

Do You Think You're Healthy?

Case Studies Discussion Key

Learning Activity 1: Who Is Healthy?

These case studies are designed to trigger discussions on several aspects of health such as balanced life, body image, lifestyle and social support. Answers to the case studies are by no means comprehensive and are only the beginning of a long list that can be expanded on in the classroom. Answers may vary, depending on each one's point of view.

Case Study #1

- Protective factors: being popular and good looking (improves self-esteem and confidence), physical activity, drinks a lot of water.
- Risk factors: Lots of sexual partners, excessive exposure to UV rays, drinking alcohol, substance abuse, lack of sleep on weekends.
- Conclusion: Despite a very active lifestyle and a high self-esteem, Josh has a lot of unhealthy behaviours and would not be considered a healthy person.

Case Study #2

- Protective factors: strong family and friends' support, independent for activities of daily life, safe physical environment, happy and thankful for being alive.
- Risk factors: physical disability that is not directly affecting his health.
- Conclusion: Ian is a very happy person who managed to adapt to a very traumatic experience, thanks to the help of his friends and his family. He can be considered healthy, despite his physical disability.

Case Study #3

- Protective factors: satisfied with her body shape, doing stress management, fit, very active, lots of friends, nutritional balance.
- Risk factors: overweight?
- Conclusion: Although she is overweight, Sarah is happy about her weight and is very fit. So she might be considered a healthy person. Ideal weight is not always a good indicator of health. Some people might be thin but unfit compared to overweight persons.

Case Study #4

- Protective factors: ideal weight?
- Risk Factors: excessive exercise, focus on body weight, social isolation, and smoking to decrease hunger feeling.
- Conclusion: Pamela has an extremely distorted perception of health, with too much focus on weight and food choices. The key is balance. Too much of something is as bad as too little. There are other components affecting her well being such as decreased socialization, and lack of satisfaction with her body size. This is definitely not a healthy person.

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Case Study #5

- Protective factors: good time management, lots of friends, active lifestyle, balanced nutrition, good school achievement.
- Risk factors: lack of communication with his parents, stress regarding future education & career choices.
- Conclusion: Sean is a healthy teenage boy who knows how to balance things. However, unless he confronts his parents regarding his personal interests, he might start feeling mentally stressed.

Case Study #6

- Protective factors: successful businessman, physically active, wealthy.
- Risk factors: lack of sleep, skipping breakfast and supper, lots of coffee, very high stress level, very little family time.
- Conclusion: Despite being successful in his professional life and keeping physically active, Bob is not a very healthy person. He is doing much more than his body and mind can handle. He is missing quality time with his family, which he will never be able to make up for. Bob definitely lives a very stressful and unhealthy life.