

Practicing Healthful Behaviors



- I will practice healthful behaviors to reduce health risks.

Becoming and staying a healthful person requires you to look at the way you live your life. In this lesson, you are going to learn what healthful behaviors you already practice and what healthful behaviors you may want to add to your routine.

What You'll Learn

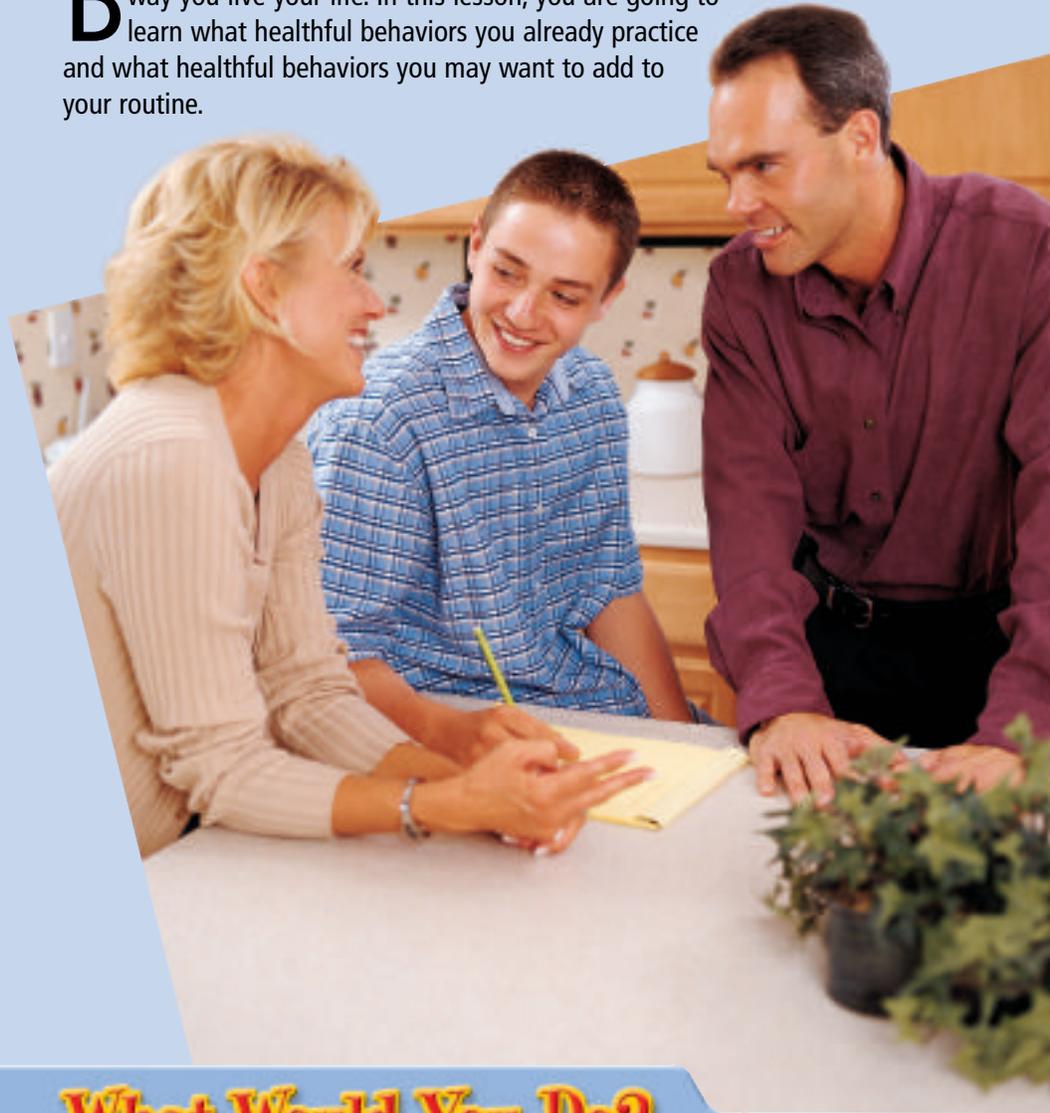
1. Discuss the purpose of a health behavior inventory. (p. 27)
2. Discuss healthful behaviors. (p. 27)
3. Give examples of risk behaviors. (p. 27)
4. List the six categories of risk behaviors in teens. (p. 27)
5. List the five parts of a health behavior contract. (p. 32)

Why It's Important

You can take control of your health and become aware that the choices you make affect your health status. For optimal health status, you will want to know what healthful behaviors are and make the decision to practice them.

Key Terms

- behavior
- habits
- healthful behaviors
- risk behaviors
- health behavior inventory
- health behavior contract



What Would You Do?

Writing About Healthful and Risk Behaviors Suppose your parents give you enough money to buy your lunch for a week. You could choose to buy the healthful school lunch or buy tasty but unhealthy food from the fast-food restaurant near your school. After you read the information about healthful behavior on page 27, write an entry in your health journal about how you would handle this responsibility.



Health TEKS covered by Lesson 3: 1A, 1I, 2C, 4A, 5A, 5D

Health Behavior Inventories



Do actions really speak louder than words? A **behavior** is the way you act or choose to act in a situation. Behaviors can be healthful, or they can put you and others at risk. Behaviors can be learned. They can become **habits**, which are fixed behaviors that you use automatically. It is more beneficial to your health status to learn and practice **healthful behaviors**—behaviors that promote health, prevent injury and premature death, and improve the quality of the environment—than to have to unlearn **risk behaviors**—behaviors that threaten health, can cause injury or premature death and harm, or destroy the environment.

The Value of a Health Behavior Inventory

You can have optimal health. Practicing healthful behaviors and avoiding risk behaviors helps you to maintain optimal health status. Where do you stand in terms of healthful behavior? You can find out by completing a health behavior inventory. A **health behavior inventory** is a tool that helps a person decide how well he or she is practicing healthful behaviors. The inventory is a list of healthful behaviors to which a person can respond positively, “I practice this healthful behavior,” or to which a person can respond negatively, “I don’t practice this healthful behavior at this time.”

The healthful behaviors listed in the inventory are not of equal value. For example, consider these two healthful behaviors: “I avoid tobacco use and secondhand smoke” and “I

investigate health careers.” You will benefit from practicing both of these healthful behaviors, but your health status is protected more by choosing not to use tobacco products and avoiding secondhand smoke than by investigating health careers.

Make the Connection

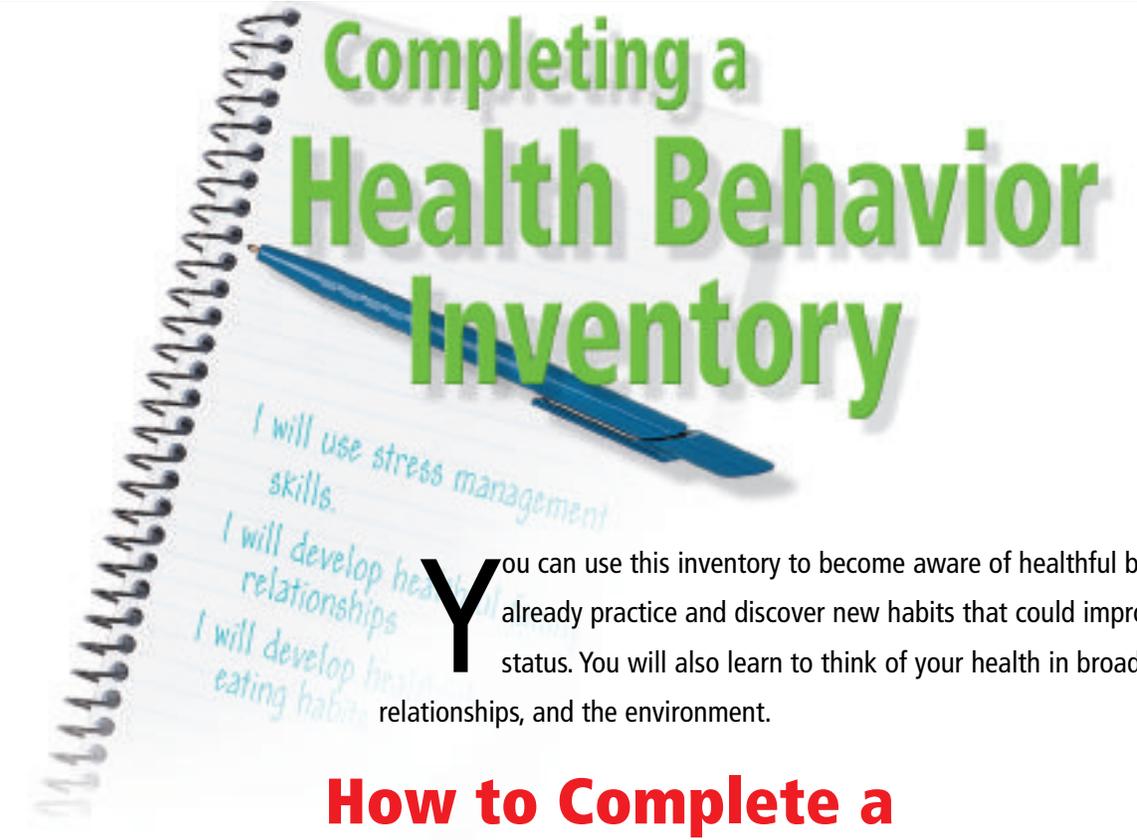
Smoking Risks For more information on the dangers of smoking, see page 426 in Lesson 38.

Six Categories of Risk Behaviors in Teens

These behaviors threaten health, can cause injury or premature death, and/or destroy the environment:

- Behaviors that result in unintentional and intentional injuries
- Tobacco use
- Alcohol and other drug abuse
- Sexual behaviors that result in HIV infection or other sexually transmitted diseases and in unplanned pregnancies
- Diet choices that contribute to disease
- Lack of physical activity

Source: Centers for Disease Control and Prevention



Completing a Health Behavior Inventory

You can use this inventory to become aware of healthful behaviors that you already practice and discover new habits that could improve your health status. You will also learn to think of your health in broader terms that include relationships, and the environment.

How to Complete a Health Behavior Inventory

To take the inventory, number from 1 to 100 on a separate sheet of paper. Read each behavior carefully. Write “yes” or “no” next to the same number on your paper. Each yes indicates a behavior you practice to promote your health status. Each no indicates a behavior you do not currently practice on a regular basis. Then review your responses and analyze them to identify any healthful behaviors that you do not currently practice.

Mental and Emotional Health

1. I will develop good character.
2. I will interact in ways that help create a positive social-emotional environment.
3. I will develop healthful personality characteristics.
4. I will choose behaviors that promote a healthy mind.
5. I will express emotions in healthful ways.

6. I will use stress-management skills.
7. I will seek help if I feel depressed.
8. I will use suicide prevention strategies when appropriate.
9. I will cope with loss and grief in healthful ways.
10. I will be resilient during difficult times.

Family and Social Health

11. I will develop healthful family relationships.
12. I will work to improve difficult family relationships.
13. I will make healthful adjustments to family changes.
14. I will develop healthful friendships.
15. I will develop healthful dating skills.
16. I will choose to practice abstinence from sex.

17. I will recognize harmful relationships.
18. I will develop skills to prepare for marriage.
19. I will develop skills to prepare for parenthood.
20. I will choose to practice abstinence from sex to avoid the risks of teen marriage and parenthood.

Growth and Development

21. I will keep my body systems healthy.
22. I will recognize habits that protect female reproductive health.
23. I will recognize habits that protect male reproductive health.
24. I will learn about pregnancy and childbirth.
25. I will learn about the growth and development of infants and children.
26. I will provide responsible care for infants and children.
27. I will develop my learning style.
28. I will achieve the developmental tasks of adolescence.
29. I will develop habits that promote healthful aging.
30. I will share my feelings with my family about dying and death.

Nutrition

31. I will select foods that contain nutrients.
32. I will evaluate food labels.
33. I will eat the recommended servings from the Food Guide Pyramid.
34. I will follow the Dietary Guidelines when I eat out.
35. I will follow a healthful diet that reduces the risk of disease.



36. I will develop healthful eating habits.
37. I will follow Dietary Guidelines when I go out to eat.
38. I will protect myself from food-borne illnesses.
39. I will maintain a desirable weight and body composition.
40. I will develop skills to prevent eating disorders.

Personal Health and Physical Activity

41. I will have regular physical examinations.
42. I will follow a dental health plan.
43. I will be well-groomed.
44. I will get adequate sleep and rest.
45. I will participate in regular physical activity.
46. I will follow a physical fitness plan.
47. I will develop and maintain health-related and skill-related fitness.
48. I will be a responsible spectator and participant in sports.
49. I will try to prevent physical activity-related injuries and illnesses.

Alcohol, Tobacco, and Other Drugs

50. I will follow guidelines for the safe use of prescription and OTC drugs.

▲ These teens are following the healthful behavior, "I will develop healthful eating habits."

Did You Know?

Health Goals You may have a few setbacks as you develop good health habits. If you keep your mind on your goal of good health, you will get back on track.

- 51. I will not drink alcohol.
- 52. I will avoid tobacco use and secondhand smoke.
- 53. I will not be involved in illegal drug use.
- 54. I will avoid risk factors and practice protective factors for drug misuse and abuse.
- 55. I will not misuse or abuse drugs.
- 56. I will use resistance skills if I am pressured to misuse or abuse drugs.
- 57. I will choose a drug-free lifestyle to reduce the risk of violence and accidents.
- 58. I will choose a drug-free lifestyle to reduce the risk of HIV infections and unwanted pregnancy.
- 59. I will be aware of resources for the treatment of drug misuse and abuse.

Communicable and Chronic Diseases

- 60. I will choose behaviors to reduce my risk of infection with communicable diseases.
- 61. I will be aware of immunizations that protect health.

These teens are following the healthful behavior, "I will protect the natural environment."



- 62. I will choose behaviors to reduce my risk of infection with respiratory diseases.
- 63. I will recognize ways to manage asthma and allergies.
- 64. I will choose behaviors to reduce my risk of infection with sexually transmitted diseases.
- 65. I will choose behaviors to reduce my risk of HIV infection.
- 66. I will choose behaviors to reduce my risk of cardiovascular diseases.
- 67. I will choose behaviors to reduce my risk of diabetes.
- 68. I will recognize ways to manage chronic health conditions.
- 69. I will choose behaviors to reduce my risk of cancer.

Consumer and Community Health

- 70. I will acquire knowledge of laws to protect health.
- 71. I will recognize my rights as a consumer.
- 72. I will take action if my consumer rights are violated.
- 73. I will make a plan to manage time and money.
- 74. I will choose healthful entertainment.
- 75. I will analyze ways that messages delivered through technology might affect health status.
- 76. I will make responsible choices about health-care providers and facilities.
- 77. I will evaluate ways to pay for health care.
- 78. I will investigate health careers.
- 79. I will investigate public and international health needs.

Environmental Health

- 80. I will stay informed about environmental issues.
- 81. I will be aware of organizations that protect the environment.
- 82. I will help keep the air clean.
- 83. I will help keep the water safe.
- 84. I will help keep noise at a safe level.
- 85. I will help improve the visual environment.
- 86. I will help conserve energy and natural resources.
- 87. I will help reduce and dispose of waste.
- 88. I will protect the natural environment.
- 89. I will be a health advocate for the environment.

Injury Prevention and Personal Safety

- 90. I will follow safety guidelines to reduce the risk of unintentional injuries.
- 91. I will follow guidelines for motor vehicle safety.
- 92. I will follow safety guidelines for severe weather, natural disasters, and national alerts.
- 93. I will practice protective factors to reduce the risk of violence.
- 94. I will respect authority and obey laws.
- 95. I will practice strategies to help protect myself from physical violence.
- 96. I will practice strategies to help protect myself from sexual violence.
- 97. I will stay away from gangs.



- 98. I will follow guidelines to help reduce the risk of weapon injuries.
- 99. I will be skilled in common first aid procedures.
- 100. I will be skilled in emergency first aid procedures.

▲ This teen is following the healthful behavior, "I will follow guidelines for motor vehicle safety."

Review Your Responses

Plan to continue each health behavior that you already practice.

Analyze Each Health Behavior

Make a list of the health behaviors that you do not yet practice. Select one that could be an important, positive change to your health status. For example, if you do not exercise often, you can choose number 45, "I will participate in regular physical activity." Perhaps you might start this health behavior by taking 30-minute walks after school four times a week. Maybe you would like to start playing a sport. Set realistic steps to achieve this goal because becoming active now will have long-term benefits to your health status. On page 32, you will learn to make a health behavior contract to develop this healthful behavior.

Mini-Review

1. List the three components of a healthful behavior.
2. What are six categories of risk behaviors in teens?
3. What is a habit?

Health Behavior Contracts

A written plan that a person makes in which he or she agrees to develop the habit of practicing a specific healthful behavior is a **health behavior contract**. The healthful behavior you want to practice becomes a health goal.

How to Create a Health Behavior Contract

Make the Connection

Health Behavior Contracts For information on making a health behavior contract, see page 367 in Lesson 33.

A health behavior contract is a written plan to develop the habit of practicing a healthful behavior. These are the five steps to follow when making a health behavior contract:

1. Write your name and the date.
2. Write the healthful behavior you want to practice as a health goal.
3. Write specific statements that describe how this healthful behavior reduces health risks.
4. Make a specific plan for recording your progress.
5. Complete the evaluation of how the plan helped you accomplish the health goal.

Health Behavior Contract

Health Goal: I will eat a healthful diet that reduces the risk of disease.

Effects on Health Status: The American Cancer Society suggests eating cruciferous vegetables (broccoli, cauliflower, cabbage, brussels sprouts, turnips) to reduce the risk of colon cancer. The ACS also recommends eating a diet high in fiber (fruits, vegetables, whole grains) to reduce the risk of colon cancer.

Plan of Action: I will eat three servings of vegetables a day; one serving will be cruciferous. I will eat at least two servings of fruit each day. I will eat whole-grain cereal and whole-wheat toast for breakfast. I will keep a food diary for one week.

Food Intake Record by Day for One Week

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
cereal, toast, peas, spinach, radishes, orange, raspberries, strawberries	cereal, toast, corn, lima beans, orange, grapes, canned pears	bacon, egg, toast, squash, peas, broccoli, orange, grapes, plum	cereal, toast, okra, sprouts, cabbage, orange, apple, plum	cereal, toast, lettuce, tomato, broccoli, orange, grapes, watermelon	bacon, 2 eggs, cabbage, corn, lettuce, tomato, pear, pineapple, apple	sausage, pancakes (with syrup), broccoli, peppers, lettuce, tomato, apple, grapes, plum

Evaluation: I slipped up on days 3, 6, and 7 with a high-fat breakfast. I didn't always want to eat cereal. I could add another serving of whole-wheat toast to get more fiber. The vegetables made me feel stuffed, but I'm getting used to it. I like eating fruit as a snack.

behavior
habits
health behavior
contract
health behavior
inventory
healthful behaviors
risk behaviors



Key Terms Review

Complete these fill-in-the-blank statements with the lesson Key Terms on the left. Do not write in this book.

1. A _____ is a written plan to develop the habit of practicing a healthful behavior.
2. _____ are actions that promote health.
3. _____ are actions that threaten health.
4. A _____ is a personal assessment tool that helps a person learn if he or she is practicing healthful behaviors.
5. Automatic behaviors are _____.
6. The way you act in a situation is a _____.

Recalling the Facts

7. What is the difference between a healthful behavior and a risk behavior?
8. What is included in a health behavior contract?
9. Name three ways that risk behaviors can affect health status.
10. What are the six risk behaviors for teens as indicated by the CDC?
11. What are the ten major areas in the health-behavior inventory?
12. Name three growth and development behaviors that can affect health status.
13. Name four nutrition behaviors that promote health.
14. Give three behaviors you can use to conserve energy and natural resources.
15. What are three ways to promote good mental health?
16. Name four family and social health behaviors you should practice.
17. Name four safety issues that are part of a health inventory.
18. What are three ways to be a healthy consumer?

Critical Thinking

19. Why does putting your name on a health behavior contract indicate your commitment to the contract?
20. Why might a person complete a health-behavior inventory?
21. Why aren't all healthful behaviors of equal value in reducing health risks? Give several examples from pages 28–31.
22. How can managing time and money help your health status? Give several specific examples that relate to your life.

Activities

Responsible Decision Making

27. **Role-Play** In health class, you have just completed the health behavior inventory. A student tells you she was surprised when she read, "I will stay away from gangs." She asks you if she made a wrong decision because she already belongs to a gang. Role-play this situation in class. Refer to the Responsible Decision-Making Model on page 61 for help.

Real-Life Applications

23. How can completing a health behavior inventory help you protect your health?
24. Select a health-related service from your community. Describe its role in preventing disease and promoting health.
25. How could health be threatened if you develop a risk-behavior habit? Describe a specific example.
26. How does knowing specific healthful behaviors help improve health status?

Sharpen Your Life Skills

28. **Set Health Goals** Make a health behavior contract using the health goal: I will get adequate sleep and rest. Include the categories of: the health goal, the effects on health status, a plan of action, a plan for recording your progress, and an evaluation of how the plan worked. Then put your plan into action and evaluate whether it helped you get enough sleep.