2. Maintaining physical functioning
3. Establishing a sense of integrity—a sense of wholeness concerning life’s journey

Roles and Their Reciprocal Relationship to Developmental Tasks
   - When we assume a role, we also assume the behaviors/responsibilities that accompany that role

**August 31st HEAL119**

Traditional Definitions of Health
- Concerns
  ~ Morbidity: pertaining to illness and disease
  ~ Mortality: pertaining to death
- Episodic healthcare
  ~ Seeking medical treatment when ill or injured
- Preventive or prospective medicine
  ~ Identifying risk factors and high-risk health behaviors to lower the risk of illness
  ~ Empowerment
  ~ Most Americans use a professional to seek help

Health Promotion: Personal and Collective Empowerment
- Individual oriented
  ~ Individual focuses on personal goals
  ~ Focus on fitness, social interaction, and healthy lifestyle
- Group oriented
  ~ Community places emphasis on group centered on empowerment
  ~ Empowerment is the nurturing of an individual’s or group’s ability to be responsible for their own well being
- Wellness
  ~ A balance among the dimensions of health and the interactions of the environment
  ~ Emphasis on lifestyle
    a. May not focus on morality and morbidity but in practice shares many risk-reduction activities with health promotion approaches

Healthy People 2020’s Main Goals
1. Increasing quality and years of life
2. Eliminating health disparities in areas such as gender, race, ethnicity, income, and education level

Why Behavior Change Is Often Difficult
b. pathogens from home septic systems
   c. contaminants from underwater fuel storage tanks
   d. lead, copper from PVC pipes

iii. solutions for better water
   a. private water supplies should be tested annually
      • noise
        i. defined as any undesirable sound
      • endocrine disrupters

Community/Regional Environment
   • air pollution
   • water pollution
   • land pollution
      i. urban development
         a. increases commute time
         b. decreases physical activity, increases rates of overweight/obesity
         c. reduces quality of life
      • loss of green space

Global Environments
   • atmosphere, oceans, continental land masses, and all living organisms that exist on Earth
      • concerns:
         i. human population explosion
            a. resource depletion and starvation
            b. habitat destruction
            c. political tensions, terrorism, and war for competing limited resources
         ii. global climate change
            a. greenhouse gases
            b. coastal flooding
            c. use mass transit, conserve electricity, recycle, fuel-efficient vehicle
         iii. stratospheric ozone depletion
         iv. loss of natural habitats and species extinction