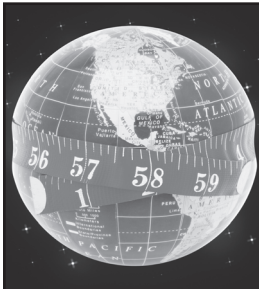


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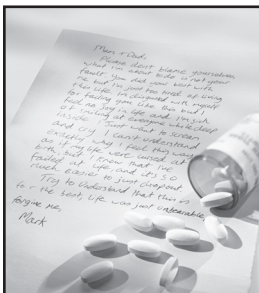
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UNIT 1 Promoting Healthy Behavior Change

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- 1. Crimes of the Heart**, Walter C. Willett and Anne Underwood, *Newsweek*, February 15, 2010
Major improvements in public health were seen in Albert Lea, Minnesota, in 2009 as a result of the city's decision to become involved in the AARP/Blue Zones Vitality Project, which promotes **healthy behavior**. The town helped to support healthy behavior change by changing the town's environment to include ways that encouraged a healthier lifestyle. **2**
- 2. The Perils of Higher Education**, Steven Kotler, *Psychology Today*, March/April 2005
While college is a place to learn and grow, for many students it becomes four years of **sleep deprivation**, poor **nutrition**, and excessive use of **alcohol**. While the negative **health behaviors** of college students are detrimental to their overall health, there is evidence that engaging in these poor health habits can be devastating to learning and memory. **4**
- 3. Carrots, Sticks, and Health Care Reform—Problems with Wellness Incentives**, Harald Schmidt MA/DPhil/PhD, Kristin Voigt MA/DPhil/PhD, and Daniel Wikler MA/DPhil/PhD, *New England Journal of Medicine*, January 20, 2010
Chronic medical conditions, particularly those linked to **obesity**, are increasing in the United States. Employers have used incentives as well as penalties to support **healthier behaviors**. The authors support incentives to increase health-supporting behaviors but caution that there can be negative effects as well. **7**



UNIT 2 Stress and Mental Health

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- 4. The Depressing News about Antidepressants**, Sharon Begley, *Newsweek.com*, February 8, 2010
While **antidepressant** drugs appear to lift **depression** in most patients, the benefits are not much more than the effects from a placebo when taken unknowingly as part of a research study. Antidepressants also cause a variety of side effects and can cause withdrawal symptoms when discontinued. **12**
- 5. The Boom and Bust Ego**, Harriet Brown, *Psychology Today*, January/February 2012.
Assistant Professor of Journalism Harriet Brown focuses on how to build **self-esteem** even though many psychologists believe that direct attempts to build self-esteem tend to fail. She notes that people with weak self-esteem are likely to experience more impact from failure. It is said that the safety net of solid self-esteem arises from a secure attachment to a parent and that self-esteem formation can fail if parents are inconsistent in support and who lack concern for their children. **17**

The concepts in bold italics are developed in the article. For further expansion, please refer to the Topic Guide.

6. **Internet Addiction**, Greg Beato, *Reason*, August/September 2010
 Greg Beato discusses the **addiction** of Americans to the **Internet**, which impacts their normally balanced ways of living. He notes the operation of reSTART, a residential treatment center in the United States for individuals who try to get themselves clean from iPhones and other digital devices that negatively affect their lives.

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UNIT 3 Nutritional Health

Unit Overview

22

7. **Antioxidants: Fruitful Research and Recommendations**, Pamela S. Brummit MA, RD/LD, *Today's Dietitian*, September 2008

Historically, the health benefits of foods have been explained by vitamins, minerals, fiber, protein, and healthy fats. Research on other bioactive food components, such as **phytochemicals**, provides yet another aspect to the benefit of eating a variety of plant-based foods. This article reviews the functions of the antioxidants **beta carotene**, **vitamin C**, **vitamin E**, and **selenium**.

24

8. **Keeping a Lid on Salt: Not So Easy**, Nanci Hellmich, *USA Today*, April 28, 2010

The recommendation to reduce dietary **sodium** is not new, however, the **U.S. Dietary Guidelines** is now recommending that all Americans can benefit from consuming less sodium. The complicating factor: Sodium is in so many of foods commonly eaten in the United States. Hellmich reviews the topic and explains why the suggestion is controversial.

26

9. **Vitamin D: Dandy? Dastardly? Or Debatable?** Allen C. Bowling MD, PhD, *Momentum*, Summer 2011

Dr. Bowling discusses studies conducted on **Vitamin D** in relation to health and risks of diseases including multiple sclerosis (MS). The most rigorous research on Vitamin D has been in relation to bone health, showing that low intake leads to decreased bone density. Vitamin D influences nerve, muscle, and immune cells that could potentially affect the disease process of MS. People with MS are known to have osteoporosis, and clearly Vitamin D deficiency could increase risk or even worsen the condition.

28

10. **F.D.A. Panel to Consider Warnings for Artificial Food Colorings**, Gardiner Harris, *The New York Times*, March 29, 2011

While researchers have not found a specific link between artificial food colors and behavioral changes in children, the F.D.A. is reopening the issue. A panel of experts will begin a process to review of the evidence and possibly make changes that will affect **food safety** regulations.

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UNIT 4 Exercise and Weight Management

Unit Overview

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11. **Defeating Childhood Obesity**, Tina Schwager, *American Fitness*, November/December 2010

Tina Schwager offers suggestions to fitness professionals on addressing the problem of childhood **obesity**. The risk for obesity and overweight increases due to poor nutritional habits and lack of physical activity. She recommends that fitness professionals develop a basic level or specialty program just for children and teenagers and create a newsletter for clients to market the program.

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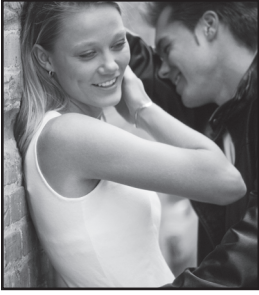
12. **Eat Like a Greek**, *Consumer Reports on Health*, August 2009
The Mediterranean diet has been positively linked to lowering the risk of **heart disease, cancer, type 2 diabetes, and dementia**. This diet isn't about foods you should not eat, it's more of a style of eating that can easily be adopted with a little planning. This easy-to-read article leads the reader through practical steps of how to incorporate principles of the **Mediterranean lifestyle** into daily life. 37
13. **DiETING on a Budget**, *Consumer Reports*, February 2009
With the economy in a downturn, the editors of **Consumer Reports** offer advice on how to lose **weight** without spending a fortune. 39
14. **The New Phys Ed.**, Ron Schachter, *Instructor*, Summer 2011
Ron Schachter focuses on various activities being introduced to elementary and middle school students in **physical education** (P.E.) classes including step aerobics, yoga, online skating, Wii sports and fitness, and mountain biking. These new activities are replacing some of the traditional team sports to help students develop skills to maintain lifelong fitness, to make exercise more engaging, and to help reduce the growing **obesity** epidemic. 42
15. **The Hungry Brain**, Dan Hurley, *Discover*, June 2011
Dan Hurley addresses the neurological basis for people's desire to overeat in order to maximize **calorie** intake. Findings indicate that disrupted **sleep** patterns and **stress** compound the desire to eat. Failed efforts to control weight through drugs that affect the hypothalamus, involving the hormones leptin and ghrelin, are discussed. The effect of sleep and the circadian rhythm on **obesity** is also addressed. The idea that some obese people get more pleasure from eating than others is also explored. 45



UNIT 5 Drugs and Health

Unit Overview 50

16. **Caffeinated Alcohol in a Can, Four Loko Does the Job, Students Agree**, Don Troop, *The Chronicle of Higher Education*, November 12, 2010
A multitude of **caffeinated alcoholic drinks** are marketed to college students and young people. The Four Loko brand symbolizes the risks of this type of product because of its role in incidents involving **binge drinking** on college campuses. 52
17. **Ketamine Use: A Review**, Celia J.A. Morgan and H. Valerie Curran, *Addiction*, January 2012
The **drug** ketamine remains an important medicine in both anesthesia and pain management. At the same time, its use as a recreational drug has recently spread in many parts of the world. There are now increasing concerns about the harmful physical and psychological consequences of repeated misuse of this drug. Frequent, daily use is also associated with ketamine-induced ulcerative cystitis, cognitive impairment, and deficits in memory. Many frequent users are concerned about **addiction** and report trying but failing to stop using ketamine. 54
18. **This Drug Shouldn't Be Out There**, John DiConsiglio, *Scholastic Choices*, February 2011
Synthetic cannabis sold under the brands K2 and Spice, is a dangerous **drug** that many teenagers are abusing. The drug's characteristics are similar to LSD, cocaine, and non-synthetic **marijuana**. Synthetic marijuana is a mixture of dried spices and herbs sprayed with a chemical similar to THC, the active ingredient in non-synthetic marijuana. 66



UNIT 6

Sexuality and Relationships

Unit Overview

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19. **The Thoroughly Modern Guide to Breakups**, Elizabeth Svoboda, *Psychology Today*, January/February 2011

The author addresses how to end a **relationship** with dignity and without devaluing oneself or the other person. She also maintains that affairs can be ended with minimal distress and offers advice on how this can be accomplished.

70

20. **Are You with the Right Mate?** Rebecca Webber, *Psychology Today*, January/February 2012

Rebecca Webber focuses on **marriage** and choosing the right partner. She quotes a family therapist who states that real marriage begins when initial physical attraction has diminished, marking the need to start growing as an individual. Webber recommends fundamental acceptance of one's partner in a marriage as no one will meet all their needs in a relationship. It describes a wrong partner as one who is not interested in or capable to support the needs of the partner.

74

21. **This Man Is Addicted to Sex**, Chris Lee, *Newsweek*, 12/5/2011

Chris Lee discusses the increase in cases of **sex addiction** in the U.S. It appears that the availability of online **pornography** has contributed to the increase in sex addiction and how those affected, known as sexaholics, often use a program similar to the Alcoholics Anonymous 12-step program to help deal with their addictions. Sex addiction has a detrimental effect on a person's career, relationships, and self esteem leading to depression, job loss, and high-risk sexual behavior.

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UNIT 7

Preventing and Fighting Disease

Unit Overview

82

22. **Fighting Headaches with Hormones**, Kent Holtorf, *USA Today Magazine*, May 2011.

Kent Holtorf discusses the use of **hormones** to treat **headaches**. He also describes the symptoms associated with headaches and common medications used for the three categories of headaches: tension, migraine, and cluster. It appears that estrogen and progesterone imbalance contribute to migraines in women. The thyroid supplementation method often used to deal with migraine and some tension headaches is also described.

85

23. **The HIV/AIDS Epidemic at 30**, Todd Melby, *Contemporary Sexuality*, December 2011

The status of **HIV** and **AIDS** in 2011, focusing on the 30th anniversary of the recognition of HIV and AIDS as an **epidemic** is addressed by Todd Melby. Advancements in the treatment of people with HIV and AIDS are discussed, noting the increased life expectancy of such patients in 2011 when compared to those of 1996. The disease prevalence of homosexual men among HIV and AIDS patients is reviewed. The author comments on how African American and Latino communities have been affected by AIDS and HIV and often have less access to antiretroviral drugs.

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24. **The Human Vector**, Wendy Orent, *Discover*, March 2012.

Pandemics, infectious diseases that spread across large regions, as social phenomena which are created by human beings is the focus of this article. Topics include the U.S. Center for Disease Control's Zombie Apocalypse disaster preparedness campaign, the origins of new diseases, such as animal farms, and humans as **vectors** in the spread of **diseases**. Hospitals can be disease factories by enabling the proliferation and spread of germs. Also mentioned are the evolution and mutations associated with turning an animal disease into a human one.

92

25. **Ten Great Public Health Achievements—United States 2001–2010**, Ram Koppaka, *MMWR: Morbidity & Mortality Weekly Report*, 5/20/11
 Ram Koppake reports on the ten public health achievements that helped improve the **health** status of Americans from 2001 to 2010. The introduction of new **vaccines** brought the number of diseases aimed by the U.S. immunization policy to 17 including the pneumococcal conjugate vaccine, rotavirus vaccine, and herpes zoster vaccine. Tobacco use was reduced from 23.5% to 20.6% of adult smokers and from 34.8% to 19.5% of youth smokers. Likewise, there was a 36% reduction of infants born with neural tube defects (NTD) from 1996 to 2006.

95



UNIT 8 Health Care and the Health Care System

Unit Overview

100

26. **The Cost Implications of Health Care Reform**, Jonathan Gruber Ph.D., *New England Journal of Medicine*, June 3, 2010

President Obama signed into law a new **health care** bill on March 23, 2010. The bill will increase the number of Americans with coverage although there are concerns over the potential increase in health care costs. Jonathan Gruber discusses the cost implications for the new bill.

102

27. **Myth Diagnosis**, Megan McArdle, *The Atlantic*, March 2010

Megan McArdle discusses the myth that the uninsured are more likely to die than those with **health insurance**. She maintains that the uninsured have more health risks since they're more likely to be poor, **smokers**, less educated, **obese**, and unemployed.

104

28. **In Dire Health**, Arnold S. Relman, *American Prospect*, January/February 2012.

Many believe that **medical insurance** is needed to help pay medical costs. According to Arnold Relman, a tax-supported universal access to comprehensive care without bills for specific services or insurance to pay the bills is a more affordable **health care** option. He says that the alternative to achieving affordable **health care** is a tax-supported system that involves physicians in a group practice.

106

29. **Medicare Whac-A-Mole**, Peter Suderman, *Reason*, January 2012.

Peter Suderman discusses the failure of **health care** price controls in the U.S. He believes **The American Enterprise Institute** health policy transforming the system is the only way to escape the flaws of sustainable growth rate (SGR) and other price controls. Abolishing the SGR entirely, as many doctors would like, could cost up to 370 billion dollars over a decade.

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UNIT 9 Consumer Health

Unit Overview

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30. **Vaccine Refusal, Mandatory Immunization, and the Risks of Vaccine-Preventable Diseases**, Saad B. Omer et al., *The New England Journal of Medicine*, May 7, 2009

There are a growing number of children in the United States who are not vaccinated against childhood diseases. Their parents have opted to forgo **immunization** due to their belief that **vaccines** are more dangerous than the diseases they prevent. This has caused an increase in outbreaks of measles and whooping cough among non-immunized children.

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- 31. Medical Tourism: What You Should Know**, Lorene Burkhart and Lorna Gentry, *The Saturday Evening Post*, January/February 2008
More and more Americans are traveling overseas to combine **surgery** with sightseeing. The benefits include greatly reduced costs of many **medical procedures** as well as the opportunity to seek treatments not yet available or practiced in the United States. In 2006, an estimated half million Americans went abroad for medical treatment, a trend that's expected to increase in the next few years. 125
- 32. Bed Bugs: The Pesticide Dilemma**, Rebecca Berg, *Journal of Environmental Health*, June 2010
Pesticide-resistant **bed bugs** are back, and the good news is they don't appear to transmit disease with their bites. However, they invade beds, interfere with **sleep**, and can impact people emotionally. 128
- 33. Is Your Food Contaminated?**, Mark Fischetti, *Scientific American*, September 2007
New technologies are being developed in order to protect our food supply from **bacterial contamination** or even intentional contamination. Radio-frequency identification tags are one of the new technologies described in this article. However, widespread adoption of this new equipment will not happen until government regulations are enacted. 132
- 34. Hazardous Health Plans**, *Consumer Reports*, May 2009
Many patients who thought they had adequate **health coverage** are surprised to learn their policies have enough loopholes and exclusions to prevent them from receiving adequate care. 136
- 35. Cybermedicine: What You Need to Know**, Regina A. Bailey, *Health Lawyer*, August 2011
Attorney Regina Bailey offers information on **cybermedicine** in the U.S. She notes that physicians are increasingly using the Internet to communicate with patients through online medical consultations. Bailey mentions that cybermedicine has drawbacks due to the practice regulation governed by each state since there is no uniform law regarding online medical consultations. 141
- 36. The Surprising Reason Why Heavy Isn't Healthy**, Ginny Graves, *Health*, January/February 2010
While being **overweight** or **obese** may increase the risk for certain health problems, how much a person weighs may also keep him or her from getting the same **health care** as non-overweight individuals. Overweight men and women may have difficulty getting **health insurance**, are less likely to get **cancer** detected early, and are at higher risk of being misdiagnosed. 150



UNIT 10 Contemporary Health Hazards

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- 37. The Warrior's Brain**, Andrew Bast, *Newsweek*, November 22, 2010
Bast discusses the relationship between **post-traumatic stress disorder (PTSD)** and traumatic brain injuries (TBI), such as concussions, in American soldiers returning from war in the Middle East. It focuses on the difficulties Lance Corporal David Brown has experienced since returning from the Iraq War, which include post-concussion syndrome, seizures, and depression. He also addresses the U.S. military's research regarding **brain** injuries, psychological aspects of TBIs, and the care of U.S. military veterans. 156

- 38. Discovering Teenagers' Risky "Game" Too Late**, Pauline W. Chen, *The New York Times*, March 2, 2010
 Parents, teachers, and doctors need to be aware of the **choking game** played by kids seeking to get high. They strangle themselves until just before they lose consciousness, typically using a noose. The Centers for Disease Control and Prevention reported 82 deaths related to the choking game and related activities. Many of those who participate try strangulation in the hope of attaining a legal high. **159**
- 39. The New Sex Cancer**, Alyssa Giacobbe, *Men's Health*, September 2011
 Alyssa Giacobbe offers information on oral **cancer**, which can be caused by the sexually transmitted disease **human papillomavirus (HPV)** via oral sex. She states that men are at increased risk of oropharyngeal **cancer**, which is just not caused by smoking or drinking but by HPV. She also mentions that oropharyngeal **cancer** is a form of oral **cancer** found in the tonsils and in the base of the tongue. **161**
- 40. Drilling into the Unknown**, Peter Aldhous, *New Scientist*, January 28, 2012
 Peter Aldhous explores the health and **environmental** concerns over the liquid fracturing (**fracking**) process of natural gas extraction. The potential exploitation of the Marcellus Shale gas field in the northeastern U.S. has prompted fears of drinking water pollution, the toxicity of the chemical additives in fracking fluids, and methane contamination of groundwater, but studies of these issues have so far been inconclusive. The 2010 moratorium on **fracking** by New York State is also discussed. **164**
- 41. MRSA: Hospitals Step Up Fight. Will It Be Enough?**, Julius A. Karash, *H&HN*, July 2010
 Methicillin-Resistant Staphylococcus Aureus (**MRSA**), a drug-resistant bacterial infection, continues to be a growing health concern, particularly in hospitals and among the institutionalized elderly. MRSA is also a risk in the community, spreading among people of all ages who are in close contact with each other. **166**
- 42. Countering Radiation Fears with Just the Facts**, Denise Grady, *The New York Times*, March 26, 2011
Radiation from nuclear power plants is a potentially serious problem following the earthquake and tsunami that hit Japan in the spring of 2011. While long-term consequences are not known, scientists continue to assess the risk to public health in Japan and elsewhere. **170**
- Test-Your-Knowledge Form** **172**