

# Student Handouts

## **Chapter 1 Taking Charge of Your Health**

- H1-1 Ten Great Public Health Achievements, United States, 1900–1999
- H1-2 Genetics Basics
- H1-3 Putting Risk of Various Health Threats Into Perspective
- H1-4 10 Things to Ask About Medical Information on the Web

## **Chapter 2 Stress: The Constant Challenge**

- H2-1 Relaxation Technique: Progressive Muscle Relaxation
- H2-2 Relaxation Technique: Imagery
- H2-3 Relaxation Technique: Yoga Poses (Asanas)
- H2-4 Coping with a Traumatic Event
- H2-5 Migraine Headaches

## **Chapter 3 Psychological Health**

- H3-1 Self-Help for Fears
- H3-2 College Students and Depression
- H3-3 Seasonal Affective Disorder (SAD)
- H3-4 Personality Disorders
- H3-5 Approaches to Therapy
- H3-6 Prayer and Spirituality in Health: Ancient Practices, Modern Science

## **Chapter 4 Intimate Relationships and Communication**

- H4-1 Building Strong Relationships
- H4-2 Healthy Relationships and Violence Prevention
- H4-3 Building Blocks of Parenting

## **Chapter 5 Sexuality, Pregnancy, and Childbirth**

- H5-1 Sexual Health: Vision for the Future
- H5-2 Endometriosis
- H5-3 ABCs for a Healthy Pregnancy
- H5-4 Family History and Genetic Testing

## **Chapter 6 Contraception and Abortion**

- H6-1 FDA Birth Control Guide
- H6-2 FDA Information About Mifeprex

## **Chapter 7 The Use and Abuse of Psychoactive Drugs**

- H7-1 Drug Scheduling
- H7-2 Facts About Club Drugs
- H7-3 Inhalants
- H7-4 The Twelve Steps

## **Chapter 8 Alcohol and Tobacco**

- H8-1 Dealing with an Alcohol Emergency
- H8-2 FAQs About Alcohol Abuse and Alcoholism
- H8-3 International Limits for Blood Alcohol Concentration (BAC)
- H8-4 A Partial History of Tobacco
- H8-5 Benefits of Quitting Smoking
- H8-6 Economic Costs of Smoking
- H8-7 Smoking Cessation Products
- H8-8 Coping with Quitting

## **Chapter 9 Nutrition Basics**

- H9-1 MyPyramid
- H9-2 Tips for Following the Dietary Guidelines and MyPyramid
- H9-3 MyPyramid Portion Sizes Guide
- H9-4 Portion Sizes Visual Reference
- H9-5 Food Sources of Key Nutrients
- H9-6 Choosing More Whole-Grain Foods
- H9-7 Glycemic Index and Glycemic Load
- H9-8 Ethnic Diets and Cuisines
- H9-9 Healthy Eating on a Budget
- H9-10 Evaluating Nutrition News
- H9-11 Dietary Supplements: Roles of FDA and Manufacturers

## **Chapter 10 Exercise for Health and Fitness**

- H10-1 Common Exercise Myths
- H10-2 Overcoming Barriers to Physical Activity
- H10-3 Determining Activity Intensity Levels
- H10-4 The FITT Principle for Exercise Training
- H10-5 Resistive Training Program Without Weight Training Equipment
- H10-6 Guidelines for Choosing and Using Exercise Equipment
- H10-7 Guidelines for Exercising Safely in Hot Weather
- H10-8 Wind Chill
- H10-9 Performance Aids Marketed to Athletes

## **Chapter 11 Weight Management**

- H11-1 Small Steps to Better Health and Weight Management
- H11-2 20 Ways to Cut 100 Calories a Day
- H11-3 Lower-Calorie Alternative Foods
- H11-4 About Food Portions
- H11-5 The Female Athlete Triad
- H11-6 Medications for Weight Loss: Q & A

## **Chapter 12 Cardiovascular Disease and Cancer**

- H12-1 The DASH Eating Plan
- H12-2 Screening for Heart Disease Risk Factors
- H12-3 Heart Valves

H12-4 Eating More Fruits and Vegetables for Cancer Prevention

H12-5 HPV and Cancer: Q & A

### **Chapter 13 Immunity and Infection**

H13-1 Historical Perspective on Immunity and Infection

H13-2 Types of Pathogens

H13-3 Coping with Allergies

H13-4 Tattoos and Body Piercing

H13-5 Viral Hepatitis

H13-6 Bioterrorism Agents

H13-7 Options for Sexual Intimacy and HIV Prevention

H13-8 Male Latex Condoms and STDs

### **Chapter 14 The Challenge of Aging**

H14-1 Tips to Improve Your Bone Health

H14-2 Menopause and Hormones

H14-3 Stem Cell Basics

H14-4 Funeral Planning for Consumers

### **Chapter 15 Conventional and Complementary Medicine: Skills for the Health Care Consumer**

H15-1 Patients' Bill of Rights

H15-2 Making Decisions About Screening Tests

H15-3 NCCAM Fact Sheet: Are You Considering Using Complementary and Alternative Medicine?

### **Chapter 16 Personal Safety: Protecting Yourself from Unintentional Injuries and Violence**

H16-1 Leading Causes of Death by Age

H16-2 What to Do in Case of Poisoning

H16-3 The Truth About Rape

H16-4 Sexual Harassment

H16-5 Workplace Violence

H16-6 CPR Instructions

H16-7 If There Is a Fire . . .

### **Chapter 17 Environmental Health**

H17-1 Air Quality Index (AQI)

H17-2 Ozone Depletion

H17-3 El Niño, La Niña, Extreme Weather, and Global Warming