

Lesson 2

Influences on Your Health



Guide to Reading

● Building Vocabulary

Read the terms below. Define each in your notebook as best you can. As you read the lesson, make changes where needed.

- heredity (p. 8)
- environment (p. 9)
- culture (p. 9)
- peers (p. 9)
- media (p. 10)
- technology (p. 10)
- behavior (p. 11)
- attitude (p. 11)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** factors that influence your health.
- **explain** the role that your behavior and choices play in your health.
- **describe** how your attitudes affect your health.

● Reading Strategy

Skimming Look over the major and minor headings in this lesson. Write a brief paragraph explaining what you think the lesson is about.

Quick Write

Make a list of your likes and dislikes. Explain which of these are shared by your family and which are shared by your friends.

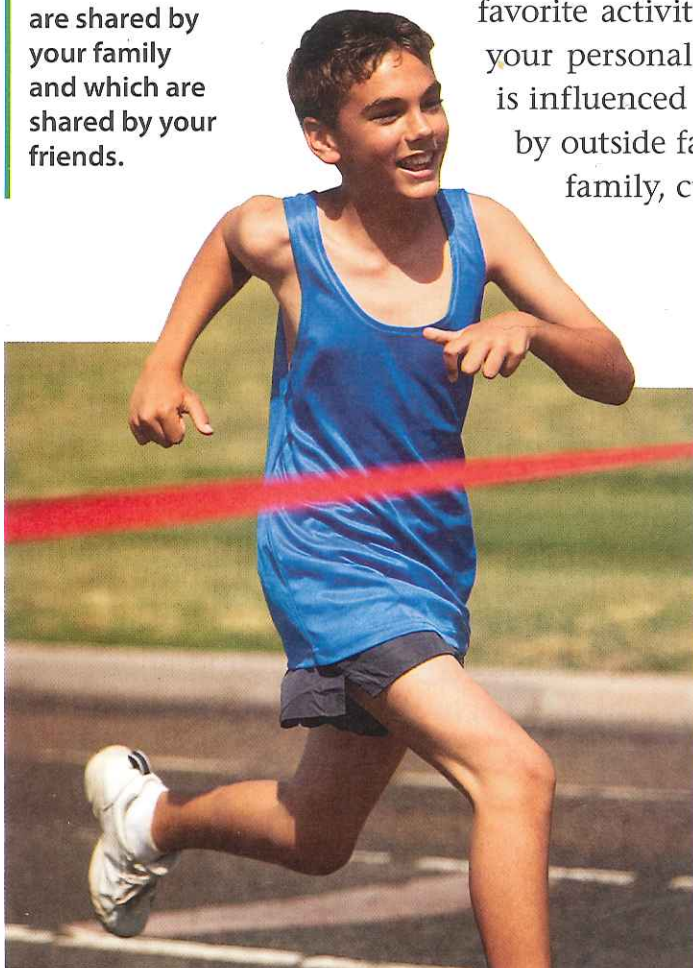
Factors that Affect Your Health

What foods do you like to eat? What are your hobbies and favorite activities? Your answers to these questions reflect your personal tastes, your likes and dislikes. Your health is influenced by your personal tastes. It is also influenced by outside factors. These include heredity, environment, family, culture, the media, and technology.

Heredity

Heredity is the process by which biological parents pass traits to their children. These include physical traits, such as eye, hair, and skin color, and body type and size. You may also inherit a musical or athletic ability. The risk of developing certain diseases such as diabetes or allergies can also be passed along through heredity.

- ◀ The ability to run fast is sometimes passed along through heredity. **What health choice might you make based on inheriting this ability?**



Environment

Think about where you live and go to school. These are part of your environment. **Environment** (en·VY·ruhn·muhnt) is *the sum total of your surroundings*. It includes the air you breathe and the water you drink. It also includes the neighborhood you live in and the people around you.

Your environment can both positively and negatively affect your personal health. If you live in a warm climate, you may have more opportunities to participate in outdoor activities. You will also have to be extra careful in the sun. How does the environment where you live affect your health?

Family and Culture

Two related influences on your health are your family and your culture. **Culture** is *the collected beliefs, customs, and behaviors of a group*. Family and culture can influence many aspects of your health including eating habits, physical activity, and the use of health services. Some cultures, for example, eat special foods on special occasions. Some eat no food at all during religious celebrations. Bessem's family observes the holiday of *Ramadan*. During this holiday, members of the family fast until sundown. Your family might also celebrate certain holidays and observe special cultural traditions. These traditions might include dances, foods, ceremonies, songs, and games.

Peers

Peers are an especially important influence during your teen years. **Peers** are your *friends and other people in your age group*. Peer pressure can influence healthful choices. For example, Dena's friend Shawn began volunteering at the animal shelter. Shawn invited Dena to go with him one day, and now they volunteer at the animal shelter together.

Peers can also have a negative influence on your health. If your friends take part in risky behaviors, such as smoking or drinking, you might feel pressure to join in.



- ▲ Your tastes in food may be a reflection of your family's preferences and your culture. **What other factors might influence your food choices?**

DEVELOPING

Good Character

Setting a Good Example

Your friends can have a positive or a negative influence on your actions and your health. You also can influence the people in your life based on the examples you set. If you set a good example for others, you will encourage them to follow your lead. **Think about ways you can be a positive role model. What responsible actions can you take that might influence others?**



▲ The media influence the health choices we make. **Have you bought a health product based on an advertisement? Were you satisfied with your purchase?**

Media

Troy realized how much the media could influence him when he saw a TV ad. As soon as he saw it, he knew he wanted the video game it advertised for his birthday. Have you had an experience similar to Troy's? The **media** is *the various methods of communicating information, including newspapers, magazines, radio, television, and the Internet*. It is often used by companies to encourage us to buy their products, such as the video game Troy saw on TV.

Messages from media and other sources influence health behavior.

Through the media, it's possible to quickly find information on almost any health topic. The media also provides us with advertisements for health products and services. However, not all media sources are equally reliable. Later in this chapter, you will learn how to judge whether a source is reliable.

Technology

Technology is *the use of scientific ideas to improve the quality of life*. The use of computer technology in planes has made it easier and safer to fly. A variety of technologies for health information are now available. E-mail and the Internet are only two examples. These resources influence your health because they can provide you with fast and easy access to valid health information. The control of diseases is another area that technology has impacted.

One area in which technology has had a huge impact is in detecting illnesses. For example, MRI machines give a view of the inside of any area of the body. Finding early evidence of diseases can help doctors treat them successfully. Can you give another example of technology that has made your health and life better?

Reading Check

List Name four factors that affect your health. Give an example of each.

Your Health Choices and Behaviors

Some of the factors that influence your health, such as heredity, are out of your control. You do, however, have control over your behavior and the choices you make. Your **behavior** is the way you act in the many different situations and events in your life. Many of the choices you make affect your health. For example, choosing to eat healthy foods will affect your physical health. Knowing the consequences of your choices and behaviors can help you take responsibility for your health.

Personal Attitudes

An **attitude** is what you believe or feel about someone or something. Individual, family, community, and cultural attitudes play a role in your health. For example, if you have a positive feeling about wearing safety belts, you'll probably wear one when riding in a car. Teens who have positive attitudes toward healthy habits usually encourage others to do the same.

Reading Check

Recall Give one example of a choice that can affect your health.

 Health Online

Visit health.glencoe.com and complete the Interactive Study Guide for Lesson 2.

Lesson 2 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *culture* and *media*. Explain how each influences health.
2. **Describe** How has medical technology improved life?
3. **Explain** How does your attitude affect your health?

Thinking Critically

4. **Synthesize** Which side of the health triangle do you think is most affected by outside influences?

5. **Apply** Think of a positive health habit or behavior you learned from your family. Think of another you learned from a peer.

Applying Health Skills

6. **Analyzing Influences** Our country has people from many different cultures living within its borders. Identify cultures in your own community. With a group, discuss ways in which these cultures influence the lifestyle of community members. Think about celebrations, food, music, and the like.