

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' 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 the is any disease or dysfunction.
 - ex Immunization, controlling risk factors, HIV/AIDS educations
- 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

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Life Span Study Guide:

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