

**WHAT ARE THE LEADING
CAUSES OF DEATH IN THE US?**

Essential Standard 8.PCH.1

- Understanding wellness, disease prevention, and recognition of symptoms.

Clarifying Objective 8.PCH.1.1

- Classify the risk factors (based on risk behaviors) begun in childhood and adolescence associated with leading and premature causes of death.

Statement of Objectives:

- *Today you will learn the risk factors and behaviors associated with the leading and premature causes of death. You will understand and be able to avoid the risk factors that lead to chronic diseases. You will be able to identify leading causes of death around the world that are preventable and associated with personal choices a person makes throughout their life. You will learn how to set goals and develop a short-term and long-term health goals for yourself. You should understand the need to be persistent in reaching any goal.*

You may have heard that Yogi Berra once said,

- *“If you don’t know where you are going, you’ll end up someplace else”.*
- Write in journals what the quotation means and how this applies to personal health.

It deals with goal setting.



Habit of Persistence

(Summit Seekers Unlimited)

Walt Disney began as a cartoonist in 1921. More than twenty-five years later, after several small successes and a number of bouts with bankruptcy, Disney began to see his grander visions becoming reality. Early in the 1950s Walt took his friend Art to an orange grove in southern California and described his dream of a theme park for his daughters and children of all ages. He could afford land for the theme park, but not the adjacent tracts and offered his friend the chance of a lifetime. Art turned him down.

Walt went on to build Disneyland and ten years later, he approached this friend again and offered him the same opportunity to invest in land in Orlando, Florida. This time Art Linkletter, not swayed by Disney's persistence, turned his friend Walt down again. To this day, Linkletter considers these two of the worst financial decisions he ever made.

Walt Disney had a vision. Years after his death at the grand opening of the EPCOT Center, his wife Lillian was asked, "Isn't it a shame Walt didn't get to see this?"

Lillian Disney was quick to reply, "He did. He saw it long before we did."



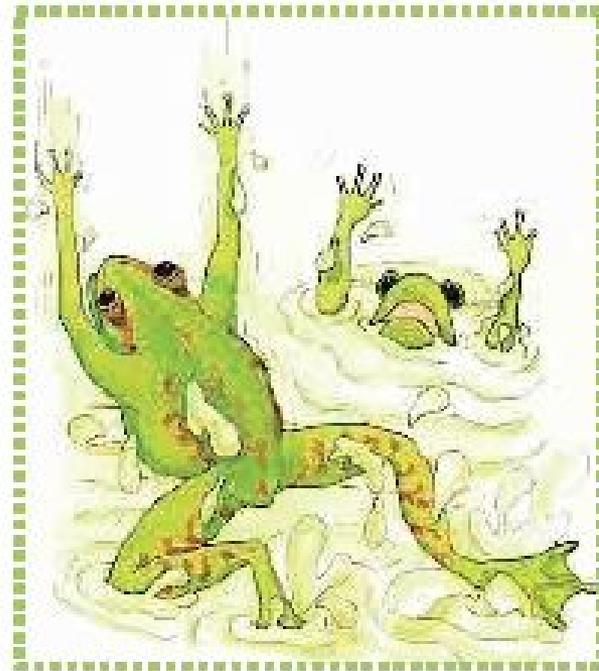
'Two Frogs

(Author Unknown)

*Two frogs fell into a can of cream,
Or so it has been told.
The sides of the can were shiny and steep,
The cream was wide and cold.
"Oh, what's the use," said number one.
"It's plain no help's around."
"Goodbye, my friend, good bye sad world."
Weeping, still he drowned.*

*But number two, of sterner stuff,
Dogpaddled in surprise.
All the while he licked his creamy lips
And blinked his creamy eyes.
"I'll swim at least a while, he thought
Or so it has been said.*

*It really wouldn't help the world
If one more frog is dead.
An hour or more he kicked and swam,
Not once he stopped to mutter.
Then he hopped out from the island
He had made from fresh churned butter!*



****Please note: The frog that lived was persistent in his effort to reach the goal of survival. Persistence is one habit we need for good self-management. Habits formed early in life and practiced through life persistently can keep us from developing a chronic illness and premature death.**

- Persistence is one habit we need for good self-management.
- Habits formed early in life and practiced through life persistently can keep us from developing a chronic illness and premature death.

□ A **risk factor for disease** is anything that increases one's risk of getting a particular disease.

□ There are many risk factors and risk behaviors that are known contributors to the leading causes of death in the United States and around the world.

□ You cannot change your heredity and the genetic makeup that can cause chronic illness in the future.

■ For instance, if you have a strong family history of diabetes, cancer, or cardiovascular disease, you are more likely to develop these diseases later in life.

- *However, there are risky behaviors that can increase the chances that these chronic diseases will happen to you, or healthy behaviors that will decrease risk.*
- *These diseases are known as chronic and degenerative diseases because they often take years to develop and get worse over time.*
 - *Cardiovascular disease and cancer are two examples of these chronic diseases.*
- *They are the leading killers of adults and they cause many premature deaths*

Risk Factors and Risk Behaviors

- *The effects of risk behaviors that cause these diseases are learned and begun in childhood and adolescence.*
- *Examples*
 - *As children, eating habits are primarily influenced by families.*
 - *The types of foods eaten, the amounts of foods eaten, and the ways foods are prepared are first learned in the home.*
 - *Children learn their exercise habits and attitudes about physical activity from their families as well.*

These attitudes will often carry over into adulthood.

- ❑ Most adult smokers began smoking as teenagers.
- ❑ *Regardless of the reason they started their smoking habit, they quickly become addicted and carry this habit with them throughout adulthood.*
- ❑ *The use of tobacco is considered to be the single most preventable cause of disease in the United States and more than 435,000 deaths are attributed to the use of tobacco each year.*

Facts About Smoking

- Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.
- Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including nearly 42,000 deaths resulting from secondhand smoke exposure.
 - a. This is about one in five deaths annually, or 1,300 deaths every day.
- On average, smokers die 10 years earlier than nonsmokers.
- If smoking continues at the current rate among U.S. youth, 5.6 million of today's Americans younger than 18 years of age are expected to die prematurely from a smoking-related illness.
 - a. This represents about one in every 13 Americans aged 17 years or younger who are alive today.

- *You should understand the impact of the decisions you are making during adolescence and be aware that the decisions made today can have long-lasting and life-altering consequences.*
- *Decisions lead to short-term goals which lead to long-term habits, both healthy and unhealthy.*
- *The obesity epidemic in our state is an example of cumulative effects of years of poor habits.*
- *It is predicted that this generation of young people will have a shorter lifespan than that of their parents.*

- *Walt Disney developed habits that gave him the persistence to bring a dream to life – a dream that is thriving 50 years after his death.*
- *What does it take to develop that type of persistence?*
He had:
 - *A Vision*– a goal in mind
 - *A Purpose*–a reason for doing what he did
 - *A Will*–a level of desire that will give definition to persistence
 - *A Beginning with the End in mind*
 - *A Focus*–Nothing becomes a hindrance and takes our eyes off the goal.
 - *The lion in the wild does not attack a herd of antelope; she focuses on one and sticks with it.*
 - *NO Excuses!* *Don't blame. PERSIST instead.*
 - *He had to learn from successes and failures. Use what you learn for future opportunities to persist. This is called resiliency.*

- *Goal setting might be one of the most difficult tasks one takes on, but it is indeed the most rewarding.*
- *Creating a vision of the future and turning it into reality is fulfilling and involves risk taking, courage, and support from others.*
- *It is important for students to take a good look at what they want for the future, but this task may take some time in order to assess where they are, where they want to go, and how to go about getting there.*

- *Some people plan easily and others do not.*
- *Goals can be influenced by friends, family, and perceptions about societal expectations.*
- *Goals are often a reflection of one's values and experience.*
- *Ultimately one must assume responsibility and control of learning how to pursue dreams and turn them into reality.*
- *It is usually more effective to start goal setting with short-term objectives then work up to more serious and long-term goals.*
- *This is especially important for adolescents as they are experiencing a transitional time in their lives.*
- *Being proactive in life will help with stress management and enhance achievement and the likelihood of success.*

- All students stand up.
- Sit down when they hear a statement that they do not always practice.

- I brush my teeth every day.*
- I always wear a seatbelt when I am in the car.*
- I wear a bicycle helmet when I ride my bike.*
- I am active for 60 or more minutes at least 3 times per week.*
- I eat 5 fruits and vegetables every day.*
- I make at least half of MyPlate vegetables and fruits.*
- I choose beverages that are not high in sugar.*
- I eat foods that are nutrient dense and not full of empty calories.*
- I get at least 8 hours of sleep daily.*
- I drink 8 glasses of water daily.*
- I eat more meals at home than I do at fast food restaurants.*
- I avoid foods that are high in fat, sugar, and salt.*
- I avoid being in places where I am at risk for second-hand smoke.*
- I wash my hands after I use the restroom.*
- I remain calm in stressful situations.*

Health Behavior Self-Assessment

The following questionnaire is designed to increase your knowledge and awareness of your overall health behaviors. The scoring chart and the graph will show areas where you are making healthy choices and where there is room for improvement.

Section A: Eating Habits	?	?	Section B: Substance Abuse	?	?
1. Do you eat a variety of foods every day? (from groups in MyPlate)	Yes	No	1. Do you smoke cigarettes or use smokeless tobacco products?	No	Yes
2. Do you eat chicken and fish more often than red meats?	Yes	No	2. Do you drink beer, wine, or other alcoholic beverages?	No	Yes
3. Do you eat high-fiber foods, (vegetables, fruits, whole grains, and beans) several times a day?	Yes	No	3. Do you read and follow label directions when using prescription and over-the-counter drugs?	Yes	No
4. Do you try to limit your intake of fats in your diet? (cheese, butter, fried foods, cream, meats, high-fat snacks, fast food)	Yes	No	4. Have you ever made choices while "under the influence" of drugs or alcohol that you later regretted?	No	Yes
5. Do you drink plenty of water every day?	Yes	No	5. Have you ever tried marijuana?	No	Yes
6. Do you eat candy, soft drinks, and other sweets several times a day?	No	Yes	6. Have you ever tried inhalant drugs? (gasoline, butane, paint thinner)	No	Yes
7. Do you add salt to your foods when you eat?	No	Yes			
Number of answers in each column:			Number of answers in each column:		
Section C: Fitness	?	?	Section D: Self-Care and Medical Care	?	?
1. Do you exercise or play a sport for 15-30 minutes at least 3 or more times a week?	Yes	No	1. Do you brush and floss your teeth every day and have dental check-ups twice a year?	Yes	No
2. Do you warm-up and cool-down when you exercise?	Yes	No	2. Do you use sunscreen and avoid exposure to the sun between 10:00 am and 4:00 pm?	Yes	No
3. Do you maintain a desired weight?	Yes	No	3. Do you get 8 hours of sleep most nights?	Yes	No
4. In general, are you pleased with your physical condition?	Yes	No	4. Do you have easy access to medical care when you need it? (family doctor or health clinic)		
5. 60 minutes (total, not all at one time) of moderate exercise is recommended for your age group. Do you get 60 minutes on most days?	Yes	No			
Number of answers in each column:			Number of answers in each column:		

Health Behavior Self-Assessment Scoring

Directions: Look back at your totals for each section of the Health Behavior Self-Assessment. For each section, graph the number of squares that correspond with the totals in the **left-hand column only**.

A: Eating Habits

B: Fitness/Physical Activity

C: Substance Abuse

D: Medical Care

You are graphing your HEALTHY BEHAVIORS. This means that the more squares you are graphing, the more healthy behaviors you practice.

Which category is your healthiest? _____

Which category has the most room for improvement? _____

If you could make one important change that would improve your health, what would that change be?

Steps to Goal Setting

- Select a personal health goal that is short-term.
- Outline the steps used to achieve this goal.
- Consider possible obstacles (roadblocks) that might prevent you from reaching your goal and develop ways that you might overcome these obstacles.

Roadblocks:

Solutions:

Roadblocks:

Solutions:

- Share your goal with a close friend or family member, asking him/her if s/he thinks it is a realistic goal for you.
- Identify resources that will enable you to achieve this goal, e.g., rewards, outside help.
What will I get out of it?
Outside help?
- Evaluate goal by periodically looking at how you are achieving the goal, checking for success. Use a timeline if possible.

Steps to Goal Setting – Short-Term Example

- **Select a personal health goal that is short term.**

(Not getting along with my brother is stressful for me).

I would like to get along better with my brother.

- **Outline the steps you would use to achieve this goal.**

1. I will stay out of his room unless I have his permission to be there.
2. I will not tease him in front of his friends.
3. I will tell him how I feel if he hurts my feelings or fails to respect my privacy.
4. I will ask my friends how they have improved sibling relationships.
5. I will try to compromise half of the time if we are in conflict.

- **Consider possible obstacles, (roadblocks), that might prevent you from reaching your goal and develop ways that you might overcome these obstacles.**

Roadblocks: What if Michael still hogs the bathroom even after I let him go first?

Solutions: Have a “heart-to-heart” and use “I” messages to say how I feel if he makes me late to school.

- **Share your goal with a close friend or family member, asking him/her if s/he thinks it is a realistic goal for you.**

I will share my goal and strategies for improvement with my Dad because he grew up with 2 brothers who are now his best friends.

- **Identify your resources that will enable you to achieve this goal, e.g., rewards, outside help.**

- **What will I get out of it?**

If my brother and I are getting along better, I believe our household will be a happier place to be and our folks won't be as strict on us. I'll be able to concentrate on my homework and finish it more quickly. Then I'll be able to talk with a friend on the phone or watch television.

- **Outside help?** My school counselor did a program on how to solve conflict last month. If I need more advice, I'll talk to her about how to get along with Michael.

- **Evaluate goal by periodically looking at how you are achieving the goal, checking for success. Use a timeline, if possible.**

After one week, I'll ask my Mom if she's noticed that things are better.

Steps to Goal Setting – Long-Term Example

- **Select a personal health goal that is long-term.**
I will reduce the amount of fat in my diet.
- **Outline the steps you would use to achieve this goal.**
 1. I will learn to read a food label to find out the amount of fat in foods.
 2. I will try to eat some low-fat snacks each day.
 3. I will eat more fruits and vegetables.
 4. I will eat at fast food restaurants less often.
- **Consider possible obstacles, (roadblocks), that might prevent you from reaching your goal and develop ways that you might overcome these obstacles.**

Roadblocks: I have 3 basketball games this week.

Solutions: Try to choose the healthiest fast food meal, ex: a grilled chicken sandwich or a smaller burger and a smaller order of fries.

Roadblocks: There are no fruits at home that I like to snack on.

Solutions: Talk to my mother and ask her to buy some fruits and vegetables tomorrow at the store.

- **Share your goal with a close friend or family member, asking him/her if s/he thinks it is a realistic goal for you.** I will share my goal and strategies with my mother so that she can help me eat foods that are low in fat and also so she will buy fruits, vegetables, and better snacks at the grocery store.
- **Identify your resources to enable you to achieve this goal, e.g., rewards, outside help.**
What will I get out of it? I will be less likely to gain unwanted weight. I will reduce my risk for cardiovascular diseases.

Outside help? I might ask my coach about where to stop to eat on game days and try to get some of my teammates to make the change with me.

- **Evaluate goal by periodically looking at how you are achieving the goal, checking for success. Use a timeline, if possible.** At the end of this school year, I will see what benefits I noticed from making this choice.

Your Health Habits: Setting a Short-Term Goal

1. List four or five health habits you would like to develop (Example: eating less fat in your diet, regular exercise, coping better with stress).

a. _____

c. _____

b. _____

d. _____

2. Now go back and circle the habit you would most like to develop. Select one short-term goal to work on.

3. Turn your wish into a goal. Set target dates or a timeline for starting and reaching that goal. _____

4. **Steps to reach your goal.** (what do you need to do to reach your goal?)

a. _____

c. _____

b. _____

d. _____

5. **Help and Roadblocks:** What will help you reach your goal? What will stand in your way?

Roadblocks

Solutions

Write down the names of a few people who will help you reach your goal.

Your Health Habits: Setting a Long-Term Goal

1. List four or five health habits you would like to develop (Example: eating less fat in your diet, regular exercise, coping better with stress).

a. _____

c. _____

b. _____

d. _____

2. Now go back and circle the habit you would most like to develop. Select one long-term goal to work on.

3. Turn your wish into a goal. Set target dates or a timeline for starting and reaching that goal. _____

4. **Steps to reach your goal.** (What do you need to do to reach your goal?)

a. _____

c. _____

b. _____

d. _____

5. **Roadblocks and Help:** What will help you reach your goal? What will stand in your way?

Roadblocks

Solutions

Write down the names of a few people who will help you reach your goal.

Closure:

- *Today we have selected a short and long-term health-related goal. Each of you should now be able to describe ways to accomplish these goals through persistence, consistency and self-management. You should also be able to identify anything that might stand in the way of reaching your goals. You did a good job with this goal setting activity and I hope in the future that you will be able to determine when you need to set a goal that will improve your health and work hard to accomplish your goal.*