

Do You Think You're Healthy?

Teacher Backgrounder

Learning Activity 1

Factors Affecting Health

Protective Factors

(associated with quality of life, wellbeing)

- A. Healthy conditions and environment
 - a. Safe physical environment
 - b. Steady income
 - c. Regular supply of nutritious food and water
 - d. Restricted access to tobacco and drugs
 - e. Provision of affordable housing
- B. Psychosocial factors
 - a. Volunteering
 - b. Friends
 - c. Feeling of trust
 - d. Supportive family structure
 - e. Positive self-esteem
 - f. Positive mental health
- C. Effective community services
 - a. Access to health services
 - b. Strong social services
- D. Healthy lifestyles
 - a. Decreased use of tobacco and drugs
 - b. Regular physical activity
 - c. Balanced eating
 - d. Safe sexual activity

Risk Factors

(associated with increased mortality, morbidity, disability)

- A. Unhealthy conditions and environment
 - a. Poverty
 - b. Polluted environment
 - c. Discrimination (age, sex, race, disability)
 - d. Natural resource depletion
- B. Psychosocial risk factors
 - a. Isolation
 - b. Lack of family support
 - c. Low self-esteem
 - d. High self-blame
 - e. Loss of meaning or purpose
 - f. Abuse
- C. Lifestyle risk factors
 - a. Smoking
 - b. Drinking
 - c. Poor eating habits
 - d. Physical inactivity
 - e. Substance abuse
 - f. Poor hygiene
 - g. Unsafe sexual activity
- D. Physiological risk factors
 - a. Genetic risk factors
 - b. Release of stress hormone

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Learning Activity 2

Determinants of Healthy Eating in Youth

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| <p>A. Environmental factors</p> <p>Family:</p> <ul style="list-style-type: none"> • Parental role modelling • Food exposure • Food availability • Meal structures • Family meals <p>Income/ Food Cost</p> <p>Culture</p> <p>Social events</p> <p>School environment:</p> <ul style="list-style-type: none"> • Food availability in vending machines and cafeterias • Nutrition policy • Teacher role modelling • Peer influence <p>Food supply</p> <p>Packaging of food products</p> <p>Portion sizes</p> <p>Media, marketing and advertising</p> <p>Positive influences: educational messages and awareness campaigns</p> <p>Negative influences: TV commercials of foods with low nutritional value</p> | <p>B. Individual (personal) factors</p> <p>Taste and food preferences</p> <p>Religion</p> <p>Appeal of food</p> <p>Body image</p> <p>C. Physiological and Biological factors</p> <p>Hunger and food cravings</p> <p>Age and sex</p> <p>Specific conditions (lactose intolerance, food allergies)</p> <p>D. Lifestyle factors</p> <p>Time constraints of adolescent and working parents and reliance on convenience foods</p> <p>Stress</p> <p>E. Knowledge, Attitudes, and Beliefs</p> <p>Nutrition knowledge and attitudes about health and food</p> <p>Health concern about fat intake and body weight</p> <p>Belief that “healthy foods don’t taste as good” or that “healthy foods taste good”</p> <p>Vegetarian beliefs</p> <p>F. Psychological factors</p> <p>Mood (happy, sad)</p> |
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