didn't have a wound, flu, disease, etc., you could be considered healthy. What does your chapter have to say about the concept of "wellness?" How is wellness different from just not being sick? Be sure to talk about prevention and protection. Describe wellness as proposed by Rene Dubos. □
2. While it's obvious why only men develop prostate cancer and why only women get ovarian cancer, it isn't always obvious why there are other health differences between the genders. Following a stroke, women are more likely to recover language ability than men; women are more more likely to develop autoimmune diseases such as lupus or MS. Men and women have differences in biology that translate into differences in health outcomes. What are some other gender differences in health that your text discusses in this chapter? Be sure to pay attention to gender differences pointed out throughout the text. □
3. How does being a member of a racial or ethnic minority affect one's health? □
4. What is a "healthy life expectancy" compared with "life expectancy"? □
5. Explain "Self-efficacy" and "locus of control." Do you consider yourself an "internal" or an "external"? □
6. What are some tips for finding reliable health information online; and avoiding false or misleading information? □
7. Describe the many factors that influence whether a person will follow through with a desired behavior change. □
8. Discuss the 6 stages of behavior change. □
9. Describe several strategies for initiating and following through with behavior change. Which do you think would be most helpful for you? □