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PREFACE

Our goal in writing this textbook has always been to provide you with information needed to understand and implement the basic principles of physical, mental, and spiritual wellness. For the Eleventh Edition, we have updated the book’s information, exercises for health, and humor to help you plan and make healthy changes in your life so that you will develop a lifestyle that promotes lifelong wellness. We believe that the major factors to living healthfully are the following:

- Being responsible for one’s behaviors; for example, not smoking cigarettes or overusing alcohol and other drugs; maintaining healthy body weight; getting sufficient exercise; consuming nutritious foods rather than fast and junk foods; managing stress; and living in harmony within oneself and the environment.
- Contributing to the health of one’s social and physical environments; for example, supporting laws that enhance the health and safety of all, especially children; ensuring safe food and medicines; and making the air, water, and land healthy and safe for everyone.
- Realizing that health and wellness encompass one’s entire being—body, mind, spirit, and relationships with the environment—rather than the medical management of illness and the repair of diseased and broken body parts.

What does it mean to be healthy and well? Often, students’ answers include eating right, not being sick, and being physically fit. But a holistic view of health encompasses many more of our behaviors. Answer the following questions and see if your opinion about your health changes:

- Are you able to cope with stress without getting angry, anxious, or depressed?
- Do you get enough sleep (at least eight hours a night)?
- Does your diet consist of several daily servings of fruit, vegetables, and whole grains?
- Do you exercise regularly?
- Do you take time to enjoy nature?
- If you drink alcohol, do you drink responsibly (e.g., you do not get drunk or drink and then drive)?
- If you are sexually active, do you use fertility control and practice safer sex?
- Are your interpersonal relationships satisfying?
- Are you involved in your community?
- Do you not smoke cigarettes?

Robust health and overall well-being are not achieved in a few days, weeks, or months. Improving and maintaining optimal health is a lifelong process requiring lifelong commitment. The amount of food you need and the degree of physical activity you engage in will change over time. Life will bring problems to be solved and adversities that must be overcome. We hope that the information, tools, and encouragement provided in this textbook will motivate you to adopt healthier behaviors and improve all aspects of your well-being now and into the future. Taking responsibility for your health is the first vital step toward attaining optimal health and wellness.

Pedagogical Features

We have developed a number of features to help you learn about health and wellness in this book.

Each chapter of the book begins with a list of Learning Objectives to help you focus on the most important concepts in that chapter.

CHAPTER 18
Using Alcohol Responsibly

Learning Objectives:
1. Discuss the prevalence of drinking, types of drinking, reasons for drinking, and attitudes toward drinking among college students.
2. Explain the effects of alcohol on the body.
3. Describe how alcohol is absorbed into the body and how this absorption affects blood alcohol concentration.
4. Discuss the effects of alcohol on behavior, including sexual behavior.
5. Describe the long-term effects of alcohol overconsumption.
7. Explain the phases of alcoholism.
8. Describe how alcohol affects one’s significant others and the help that is available for both the family and the alcoholic.
The lymphatic system is part of a larger system called the immune system. Many children and a majority of adults in modern societies wear glasses or contact lenses to correct for nearsightedness (myopia). When our ancestors lived in the wild and had to forage and hunt for food, acute vision was of considerable importance. Thus, if one considers 20/20 vision as a typical norm, it is likely that eye development and vision systems mature during the first year or so of life. The immune system, which is part of a larger and more complex system called the immune system, protects the body from infectious organisms. Several days after we are born, the lymphatic vessels are nodules called lymph nodes that are spaced along the lymphatic vessels. These lymph nodes trap infectious organisms or foreign substances. The immune system performs many functions in protecting the body. Without a healthy diet, a child is extremely susceptible to infections that a weak immune system cannot fight. The immune system is an adaptive organ system of organs and cells that must act in concert to protect people from infectious diseases (Figures 12.6, 12.7). The immune system takes time to develop. At birth, the immune system is immature. The main goals of Healthy People 2020 are (1) to help individuals make healthy lifestyle choices and (2) to foster the health of the diverse American population. Each decade, the U.S. government issues health objectives grouped into 42 topic areas (Figure 14.6). In contrast, most of the Hong Kong students are myopic. Vision is likely to affect new development and close-up tasks in later life even though good vision may improve cognitive ability. We must therefore encourage healthy lifestyles, including good nutrition, when these tasks are likely to focus on close-up tasks.
Current topics are highlighted in boxes to give a complete perspective in your study of health and wellness. Global Wellness boxes explore health and wellness topics as they affect different countries and cultures.
Wellness Guides offer tips, techniques, and steps toward a healthy lifestyle and self-responsibility.

Managing Stress boxes give you practical strategies for coping with stress.
Chapters conclude with Critical Thinking About Health—a set of questions that present controversial or thought-provoking situations and ask you to examine your opinions and explore your biases.

Dollars and Health Sense boxes focus on the influence of economic forces on individual and community health; for example, the marketing of worthless and sometimes dangerous supplements and devices for weight management, fitness, and stress relief; direct-to-consumer advertising in the marketing of minimally effective and sometimes dangerous pharmaceuticals; and cigarette advertising to encourage youths to start smoking.
End-of-chapter material includes Health in Review (a brief review of the chapter), Health and Wellness Online (a glimpse of the resources available on the Web), References, Suggested Readings, and Recommended Websites where you can find additional health information.

The text also includes appendixes on relaxation exercises and stress management techniques (including guides for yoga and t’ai chi).

A workbook has been included at the end of the text to provide you with self-assessments and activities to explore your own health.

Below are some examples of topics that are new to this edition or have been expanded upon from prior editions:

- Chapter 4 includes new information on epigenetics and the biological roots of some mental illnesses.
- Chapter 5 includes a revision of the U.S. Department of Agriculture’s dietary recommendations, formerly called MyPyramid and now presented as MyPlate. The chapter also contains updated information pertaining to food safety.
- Chapter 6 contains a discussion of obesogens—chemicals, some of which are environmental pollutants—that alter the body’s weight-regulating systems and predispose one to being overweight.
- Chapter 10 includes updates on fertility control methods.
- Chapter 12 has the latest information on vaccines and health and worldwide efforts on controlling infectious diseases.
- Chapter 24 provides updates on health risks associated with different plastics used in the manufacture of water bottles.
A Note of Thanks
Throughout all of the editions of Health and Wellness, many people have contributed support and guidance. This book has benefited greatly from their comments, opinions, thoughtful critiques, expert knowledge, and constructive suggestions. We are most appreciative for their participation in this project. We also want to thank our editors (past and present) and all of the people at Jones & Bartlett Learning for their unflagging support of this textbook over the years.

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