

Index

- A**
- Abdominal strength, 65
- Abdominal thrusts, 496
- Abstinence, 190–192
- behaviors supporting, 192–193
 - definition of, 27
 - as only sure method of birth control/disease prevention, 192
 - from premarital sexual activity, 191–192, 425–426, 431
 - for risk reduction, 26, 392
 - from tobacco, alcohol, and drugs, 190–191
- Abuse, 217–221
- of alcohol, 270
 - dating violence, 214
 - of drugs, 300
 - effects of, 219
 - emotional, 217
 - finding help for, 221
 - neglect, 217
 - physical, 217
 - risk factors for, 219
 - sexual, 218
 - silence about, 220
 - warning signs of, 218
- Acceptance (in grieving process), 154
- Accessing information, 10–12
- on alcoholism, 269
 - community resources, 164
 - drowning prevention, 483
 - drug use, 309
 - evaluating information in ads, 21
 - eating right, 120
 - on glasses or contacts, 356–357
 - on health-related products/services, 342, 346
 - juvenile rheumatoid arthritis, 461
 - on medical specialists, 353
 - on organizations, 50
 - safe drinking water, 405
 - on sexually transmitted diseases, 425, 432–433
 - on tobacco use, 245, 250
- Accident chain, 473–474
- Accidental injuries, 473
- and drug/alcohol use, 277
 - and head protection, 276
 - preventing, 276, 477, 479
 - responding to. *See* First aid in sports, 91–92
- Accidents, 472–474
- Acetaminophen, 348
- Achilles tendon, 66
- Acid, digestive, 123, 124
- Acid rain, 509
- Acne, 332
- Acquaintance (definition), 184
- Addiction
- to alcohol, 264
 - to drugs, 301
 - to tobacco, 244–245
- Adolescence, 364–369, 389–390
- emotional development during, 367
 - endocrine system during, 370
 - and hormones, 370
 - mental development during, 366
 - physical development during, 365–366
 - social development during, 368
- Adrenal glands, 371
- Adrenaline, 157
- Adulthood, 390–393
- Adults
- choking first aid for, 496–497
 - communicating openly with, 281, 287, 317, 367
 - seeking help from, 151, 155, 161, 482
 - as source of information, 11
- Advertising, 243, 245–247, 341–343
- Advertising, evaluating information in, 21
- Advocacy, 28, 48, 50, 232, 288, 457
- cancer risk reduction, 457
 - breast self-examination, 381
 - diabetes management, 372
 - drug-free school campaign, 314
 - encouraging teens to avoid alcohol, 288
 - for waste management, 514–515
 - helping others say no to drugs, 320–321
 - physical fitness campaign, 15
- AED (Automated external defibrillator), 495
- Aerobic exercise, 64, 76
- Affection, showing, 426
- After-school programs, 216
- Aftershocks (earthquakes), 490
- AIDS (acquired immunodeficiency syndrome), 427–431.
- See also* HIV
- Air pollution, 508, 514
- Airbags, 481–482
- Airlines, smoking bans on, 250
- Alcohol, 264–271, 278–289
- abstinence from, 27, 190–191
 - and accidental injuries, 277
 - addiction to, 264
 - alternatives to using, 289
 - benefits of avoiding, 287
 - as cause of violence, 212
 - dangers of, 265
 - depressants and, 305
 - and driving, 266
 - effects of, 266–270
 - forms of, 265
 - getting help for problems with, 287
 - harmfulness of, 279–281
 - and heart failure, 449
 - and high blood pressure, 449
 - illegal use of, 191
 - long-term effects, 268–270
 - and nervous system disorders, 275
 - reasons for avoiding, 287
 - refusal skills for, 286–291
 - risks of using, 282–285
- Alcoholism, 270–271
- Allergens, 441
- Allergies, 349, 441–443
- Allergists, 353
- Alternative activities
- to alcohol use, 289
 - to drug use, 317
 - tobacco-free events, 254
- Alveoli, 234, 238, 240
- American Cancer Society, 255, 454
- American Heart Association, 255
- American Lung Association, 255
- American Red Cross, 484
- America's Promise, 50
- Amino acids, 105
- Amphetamines, 304
- Anabolic steroids, 88
- Anaerobic exercise, 64
- Analyzing influences, 14, 430, 449. *See also* Influences fat information in advertisements, 449
- media messages about food, 136–137
 - media messages about tobacco, 256–257
 - on personality, 146
 - on sexual behavior, 430
- Anger, 154
- Anger management, 368
- Angioplasty, 450

Anorexia nervosa, 132
Antibiotics, 348
Antibodies, 410, 411
Antigens, 410–412
Antihistamines, 348, 443
Antismoking efforts, 246–247
Anus, 126
Anvil (ear), 338
Anxiety disorders, 160
Aorta, 72
Applying Technology, 33, 57, 101, 141, 171, 199, 227, 261, 295, 325, 361, 399, 437, 469, 505, 523
Appreciation, showing, 180
Arterial diseases, 446–447
Arteries, 71, 446–450, 497
Arteriosclerosis, 447
Arthritis, 461–463
Assault, 211
Assertiveness, 318
Asthma, 239, 240, 443–445
Astigmatism, 337
Atherosclerosis, 447
Atria, 72
Auditory canal, 338
Automated external defibrillator (AED), 495
Avocados, 105

B

B cells, 409–411
Bacteria, 403–405
Balance
 in health, 7
 sense of, 338
 test for, 64
Ball-and-socket joints, 67
Barbiturates, 305
Bathrooms, safety in, 477
Battery, 217
Beans, 105–106, 112–113
Behavior(s). *See also* Practicing
 healthful behaviors
 avoiding unhealthful, 154–155
 and personality, 146
 risk. *See* Risk behaviors
 as sign of conflict, 204
 signaling conflict escalation, 209–210
Benign tumors, 452
Better Business Bureau, 345
Bicycling, 93, 481
Bile, 124
Billboards, influence of, 22
Binge drinking, 279
Binge eating disorder, 133
Biodegradable materials, 511
Biological Scientist, 384

Biopsy, 455
Bipolar disorder, 161
Birth and infancy, 388–389
Bladder, 125
Bladder cancer, 233, 235
Bleeding, first aid for, 497
Blended families, 178
Blizzards, 488–489
Blood, 74–75
 circulation of, 72
 diseases transmitted through, 404–405
 transmission of HIV through, 428
Blood alcohol concentration (BAC), 265–266
Blood pressure, 73, 233
Blood types, 75
Blood vessels, 71, 72
 alcohol and, 268
 alcohol's effects on, 267
 factors straining, 76
 and heart disease, 446–447
 in skin, 330
 tobacco's effect on, 235
BMI. *See* Body Mass Index
Body composition, 63, 134
Body decoration, 331
Body image, 128–129
Body language, 175, 176, 204
Body Mass Index (BMI), 129
Body systems
 basic units of, 384
 circulatory system, 71–76
 digestive system, 122–124, 126
 endocrine system, 370–373
 excretory system, 125–126
 female reproductive system, 378–382
 immune system, 407–412
 male reproductive system, 374–377
 muscular system, 67–70
 nervous system, 272–277
 respiratory system, 236–241
 skeletal system, 66–67, 69–70
 tobacco's effects on, 234–235, 239–240
Bones, 66–67, 106, 498
Booster seat, 482
Boys & Girls Clubs of America, 50
Brain, 267, 272–277
 alcohol and, 266–267
 concussion, 94
 tobacco's effect on, 234
Brain stem, 274
Breads, 105
Breakfast, 117–118
Breast cancer, 381, 452

Breathing, 236–241
Breathing, rescue, 494, 495
Bronchi, 237, 238
Bronchioles, 238
Bronchodilators, 445
Bruises, 499
Brushing teeth, 328–329
Building blocks, for total health, 11
Building Health Skills
 accessing information, 432, 518
 advocacy, 320
 analyzing influences, 136, 256
 communication skills, 194
 conflict resolution, 222
 decision making, 96, 356
 goal setting, 52, 464
 practicing healthful behaviors, 500
 refusal skills, 290, 394
 stress management, 166
Bulimia nervosa, 133
Bullying, 213
Burns, first aid for, 498
Butter, 105, 106
Buying decisions. *See* Consumer choices
Bypass surgery, 450
Bystanders, 213

C

Caffeine, 89
Calcium, 106
Calories, 112–113
 daily requirements, 113
 in snack foods, 119
 and weight management, 134–135
Camping safety, 485
Cancer, 451–457
 from alcohol use, 267
 causes of, 452–453
 diagnosis of, 455
 in females, 381
 lung, 239
 in males, 376
 prevention of, 453–454, 457
 risk factors for, 452
 from secondhand smoke, 248
 from tobacco use, 230, 232, 233, 235, 240
 treatment of, 456
 types of, 452
 warning signs of, 455
Capillaries, 71, 72, 238
Carbohydrates, 105, 118
Carbon dioxide, 72, 125, 237, 238
Carbon monoxide, 231, 234, 248

- Carcinogens, 453
- Cardiac muscle, 67, 71
- Cardiologists, 353
- Cardiopulmonary resuscitation (CPR), 494, 495
- Cardiovascular endurance, 65
- Cardiovascular system. *See* Circulatory system
- Career goals, 44
- Careers in health
 - biological scientist, 384
 - emergency room physician, 498
 - environmental engineer, 516
 - epidemiologist, 416
 - health officer, 20
 - nurse practitioner, 44
 - nutritionist, 132
 - oncologist, 456
 - paramedic, 313
 - pathologist, 232
 - pharmacist, 354
 - physical therapist, 92
 - psychologist, 146
 - school counselor, 204
 - social worker, 186
 - substance abuse counselor, 270
- Caring, 48, 49, 185
- Cartilage, 66
- Cataract, 336
- CAUTION (signs of cancer), 454, 455
- Cells, 384. *See also specific cell types*
- Central nervous system (CNS), 272
- Cereals, 106
- Cerebellum, 274
- Cerebral palsy, 274
- Cerebrum, 274
- Cervix, 379, 381
- Changes
 - during adolescence, 364–369
 - emotional, 367
 - mental, 366
 - physical, 365–366
 - during pregnancy, 385
 - during puberty, 365–368
 - social, 368
- Character, 47–51
 - and advocacy, 48
 - and caring, 48, 49
 - and citizenship, 48, 49, 284
 - development of, 50–51
 - exercise and responsibility, 62
 - and fairness, 48–49
 - and integrity, 48
 - and life experiences, 49–50
 - and respect, 48, 286
 - and responsibility, 48, 181
 - traits of good character, 48, 49
 - and trustworthiness, 48, 49, 185
- Checkups. *See* Health screenings
- Cheese, 106, 117
- Chemical dependency, 244, 270. *See also* Addiction
- Chemotherapy, 456
- Chest thrusts, 497
- Chewing, 123
- Chewing tobacco, 232
- Chicken pox, 414
- Childhood, 389
- Children
 - choking first aid for, 496
 - growth and development of, 389
 - and vehicle safety, 482
- Chlamydia, 423
- Choice(s)
 - consumers' right to choose, 345
 - food, 111–120
 - health, 21–22
 - making. *See* Decision making and self-esteem, 150
- Choking, first aid for, 495–497
- Cholesterol, 106
- Chromosomes, 383–384
- Chronic diseases, 440
- Chyme, 124
- Cigarettes, 232
- Cigars, 232
- Circulatory system, 71–76, 233, 235
- Cirrhosis, 268, 269
- Citizenship, 48, 49, 50, 284, 482
- Cleanliness. *See* Hygiene
- Clothing, workout, 78–79
- Club drugs, 306
- CNS. *See* Central nervous system
- Cocaine, 304
- Cochlea, 338
- Codeine, 307, 313
- “Cold turkey” quitting, 255
- Cold weather safety, 484
- Colds, 239, 240, 413, 414
- Collaboration, 207
- Colon, 124
- Colon and rectal cancer, 452
- Communicable diseases, 402–431
 - causes of, 402–406
 - chicken pox, 414
 - common colds, 413
 - definition of, 402
 - and drug use, 404
 - flu, 414
 - hepatitis, 415–416
 - HIV and AIDS, 427–430
 - and hygiene, 418–420
 - and the immune system, 407–412
 - measles, 414–415
 - mononucleosis, 415
 - mumps, 415
 - pneumonia, 416
 - prescribed medicines for, 420
 - preventing spread of, 418–421, 427–428
 - prevention of, 404–406, 418–421
 - and sexual abstinence, 425–426, 431
 - sexually transmitted diseases, 422–431
 - strep throat, 416–417
 - tuberculosis, 416
- Communication, 174–177, 181
 - about problems, 289
 - in writing, 177
- Communication skills, 15, 176–177, 181. *See also* Refusal skills
 - listening skills, 176
 - practicing, 194–195
 - speaking skills, 176
 - speaking up, 221
- Communities
 - citizenship in, 48
 - information resources in, 11
 - safety in, 216, 482
 - violence in, 211–212
- Community health, 354
 - contributing talents to, 48
 - environmental factors in, 19–20
 - media influence on, 22
 - technology influence on, 22
- Comparison shopping, 343
- Complex carbohydrates, 105
- Composting, 511
- Compromise, 186–187, 207
- Concern, demonstrating, 182
- Concussion, 94
- Conditioning, 90
- Confidence, 151
- Conflict, 202–205
 - avoidance of, 205
 - common causes of, 203–204
 - definition of, 16, 202
 - and demeaning statements, 210
 - escalation of, 209–210
 - signs of, 204
- Conflict resolution, 16, 206–210
 - compromise for, 207
 - mediating a conflict, 208–209
 - peer mediation for, 208
 - school programs for, 215
 - settling a disagreement, 209
 - T.A.L.K. strategy for, 207
 - through collaboration, 207
 - through negotiation, 207
- Connecting neurons, 273
- Connecting tissue, 66

- Consequences
 - advance consideration of, 391–392
 - and decision making, 37
 - of premarital sexual activity, 426, 431
 - responsibility for, 366
 - of risk behavior, 24
 - Conservation, 516–517
 - Constructive feedback, 147, 151
 - Consumer, definition of, 340
 - Consumer advocates, 345
 - Consumer choices, 340–346
 - and advertising, 341–343
 - influences on, 340–346
 - responsibility in making, 343–344
 - and rights of consumers, 345–346
 - Consumers Union, 345
 - Contact lenses, 337
 - Contact sports, 86
 - Contagious diseases. *See* Communicable diseases
 - Contagious period, 414
 - Cooking, fires caused by, 476
 - Cool-down exercises, 80
 - Coping skills, 158
 - Cornea, 335, 337
 - Coronary heart disease, 235
 - Cost, of food, 115
 - Counseling
 - for abuse, 221
 - for families, 182
 - for mental/emotional problems, 164
 - Counselor, school, 221
 - Couples (family unit), 178
 - CPR. *See* Cardiopulmonary resuscitation
 - Crack, 304, 313
 - Cramp, muscular, 92
 - Creatine, 89
 - Crime(s)
 - alcohol and, 283
 - drug use and, 315
 - hate, 212
 - violent, 211–212
 - Crisis hot lines, 221
 - Criteria for decision making, 38
 - Critical thinking, 36
 - Cultural background, 21
 - Culture, 115, 341
 - Cumulative risks, 25
 - Cuticles, 333
 - Cyanide, 231
 - Cystic fibrosis (CF), 240
- D**
- Daily Value, 109, 110
 - Dairy products, 105–107, 112–113, 117
 - Dandruff, 333
 - Dating violence, 214
 - Deafness, 338
 - Death(s)
 - from accidents, 472
 - from alcohol use, 265, 267, 279
 - from cancer, 452
 - coping with, 182
 - from smoking-related illnesses, 230, 249
 - Decibels, 338
 - Decision making, 36–41, 96
 - about personal health, 7, 21–22, 37–38
 - alcohol and, 267
 - alcohol's effect on, 265, 282–283
 - to avoid tobacco, 252–253
 - and drug use, 313
 - environment-friendly products, 514
 - H.E.L.P. criteria for, 38
 - helping a friend, 39, 284
 - influences on, 39, 41
 - with peer pressure, 185
 - process of, 40
 - for sports safety, 93, 276
 - taking medicine, 299
 - and values, 37–38
 - scheduling a dosage, 350
 - when taking medicines, 350
 - Dehydration, 88, 268
 - Dental screenings, 126, 329
 - Dependence
 - on alcohol, 270
 - psychological vs. physical, 244
 - on tobacco/alcohol/drugs, 244, 270
 - Depressants, 265, 305
 - Depression, 161, 301
 - Dermatologists, 353
 - Dermis, 330
 - Development. *See* Growth and development
 - Diabetes, 131, 458–460
 - Diaphragm, 237, 238
 - Dietary Guidelines for Americans, 107–108, 117
 - Dietary supplements, 117
 - Diet(s). *See also* Nutrition
 - fad, 135
 - and heart disease, 446
 - Digestion, 122
 - Digestive system, 122–124, 126, 233, 234
 - Disagreement, 204
 - Disease prevention. *See also specific diseases*
 - for communicable diseases, 404–406, 418–421
 - health department services for, 355
 - immunizations for, 348
 - personal hygiene for, 418–420
 - wellness exams for, 352–353
 - Diseases
 - and air pollution, 509
 - alcoholism, 270–271
 - arterial, 446–447
 - in children of smokers, 249
 - communicable. *See* Communicable diseases
 - coping with, 182
 - cultural factors in developing, 21
 - definition of, 402
 - and germs, 402–404
 - noncommunicable. *See* Noncommunicable diseases
 - pathogens causing, 403
 - and secondhand smoke, 248
 - and weight, 131
 - Dislocation, 93
 - Distress, 156
 - Divorce, coping with, 182
 - Doctors, 353
 - Dress codes, 214
 - Drinking water, 510
 - Driving safety, 266
 - Drowning prevention, 483, 484
 - Drug possession, 315
 - Drug-free school campaign, 314
 - Drug-free zone, 314
 - Drugs, 298–319, 347–350
 - abstinence from, 190–191
 - and accidental injuries, 277
 - for AIDS treatment, 430
 - alcohol, 264–271
 - alternative to using, 317
 - amphetamines, 304
 - anabolic steroids, 88, 308
 - and brain damage, 277
 - as cause of violence, 212
 - cocaine/crack, 304
 - dangers of using, 303–309
 - depressants, 305
 - illegal, 191, 303–308
 - marijuana, 305–306
 - medicines as, 347–351
 - reasons for avoiding, 316–317
 - refusal skills for, 290–291, 317–319
 - stimulants, 304

use/abuse of, 24, 25, 275,
299–302
Drunk driving, 266, 282–283

E

Ears, 337–338, 339
Earth Day Network, 50
Earthquakes, 490–491, 492
Eating. *See* Foods; Nutrition
Eating disorders, 132–133
Education, consumer, 345
Egg cells, 380, 383, 384
Eggs (food), 105
Ejaculation, 375
Electric shocks, prevention of,
477, 479
Electrical overload, 475
E-mail, 177
Embryo, 384
Emergencies
 first aid for, 493–499
 supply kits for, 491
 weather, 486–490
Emergency room physicians, 498
Emotional abuse, 217
Emotional development, 367
Emotional health. *See* Mental/
 emotional health
Emotional needs, 179
Emotions, 153–155, 367
 and alcohol abuse, 280–281,
 284–285, 289
 communicating, 181
 and conflict, 204
 and drug use, 313
 expression of, 6, 367
 identifying/recognizing, 6,
 153–154
 managing, 6
 and mind-body connection, 8
Empathy, 147
Emphysema, 234, 239, 240
Endocrine system, 370–373
Endorsements, 342
Endurance, 62, 63, 65, 76
Energy
 conservation of, 516
 physical, 87–88, 114, 134
Environment, 19–20, 508–517
 diseases related to, 441
 energy conservation, 516
 and individual/community
 health, 19–20
 male sterility and hazards
 in, 376
 and personality, 146
 pollution, 508–516
 protection of, 513–517
 social, 20

waste management, 514–515
water conservation, 517
Environmental engineers, 516
Environmental Protection Agency
 (EPA), 513
Enzymes, 122–124
EPA (Environmental Protection
 Agency), 513
Epidemiologist, 416
Epidermis, 330
Epididymis, 375
Epiglottis, 123, 237, 238
Epinephrine, 443
Esophagus, 123
Ethical values, 37, 146
Eustachian tube, 338
Evaluate/evaluation, 11–12, 21, 22,
25, 342
Excretion, 125
Excretory system, 125–126, 233
Exercise(s), 60. *See also* Physical
 activity and fitness
 aerobic, 64, 76
 anaerobic, 64
 warm-up/cool-down, 80–81
 workouts, 81–82
Exhaling, 238
Extended families, 178
External influences, 18–20
Eye contact, 176
Eyeglasses, 337
Eyes, 334–337

F

Facilities, health care, 354
Fad diets, 135
Failures, learning from, 151
Fairness, 48, 49
Fallopian tubes, 379
Falls, preventing, 477
Families, 178–183
 abuse in, 218–221
 and buying decisions, 341
 changes/challenges in, 181–182
 and health choices, 21
 and personal health, 180
 risks of alcohol to, 284
 and self-esteem, 150
 strengthening relationships in,
 180–181
 stress and health of, 182
 types of, 178
Family emergency plans, 491
Family members, older, 181
Family therapy, 164
Farsightedness, 337
Fatigue, 157
Fats, 105–108, 114, 116, 117, 449
Fat-soluble vitamins, 106

Fear, 154, 220
Feces, 126
Feedback, 147, 151
Feelings. *See* Emotions
Females
 adolescent physical changes in,
 365–366
 alcohol tolerance of, 266
 cancer self-exams for, 381, 454
 chromosomes determining, 383
 daily calorie requirements, 113
 reproductive system in,
 378–382
Fertilization, 380, 384
Fetal alcohol syndrome (FAS),
269–270
Fetus, 384, 385
Fever, 408
Fiber, 126
Fight-or-flight response, 157
Fights, 205. *See also* Conflict
 resolution
Fingernails, 333
Fire safety, 475–478
First aid, 493–499
 for bleeding, 497
 for burns, 498
 cardiopulmonary resuscitation,
 494, 495
 for choking, 496–497
First-degree burns, 498
Fish, 117
Fitness, 60, 77–83. *See also* Physical
 activity and fitness
 assessing progress, 83
 measuring, 64–65
Fitness tests, 64–65
F.I.T.T. formula, 81–82
Flammable materials, 475
Flexibility, 63, 64
Floods, 489–490
Flossing (teeth), 329
Flu, 239, 240, 414
Fluoride, 329
Focus on the future, 42–43
Foldables
 for accident chain, 471
 for air pollution, 507
 for alcohol, 263
 for allergies and asthma, 439
 for causes of conflict, 201
 for changes during
 adolescence, 363
 for communicable diseases, 401
 for decision making, 35
 for drug use and abuse, 297
 for fitness elements, 59
 for mental/emotional
 health, 143

- for nutrients, 103
- for personal care
 - information, 327
- for three aspects of health, 3
- for tobacco effect on respiratory system, 229
- for verbal and nonverbal communication, 173
- Follicles, 330
- Food groups, 87, 112–114
- Food Guide Pyramid. *See* MyPyramid
- Food pyramid. *See* MyPyramid
- Foods. *See also* Nutrition
 - contaminated, 405
 - for healthful meals, 116–118
 - influences on choices of, 114–115
 - media messages about, 136–137
 - nutrient dense, 119
 - for nutritious snacks, 119
 - safe handling of, 120–121
- Formaldehyde, 231
- Fossil fuels, 508, 509, 516
- Fractures, 93, 498
- Fraud, 342
- Freedom, responsibility and, 189
- Frequency, of workouts, 81
- Friends, 184–187
 - alcohol's effects on, 283–284
 - and consumer choices, 341
 - disagreements with, 209
 - and food choices, 115
 - and health choices, 22
 - importance of, 184–185
 - qualities of, 184–187
 - and self-esteem, 150
- Friendship (definition), 184
- Frostbite, 94
- Fruits, 105, 107, 112, 113
- Fungi, 403
- Future, focus on, 42–43

G

- Gallbladder, 124
- Gangs, 212
 - and acts of revenge, 203
 - strategies for avoiding, 212
- Gastric juice, 123
- Generic products, 343
- Genes, 383. *See also* Heredity
- Genital herpes, 423
- Genital warts, 423
- Germes, 402–406. *See also* Pathogens
- Gestures, 176
- Glands, 330, 370–371, 375
- Glaucoma, 336
- Gliding joints, 67

- Global Response Youth Action, 50
- Glucose, 458, 460
- Goal setting, 42–44, 52, 79
 - and achieving goals, 45
 - benefits of, 42–44
 - for fitness, 77, 96–97
 - for heart disease prevention, 464–465
 - for physical activity and fitness, 43, 64
 - plan for, 44–46
 - recognizing strengths/limitations in, 43
 - for self-esteem, 151
 - short- and long-term goals, 44
 - for weight training, 85
- Gonorrhea, 424
- Government
 - consumer rights agencies of, 345
 - health care programs of, 355
 - pollution prevention by, 513
- Grains, 105–108, 113
- Grief, 154
- Grieving, 154, 182
- Groundwater, 510
- Group therapy, 163, 164
- Growth and development, 364–393
 - during adolescence, 364–369, 389–390
 - during adulthood, 390
 - alcohol and, 280
 - during childhood, 389
 - drug use and, 312
 - endocrine system influence on, 370
 - of female reproductive system, 378–382
 - fertilization stage of, 380
 - of fetus after fertilization, 384–386
 - and heredity, 383–384
 - individual rates of, 365–366
 - during infancy, 389
 - of male reproductive system, 374–377
 - during pregnancy, 384–386
 - and preparation for adulthood, 391–393
- Growth patterns
 - individual differences in, 365–366
 - and weight, 129
- Guardians, communicating with, 425. *See also* Parents
- Gums, 328–329
- Gun safety, 479
- Guns, 212
- Gynecologists, 353, 382

H

- Habitat for Humanity, 50
- Hair, 332–333
- Hair follicles, 330
- Hallucinations, 275
- Hallucinogens, 307
- Hammer (ear), 338
- Handwashing, 419, 420
- Happiness, 154
- Hate crimes, 212
- Hazardous wastes, 511–512
- Hazards, 473
- HDL cholesterol, 106
- Head lice, 333
- Health, 4. *See also* Personal health care; specific topics
 - building blocks for, 11
 - and choices you make, 21–22
 - community. *See* Community health
 - cultures influence on, 21, 425, 430, 431
 - and environment, 19–20
 - and family, 21–22
 - friends' influence on, 22, 184–187
 - and heredity, 18–19
 - influences on, 18–22
 - measuring, 9
 - media's influence on, 22
 - mental/emotional, 6
 - and mind-body connection, 8
 - peer pressure's influence on, 187–188
 - physical, 4–5
 - and physical activity, 61
 - prenatal, 385–387
 - and risk behaviors, 23–27
 - social, 6–7
 - and wellness, 7
- Health care services, 352–355. *See also* Personal health care
- Health care system, tobacco's strain on, 251
- Health departments (governmental), 355
- Health eSpotlight
 - choosing to be drug free, 297
 - healthy peer relationships, 173
 - making smart food choices, 103
 - personal safety, 471
 - taking charge of your health, 35
- Health insurance, 251, 354
- Health Inventories
 - conflict resolution, 201
 - healthy habits, 3
 - physical activity, 59
 - preventing disease, 439
- Health maintenance organizations (HMOs), 354–355

- Health officers, 20
- Health Online
- acne, 332
 - across the ages, 392
 - creative conflict resolution, 207
 - fitness that fits, 85
 - healthy snacks, 119
 - lending a helping hand, 161
 - positive health behaviors, 7
 - being proactive about the environment, 514
 - substance abuse, 317
 - tobacco, 253
 - values and ethics, 37
- Health Quiz
- alcohol, 263
 - communicable diseases, 401
 - the environment, 507
 - growth/change, 363
 - mental/emotional health, 143
 - taking responsibility, 35
 - tobacco effects, 229
- Health screenings
- dental, 126, 329
 - for diabetes, 460
 - gynecological, 382
 - for teen females, 381, 382
 - for teen males, 376
 - vision, 336
 - wellness exams, 352–353, 421
- Health skills, 10–17. *See also specific skills*
- accessing information, 11–12, 21, 50, 120, 164, 245, 250, 269, 309, 405, 425, 461, 483
 - advocacy, 15, 234, 288, 381, 457
 - analyzing influences, 14, 430, 449
 - communication skills, 15, 181
 - conflict resolution, 16, 209
 - decision making, 36–41, 93, 284, 299, 350, 514
 - drug-free school campaign, 314
 - goal setting, 42–46, 52–53, 79
 - interpersonal communication, 15–17
 - diabetes management, 372
 - practicing healthful behaviors, 12, 89, 377, 410, 420, 491
 - refusal skills, 16, 193, 254, 319
 - self-management, 12, 368
 - stress management, 13, 166–167, 280, 391
 - tobacco, 245, 250, 254
- Health triangle, 5, 9
- interrelationships in, 5–7, 62
 - mind-body connection in, 8
 - wellness and balance in, 7
- Hearing, 337–338
- Heart, 76, 82, 267, 268
- Heart and lung endurance, 62, 76
- Heart attack, 235, 447–448
- Heart disease, 131, 233, 235, 446–449
- Heart rate, 82, 233
- Heart transplants, 450
- Heat exhaustion, 94, 483
- Heatstroke, 94, 483–484
- Helmets, 87, 94
- H.E.L.P. decision-making criteria, 38, 187
- Hepatitis, 415–416, 425
- Heredity, 18–19, 146, 383–384, 446
- Hernias, 376
- Heroin, 307, 313
- High blood pressure, 267, 447
- Hiking safety, 485
- Hinge joints, 67
- Histamines, 442
- HIV (human immunodeficiency virus), 331, 427–430. *See also AIDS*
- and drug use, 307, 308
- Hives, 442
- HMOs (health maintenance organizations), 354
- Home. *See also Families*
- conflicts at, 204
 - safety in, 477
- Homicide, 211
- Honesty, 152
- Hormones, 157, 370, 375
- Hospices, 354
- Hot lines, 165, 221
- Hot weather safety, 483–484
- Hugh O’Brian Youth Leadership, 50
- Human papilloma virus (HPV), 423
- Hurricanes, 488
- Hurt feelings, 203
- Hygiene, 418–420
- Hypertension, 448
- Hyperthyroidism, 373
- Hypothermia, 94, 489
- Hypothyroidism, 373
- I**
- “I” messages, 176
- Ibuprofen, 348
- Identity, 149, 368
- Illegal drugs, 303–308
- Illness. *See Diseases*
- Immune system, 407–412
- Immunity (to disease), 412
- Immunizations, 348, 412, 421
- Impulsive behaviors, 36, 38, 39, 154
- Individual differences, 365–366
- Individual health
- caring for. *See Personal health care*
 - environmental factors contributing to, 9
 - influences on, 14, 21–22
 - media influence on, 22
 - and stress, 13, 156
 - technology influence on, 22
- Individual sports, 86
- Individual therapy, 164
- Infants
- choking first aid for, 496
 - fetal alcohol syndrome, 269–270
 - growth and development of, 389
 - of smoking mothers, 249
 - and vehicle safety, 482
- Infections
- as cause of nervous system damage, 275
 - definition of, 402
 - ear, 337
 - immune system’s response to, 411
- Infertility, 381
- Inflammation, 408
- Influences
- analyzing. *See Analyzing influences*
 - on consumer choices, 341
 - on decisions, 39–41
 - on food choices, 114–115
 - on health, 18–22
 - internal/external, 14
- Influenza, 239, 240, 414
- Infomercials, 342
- Information
- accessing. *See Accessing information*
 - right to, 345
 - sources of, 11–12
 - validity of, 11–12
- Ingredient lists, 108
- Inguinal hernias, 376
- Inhalants, 308
- Inhaling, 238
- Inherited traits, 18–19, 396
- Injuries
- accidental, 91–92, 276–277, 473, 477, 479
 - as cause of nervous system damage, 273–274
 - common, 92–93
 - coping with, 182
 - flexibility for prevention of, 63
 - preventing, 27, 91–92, 335, 477, 479
 - P.R.I.C.E. formula for, 95

- related to drug use, 303–308
 - responding to. *See* First aid treatment of, 70
 - Inner ears, 338
 - Insulin, 372, 458–460
 - Insurance, 354
 - Integrity, 48
 - Intensity, of workouts, 81
 - Interferon, 408
 - Internal influences, 21–22
 - Internet, 11–12. *See also* Media
 - Interpersonal communication, 15. *See also* Communication skills
 - Intestines, 124, 126
 - Intoxication, 265–266
 - Involuntary muscles, 69
 - Iris (eye), 335
 - Iron, 106
- J**
- Job loss, 182
 - Joints, 63, 66, 67, 462
 - Journals, 155, 177
 - JRA (Juvenile rheumatoid arthritis), 461, 462
 - Judgment, 265. *See also* Decision making
 - Juvenile rheumatoid arthritis (JRA), 461, 462
- K**
- Kidneys, 125, 267, 268
 - Kitchens, safety in, 477
- L**
- Labels
 - food, 109–110
 - medicine, 349
 - product, 344
 - Labia, 379
 - Land pollution, 510–512, 514–515
 - Landfills, 510
 - Language arts connections, 81, 108, 124, 307
 - Large intestine. *See* Colon
 - Laser surgery, 336
 - LDL cholesterol, 106
 - Legal issues
 - with alcohol, 266, 281
 - with anabolic steroid use, 88
 - in decision making, 38
 - with driving while intoxicated, 266, 281
 - with drug possession/use, 313–315
 - with secondhand smoke, 250
 - with substance possession/use, 191
 - with tobacco, 242, 247
 - with unmarried minors and sexual activity, 191
 - Lens (eye), 335
 - Leukemia, 452
 - Libraries, 11
 - Lice, 333
 - Lifecycle, 388–390
 - adolescence and adulthood, 389–390
 - aging process, 390
 - birth and infancy, 388–389
 - childhood, 389
 - death and dying, 390
 - Life experiences, 49–50
 - Lifestyle, 276, 421
 - Lifting, 70, 276
 - Ligaments, 66
 - Lighting, outdoor, 216
 - Limitations, 43, 151
 - Liquid wastes, human, 125
 - Listening skills, 16, 176
 - Liver, 124, 267, 268, 269. *See also* Cirrhosis
 - Liver failure, misuse of medicines and, 350
 - Long-term goals, 44, 45
 - Lunches, 118
 - Lung cancer, 233, 239, 240, 452
 - Lung endurance, 62, 76
 - Lungs, 72, 237, 238, 444, 466
 - Lyme disease, 406
 - Lymph, 409
 - Lymphatic system, 409
 - Lymphocytes, 409
 - Lymphoma, 452
- M**
- Macrophages, 409, 411
 - Magnesium, 106
 - Mainstream smoke, 248
 - Major injuries, 93
 - Males
 - and abuse, 220
 - adolescent physical changes in, 365–366
 - cancer self-exams for, 454
 - chromosomes determining, 383
 - daily calorie requirements, 113
 - reproductive system in, 374–377
 - Malignant tumors, 452
 - Managed care plans, 354
 - Margarine, 106
 - Marijuana, 305–306, 311, 313
 - Math connections
 - calculating BMI, 129
 - calculating SPF, 94
 - drunk driving data, 283
 - personal finances, 255
 - sports injuries, 26
 - smoking costs, 255
 - Maturing, individual rates of, 365–366
 - Meals, 108, 116–118, 126
 - Measles, 414–415
 - Meats, 105–107, 112, 113, 116
 - Media
 - advertising development by, 341–342
 - and alcohol, 278–279
 - and buying decisions, 341–343
 - and drugs, 311
 - as health influence, 14, 22
 - and health information, 11
 - as influence on individual and community health, 22
 - influences on food choices, 114, 115
 - as source of information, 11
 - television, 212
 - and tobacco, 243, 245–246, 256–257
 - Media literacy, 246
 - Media messages, 150
 - Media watch, 14, 212, 311
 - Mediation, 208–209
 - Medical quackery 342, 345, 346
 - Medical specialists, 353
 - Medicines, 347–351. *See also* *specific diseases*
 - definition of, 347
 - misuse of, 350–351
 - over-the-counter, 348
 - prescription, 348
 - safe use of, 349
 - Melanin, 331
 - Memory B and T cells, 411, 412
 - Meningitis, 275
 - Menstruation, 378–380
 - Mental conditioning, for sports, 89
 - Mental development, 366
 - Mental needs, 179
 - Mental/emotional health, 6, 143–165
 - anxiety disorders, 160
 - and avoiding unhealthy behaviors, 154–155
 - benefits of physical activity to, 61–62
 - and drug use, 301, 313
 - interrelationship of physical/social health and, 5, 7, 61–62
 - mood disorders, 161
 - and personality, 146
 - problems with, 160–165
 - and self-concept, 149

- and self-esteem, 149–152
 - strategies for identifying disorders, 161
 - and stress management, 156–158
 - and suicide, 161–162
 - survey of, 9
 - treating problems with, 163–165
 - and understanding emotions, 153–154
 - warning signs of problems with, 161
 - Messages
 - carried by neurons, 273
 - “I” messages, 176
 - media, 22
 - Metabolism, 371, 373
 - Methyl ethyl ketone, 231
 - Middle ear, 338
 - Milestones, for long-term goals, 45
 - Milk, 105, 106, 112, 113
 - Mind-body connection, 8
 - Mineral supplements, 116–117
 - Minerals, 106–107
 - Minor injuries, 92
 - Minors, 281
 - Mirroring thoughts/feelings, 176
 - Mistakes, learning from, 151
 - Modified push-ups, 65
 - Mononucleosis, 415
 - Mood disorders, 161
 - Mood swings, 161, 367
 - Morphine, 307, 313
 - Motor neurons, 273
 - Motor skills, 265, 312
 - Mouth, 123, 237
 - Mouth cancer, 239, 240
 - Mouth sores, 240
 - Movies, tobacco in, 246
 - Moving, coping with, 182
 - Mucous membranes, 408
 - Multiple sclerosis, 274
 - Mumps, 415
 - Muscle cramp, 92
 - Muscle endurance, 62
 - Muscles, 63, 67–69. *See also*
 - Physical activity and fitness
 - Muscular system, 67–70
 - MyPyramid (food pyramid), 112–114
- N**
- Nail care, 333
 - Narcotics, 307
 - National Weather Service (NWS), 486, 488, 490
 - Natural disasters, 489–491
 - Nearsightedness, 337
 - Negative peer pressure, 187
 - Negative stress, 13, 156
 - Neglect, 217
 - Negotiation, 207–208
 - Neighborhood Watch programs, 216
 - Neighborhoods, safety in, 482
 - Nerve endings, 330
 - Nervous system, 233, 272–277
 - alcohol’s effect on, 280
 - and mind-body connection, 8
 - tobacco’s effects on, 234
 - Neurons, 272, 273
 - Neutrality (conflict resolution), 208
 - Nicotine, 230–231, 233, 245, 254
 - NK cells, 409
 - Noise, 338
 - Noncommunicable diseases, 440–463
 - allergies, 441–443
 - arthritis, 461–463
 - asthma, 443–445
 - cancer, 451–457
 - diabetes, 458–460
 - heart disease, 446–450
 - Nonrenewable resources, 516
 - Nonsmokers, 248–249
 - Nonverbal communication, 175
 - Nose, 236
 - Nuclear families, 178
 - Nurse practitioner, 44
 - Nurture, definition of, 179
 - Nutrient dense foods, 119
 - Nutrients, 104–107
 - Nutrition, 105–120, 129–135
 - and circulatory system health, 76
 - and Dietary Guidelines for Americans, 107–108
 - and eating disorders, 132–133
 - and food groups, 112–114
 - and MyPyramid, 112–114
 - and Nutrition Facts panels, 109–110
 - and physical activity, 134
 - and planning healthful meals, 116–118
 - for skeletal/muscular fitness, 70
 - for skin health, 331
 - and snacks, 119
 - for sports, 87–88
 - and stress management, 158
 - for tooth and gum health, 328
 - and weight management, 129–135
 - Nutrition Facts panel, 109–110
 - Nutritionist, 132
 - Nuts, 105, 117
 - NWS. *See* National Weather Service
- O**
- Obsessive-compulsive disorder (OCD), 160, 164
 - Occupational Safety and Health Administration (OSHA), 513
 - Oil glands, 330
 - Oils, 105, 113
 - Olives, 105
 - Oncologist, 456
 - Online information. *See* Health online
 - Ophthalmologists, 336, 353
 - Optic nerve, 335
 - Optimism, 150
 - Optometrists, 336
 - Organs, 66, 384, 385. *See also*
 - specific body systems
 - Orthodontists, 353
 - Orthopedists, 353
 - OSHA (Occupational Safety and Health Administration), 513
 - Osteoarthritis, 461, 462
 - Osteoporosis, 105
 - OTC medicines. *See* Over-the-counter medicines
 - Outdoor safety, 480–485
 - Outer ear, 338
 - Ovarian cancer, 381
 - Ovaries, 371, 378, 379
 - Overeating, 133
 - Overheating, 94
 - Over-the-counter (OTC) medicines, 299, 348
 - Overworking (overtraining), 90, 94
 - Ovulation, 379
 - Oxygen, 72, 236–238, 509
 - Ozone, 509
- P**
- Pacemakers, 450
 - Pain, 95, 348
 - Pancreas, 124, 371, 459
 - Paramedic, 313
 - Parathyroid glands, 371
 - Parents
 - communicating with, 287, 417, 425
 - and health information, 11
 - as role models, 50
 - seeking help from, 151, 482
 - Passive smokers, 248
 - Pasta, 105
 - Pathogens, 402–406

- diseases caused by, 403
- immune system's response to, 411
- immunity to, 412
- major barriers to, 408
- preventing spread of, 418–420
- spread of, 404–406
- Pathologist, 232
- Pedestrian safety, 480
- Pediatricians, 353
- Peer mediation, 208
- Peer pressure, 187–188
 - and alcohol, 279
 - as cause of violence, 212
 - and decision making, 185
 - and drug use, 311, 317–319
 - positive/negative, 187–188
 - as source of conflict, 203
- Penis, 375
- Peripheral nervous system (PNS), 272
- Personal emergency plans, 491
- Personal fitness program, 77–83
- Personal health. *See* Individual health
- Personal health care, 328–337
 - ears, 337–338
 - eating disorders, 132–133
 - enhancing/maintaining through life span, 391–392
 - eyes, 334–337
 - hair, 332–333
 - making decision about, 21–22, 391–392
 - nails, 333
 - skin, 330–332
 - teeth and gums, 328–329
- Personal identity, 368
- Personal values, 37
- Personality, 146
- Phagocytes, 408
- Pharmacist, 348, 354
- Phobias, 160
- Phosphorus, 106
- Physical abuse, 217
- Physical activity and fitness, 60–65, 77–89
 - balance with food, 108–109
 - and body composition, 64
 - for circulatory system health, 76
 - definition of, 60
 - and flexibility, 63
 - goals of, 43, 64, 77
 - for heart and lung endurance, 76
 - and heart disease, 446
 - for managing emotions, 155
 - and muscular endurance, 62
 - and nutrition, 134
 - and personal fitness program, 77–83
 - safety rules for, 91–92
 - for skeletal/muscular systems, 69
 - and strength, 62
 - for stress management, 158
- Physical bullying, 213
- Physical dependence, 244
- Physical development, 365–366
- Physical factors,
 - environmental, 20
- Physical health, 4–5
 - behaviors damaging, 190
 - benefits of physical activity to, 61
 - interrelationship of mental/emotional/social health and, 5, 7, 61–62
 - survey of, 9
- Physical needs, 179
- Physical therapists, 92
- Physiological changes (during pregnancy), 386
- Piercings, 331
- Pipes (tobacco), 232
- Pituitary gland, 371
- Pivot joints, 67
- Plaque, 329
- Plasma, 74
- Plastic surgeons, 353
- Platelets, 74
- PMS (premenstrual syndrome), 382
- Pneumonia, 239, 416
- PNS (peripheral nervous system), 272
- Point-of-service (POS) plans, 355
- Poisoning, 477
- Polio, 275
- Pollen, 441
- Pollution, 508–516
 - air, 508, 514
 - hazardous wastes, 511–512
 - land, 510–512, 514–515
 - prevention of, 513–515
 - solid waste, 510–512
 - water, 510, 515–516
- Pores, 330
- POS (point-of-service) plans, 355
- Positive peer pressure, 188
- Positive stress, 13, 156
- Positive thinking, 158
- Post-traumatic stress disorder (PTSD), 160
- Posture, 69
- Potassium, 107
- Potatoes, 105
- Poultry, 105
- PPOs (preferred provider organizations), 355
- Practicing healthful behaviors
 - benefits of, 12
 - for cancer prevention, 453–454, 457
 - for emergency supplies, 491
 - for fire safety, 500–501
 - immune system, 410
 - for keeping food safe, 120–121
- Preferred provider organizations (PPOs), 355
- Pregnancy
 - abstinence for prevention of, 192
 - care during, 385–387
 - development of fetus during, 384–386
 - fertilization, 380
 - physiological changes during, 385, 386
 - related to drug/alcohol use, 308, 309
 - tobacco use during, 249
 - use of medicines during, 350
- Prejudice, 204, 212
- Premenstrual syndrome (PMS), 382
- Prenatal health, 385–387
- Preschoolers, 389
- Prescription medicines, 348
- Pressure points, 497
- Prevention, 26
 - of abuse, 221
 - of alcohol use, 190–191
 - of diseases. *See* Disease prevention
 - of drug use, 190–191
 - of future health problems, 391–392
 - of injuries, 27, 91–92, 335, 352–353, 391, 477, 479
 - of school violence, 214, 215
 - of sports-related injuries, 91–92
 - of substance abuse, 392
 - of tobacco use, 190–191
- P.R.I.C.E. first aid formula, 95, 499
- Primary care providers, 353
- Privacy, 181, 220
- Probation, 315
- Product labels, 344
- Product placement, 246
- Property (as source of conflict), 203
- Prostate cancer, 376
- Prostate gland, 375

Protective sports equipment, 86,87
Proteins, 105, 118
Protozoa, 404
Psychiatrists, 353
Psychological bullying, 213
Psychological dependence, 244
Psychologists, 146
Puberty, 365–368. *See also*
Adolescence
Public health (government health care), 355
Pulmonary circulation, 72
Pulse rate, 82
Pupil (eye), 335
Push-ups, 65

R

Rabies, 275, 276
Radiation therapy, 456
Rape, 211
Reading Is Fundamental, 50
Reading check
for alcohol, 266, 268, 281, 285, 286, 288, 289
for character, 50
for communicable diseases, 420
for consumer influences, 342
for digestive system, 124
for drugs, 304, 348
for environment, 508, 509, 514
for general health, 22
for growth and development, 366, 368
for help for abuse, 221
for health skills, 44
for noncommunicable diseases, 441, 443, 448, 456, 462
for personal health, 333
for safety, 473, 474, 479, 481, 482
for social health, 179, 181, 183, 186, 192
for tobacco, 232, 243, 247, 250, 251, 252, 254–255
Realistic goals, 43
Recreational safety, 483–485
Recycling, 515
Red blood cells, 74, 75
Red Cross, 484
Reducing waste, 515
Referrals (for mental health care), 165
Refusal skills, 16, 192–193
for alcohol, 286–289
for drugs, 290–291, 317–319
for sexual activity, 394–395
refusing drugs, 319
S.T.O.P. formula for, 16, 192–193, 286, 319

for risk behaviors, 193
for tobacco, 252–253, 254
and ways of saying “no,” 192–193
Relationships
alcohol’s effects on, 283–284
dating violence, 214
influence of positive/negative, 22, 187–188
Relaxation, 158
Reproduction, 374
Reproductive cancers, 452
Reproductive systems, 374–382
female, 378–382
male, 375–377
Rescue breathing, 494, 495
Resiliency, 147
Resolving conflicts. *See* Conflict resolution
Resources, nonrenewable, 516
Respect, 48, 49, 287
among friends, 185–186
for dignity of others, 150
Respiratory diseases, 240
Respiratory system, 233, 234, 236–241, 442–445
Responsibility, 48, 49, 181, 189–190
Retina, 335
Reuse of waste, 515
Revenge (as source of conflict), 203
Rh factor, 75
Rheumatic fever, 417
Rheumatoid arthritis, 461, 462
Rice, 105
Richter scale, 491
Risk behaviors, 23–27
abstinence from, 27
avoiding, 190
consequences of, 24
cultural factors in, 21–22
and cumulative risk, 25
definition of, 24
drug use as, 303–308
percentage of teens participating in, 25
Risk factors, 25
for abuse, 219
for cancer, 452
Risk(s), 23, 391–392
cumulative, 25
of drug abuse, 310–319
evaluating, 25
reducing/avoiding, 26
types of, 23–24
Role models, 50
Rules, family, 181

S

Sadness, 154
Safety, 472–499
in cold weather, 484
and emergency supplies kit, 491
fire safety, 475–478
and first aid, 493–499
in fitness programs, 78–79
in food handling, 120–121
with guns, 479
head protection, 276
in hot weather, 483–484
and injury prevention, 477, 479
with medicine use, 349
in natural disasters, 489–491
with physical activities, 91–92
in recreational activities, 483–485
right to, 345
in schools, 214–215, 479
with sports, 90–93
in traffic, 480–482
from violence, 215
in weather emergencies, 486–490
in your neighborhood, 482
Safety belts, 24, 25, 482
Safety consciousness, 473
Saliva, 122, 123, 408
Salivary glands, 123
Salt, 107, 108
Saturated fats, 105–108
Scalp problems, 333
Schedule, fitness, 78
Schizophrenia, 160
School bus, 482
School counselor, 204
Schools
conflicts at, 204
risks of alcohol, 282
risks of drugs, 314
safety precautions in, 479
violence prevention in, 214–215
weapons rules in, 215, 479
youth court, 215
Science connections
alcohol, 265
body decoration, 331
building bones, 105
caffeine, 304
calcium in diet, 105
depression, 366
dietary supplements, 117
epinephrine, 443
finding a cure, 274
vision correction, 336
heart activity and strength, 75
heart of the matter, 75

- schizophrenia, 160
- scoliosis, 69
- stress chemicals, 13
- trans fats, 449
- finding a cure, 274
- vision correction, 336
- West Nile virus, 404
- why teens need more sleep, 5
- Sclera, 335
- Scooters, 481
- Screenings. *See* Health screenings
- Scrotum, 375
- Seafood, 106
- Seat belts. *See* Safety belts
- Second-degree burns, 498
- Secondhand smoke, 248–249
- Security systems, school, 215
- Self-assessment, 9
- Self-concept, 149
- Self-confidence, 149, 151
- Self-esteem, 149–152
- Self-examinations
 - cancer, 454
 - for females, 381
 - for males, 377
- Self-management skills, 12. *See also* Practicing healthful behaviors
- Semen, 375
- Semicircular canals, 338
- Sensory neurons, 273
- Separation (of parents), 182
- Serving sizes, food, 113, 116
- Sewage, 510
- Sexual abuse, 218
- Sexual activity
 - abstinence from, 27, 191–192, 425–426, 431
 - alcohol and, 267, 283
 - disease transmission through, 405
 - and HIV, 427–428
 - illegal, between unmarried minors, 191
 - refusal skills for, 394–395
- Sexually transmitted diseases (STDs), 422–431
 - abstinence for prevention of, 192
 - reducing risk of, 392
 - related to drug/alcohol use, 283, 307, 308
 - and sterility, 376, 381
- Sexually transmitted infections (STIs), 422
- Sharing, 181
- Shock (in grieving process), 154
- Shopping, 343–344
- Short-term goals, 44, 45
- Sibling, new, 182
- Side effects (medicines), 349
- Sidestream smoke, 248
- Sight, 334–337
- Simple carbohydrates, 105
- Single-parent families, 178
- Skateboarding, 481
- Skating, 481
- Skeletal muscles, 67–68
- Skeletal system, 66–67, 69–70
- Skin, 330–332, 408
- Skin cancer, 452, 454
- Skipping meals, 117
- Sleep, 158
- Small intestine, 123–124
- Small-claims courts, 345
- smart shopping, 14
- Smog, 509
- Smoke alarms, 476
- Smoke-free environments, 249–250
- Smokeless tobacco, 232, 233, 240
- Smoking. *See also* Tobacco
 - and circulatory system health, 76
 - fires caused by, 476
 - legal restriction of, 250
- Smooth muscles, 67
- Snacks, 119
- Snuff, 232
- Social development, 368
- Social health, 6–7, 174–193
 - and abstinence, 190–192
 - acting responsibly for, 189–190
 - benefits of physical activity to, 62
 - communication skills for, 174–177
 - and drug use, 302
 - effective refusal skills for, 192–193
 - and families, 178–183
 - and friends, 184–187
 - interrelationship of mental/emotional/physical health and, 5, 7, 61–62
 - and peer pressure, 187–188
 - survey of, 9
- Social studies connections, 133, 154, 175, 414
- Social workers, 186
- Society, hidden costs of smoking to, 251
- Sodium, 107–108
- Sodium chloride, 106–107
- Solid wastes
 - in environment, 510–512
 - human, 124–126
- Sound levels, 338
- Speaking skills, 16, 176
- Specialists, 353
- Sperm cells, 375, 380, 383
- SPF rating, 94
- Spinal cord, 273
- Spinal cord injuries, 273–274
- Sports, 85–95
 - and anabolic steroids, 88
 - individual, 86
 - injuries, 91–95
 - mental conditioning, 89
 - nutrition for, 87–88
 - preventing injuries in, 91–92
 - protective equipment for, 87
 - safety in, 90–92
 - team, 86
 - tobacco advertising at events, 246
- Sprains, 92, 499
- Stairs, safety on, 477
- Standardized test practice, 33, 57, 101, 141, 171, 199, 227, 261, 295, 325, 361, 399, 437, 469, 505, 523
- Starches, 105
- STDs. *See* Sexually transmitted diseases
- Sterility, 376, 381
- Steroids, anabolic, 88, 308
- Stimulants, 89, 304
- Stirrup (ear), 338
- STIs (sexually transmitted infections), 422
- Stomach, 123, 267
- Stomach acid, 408
- Stomach ulcers, 233, 267
- S.T.O.P. refusal model, 16, 192–193, 286, 319
- Storms, 486, 488–490
- Strategies. *See also* Decision making
 - for abuse prevention, 221
 - for abuse prevention/intervention, 221
 - for avoiding gangs, 212
 - for avoiding violence, 214
 - for circulatory system health, 76
 - for conflict resolution, 206–209
 - for coping with family changes/challenges, 182
 - for digestive/excretory system health, 126
 - for environmental protection, 513–519
 - for good health, 107–109
 - of healthy families, 180–183
 - for identifying mental/emotional disorders, 161
 - for managing emotions, 154–155
 - prevention as, 26

- for reaching fitness goals, 78
 - for reaching goals, 44–46
 - for risk reduction, 26
 - for self-esteem and self-confidence, 151
 - for skeletal/muscular system health, 69–70
 - Strength training. *See* Weight training
 - Strength(s)
 - exercises for, 63
 - focusing on, 151
 - in goal setting, 42
 - physical, 62
 - test for, 64
 - Strep throat, 416–417
 - Stress, 13, 156–158
 - and family health, 182
 - how to avoid, 157
 - managing. *See* Stress management
 - Stress fracture, 93
 - Stress management, 13, 158, 391
 - alternatives to alcohol, 281
 - and asthma, 445
 - dealing with emotions, 280
 - and heart disease, 449
 - learning, 166–167
 - reducing, 391
 - managing anger, 368
 - Stressors, 157
 - Stretching exercises, 80
 - Strokes, 233, 235, 267, 448
 - Students Against Destructive Decisions (SADD), 50, 283
 - Substance abuse counselors, 270
 - Substance use/abuse, 303–308. *See also* Drugs
 - and commitment to abstinence, 190–192
 - legal issues with, 191
 - prevention of, 392
 - Sudden Infant Death Syndrome, 249
 - Sugars, 105, 108, 114, 116
 - Suicide, 161–162
 - Sun exposure
 - and cancer, 453
 - and ozone layer, 509
 - and skin health, 331
 - when playing sports, 94
 - Sunscreen, 94, 331
 - Supplements, vitamin and mineral, 116–117
 - Support, within family, 180
 - Support groups, 255, 269
 - Surface water, 510
 - Surgery
 - for cancer, 456
 - eye, 336
 - for heart disease, 450
 - Swallowing, 123
 - Syphilis, 424
 - Systemic circulation, 72
 - Systems, body. *See* Body systems
- T**
- T cells, 409, 410, 411, 427, 428
 - Tact, 176
 - T.A.L.K. strategy, 207, 209
 - Talking (stress management), 158
 - Target audience, 246
 - Target heart rate, 82
 - Tartar, 329
 - Tattoos, 331
 - Teachers, help from, 205
 - Team sports, 86
 - Tears, 408
 - Technology, health influences of, 22
 - Teeth and gums, 123, 126, 328–329
 - Television, 22, 212
 - Tendonitis, 92
 - Tendons, 66
 - Territory (as source of conflict), 203
 - Testes (testicles), 371, 375
 - Testicular cancer, 376
 - Testosterone, 375
 - Therapy, 163–164
 - Thinking
 - abilities during teen years, 389–390
 - critical, 36
 - positive, 158
 - Third-degree burns, 498
 - Thunderstorms, 489
 - Thyroid diseases, 373
 - Thyroid gland, 371, 373
 - Ticks, 406
 - Time
 - family, 180
 - management of, 157
 - of workouts, 81
 - Tinnitus, 338
 - Tissues, 384, 385
 - Tobacco, 230–235, 242–251
 - abstinence from, 27, 190–191
 - addiction to, 244–245
 - and air pollution, 514
 - avoiding, 252–255
 - benefits of not using, 253
 - effects of, 233–235
 - forms of, 232
 - and heart disease, 449
 - hidden costs of, 251
 - illegal use of, 191
 - nonsmokers and effects of, 248–250
 - quitting use of, 254–255
 - reasons for using, 242–243
 - substances in, 230–231
 - Toddlers, 389
 - Toenails, 333
 - Tolerance, 245
 - Tooth decay, 108, 233, 329
 - Tornadoes, 487–488
 - Toxic shock syndrome (TSS), 381
 - Trachea, 123, 237
 - Traffic safety, 480–482
 - Tranquilizers, 305
 - Trans fats, 449
 - Trans-fatty acids, 106
 - Trustworthiness, 48, 49, 185
 - TSS (toxic shock syndrome), 381
 - Tuberculosis, 239, 416
 - Tumors, 451–452
- U**
- Ulcers, 267, 269
 - Ultraviolet (UV) rays, 331, 334
 - Umbilical cord, 385
 - Unintentional injuries. *See* Accidental injuries
 - Unsaturated fats, 105
 - Ureters, 125
 - Urethra, 125, 375
 - Urine, 125
 - Urologists, 353
 - U.S. Department of Agriculture (USDA), 107, 112
 - Uterus, 378, 379, 381
 - UV rays. *See* Ultraviolet rays
 - Uvula, 123
- V**
- Vaccines, 275, 348, 412, 416, 430
 - Vagina, 379
 - Vaginitis, 381
 - Values, 37–40, 179, 187, 203
 - Vegetable oils, 105
 - Vegetables, 106, 107, 112, 113, 117
 - Vehicular safety, 482
 - Veins, 71, 72
 - Ventricles, 72
 - Verbal bullying, 213
 - Verbal communication, 175
 - Victims, of abuse, 220
 - Villi, 123–124
 - Violence, 211–216
 - and acts of revenge, 203
 - alcohol and, 284–285
 - bullying, 213
 - causes of, 211–212

- in communities, 216
 - consequences of, 211, 213, 217–220
 - and dating, 214
 - and nonviolent ways to respond, 194, 196, 206–209, 210, 222, 223, 224, 227, 368
 - prevention of, 214–216
 - protection from, 214, 215, 482
 - in schools, 214–215
 - in society, 211
 - Viruses
 - cold, 413
 - definition of, 403
 - HIV, 427–430
 - spread of, 404
 - Vision, 334–337
 - Vitamin supplements, 116–117
 - Vitamins, 106, 118, 330
 - Vocational goals, 44. *See also* Careers
 - Voluntary muscles, 68
- W**
- Warm-up exercises, 80
 - Warning labels, 250
 - Warranties, 344
 - Waste management, 514–515
 - Wastes
 - biodegradable, 511
 - hazardous, 511–512
 - human, 124–126
 - Water
 - conservation of, 516, 517
 - contaminated, 405
 - hot weather safety, 483–484
 - in human body, 125
 - as a nutrient, 107, 126
 - pollution of, 510, 515–516
 - when playing sports, 88, 94
 - Water safety, 484
 - Water-soluble vitamins, 106
 - Weapons, 211, 479
 - Weather emergencies, 486–490
 - Weight
 - and alcohol tolerance, 266
 - and diabetes, 459, 460
 - and fad diets, 135
 - healthy, 129
 - and heart disease, 449
 - management of, 129–135
 - Weight training, 84–85
 - Wellness, 7, 129
 - Wellness exams, 352–353
 - West Nile virus, 404, 406
 - What Teens Think, 6, 48, 78, 114, 150, 185, 207, 246, 279, 301, 342, 389, 404, 447, 477, 510
 - White blood cells, 74
 - Withdrawal, 244, 254, 287
 - Working out. *See* Exercise(s); Fitness
 - Writing skills
 - for alcohol, 264, 278, 282, 286
 - for abuse prevention, 217
 - for body systems, 122
 - for character, 47
 - for communicable diseases, 402, 407, 413, 418, 422, 427
 - for conflict resolution, 206
 - for consumer choices, 340
 - for drugs, 303, 310, 316
 - for environment, 508, 513
 - for food and nutrition, 104, 111, 116, 128
 - for general health, 4, 18
 - for goal setting, 42
 - for growth and development, 364, 370, 374, 383, 385
 - for health care, 352
 - for health decisions, 10, 36
 - for health skills, 36
 - for mental/emotional health, 144, 153, 156, 159, 163
 - for nervous system, 272
 - for noncommunicable diseases, 440, 446, 451, 458
 - for personal health, 328, 334
 - for physical activity and fitness, 60, 66, 71, 77, 84, 91
 - for respiratory system, 236
 - for risk behavior, 23
 - for safety, 472, 475, 480, 486, 493
 - for social health, 174, 178, 184, 189
 - for tobacco, 230, 242, 252
 - Written communication, 177
- X**
- Xrays, 455
- Y**
- Youth court, 215
 - Youth Volunteer Corps, 50