

# Influences on Your Health

## Chapter 1 Lesson 2



# Heredity

- Heredity: *all the traits and properties that are passed along biologically from both parents to child.*
- To some degree this determines your general level of health.
- You inherit physical traits such as the color of your hair and eyes, shape of your nose and ears, as well as your body type and size.
- You also inherit basic intellectual abilities as well as tendencies toward specific diseases.



# Environment

- Environment: *The sum of your total surroundings- your family, where you grew up, where you live now, and all of your experiences.*
- Your environment also includes the people in your life as well as your culture.



# Physical Environment

- Your physical environment can affect all areas of your health.
- Positive environmental influences include: parks, jogging paths, recreational facilities, health care facilities, low crime.
- Negative environmental influences include: pollutants such as smog and smoke, high crime, poor access to medical care, exposure to diseases.



# Social Environment

- Your social environment includes your family and other people you come into contact daily. A person who is surrounded by individuals who show love, support, strength, and encouragement is said to have a positive social environment. A healthful positive social environment can help a person rise above adverse physical conditions and create a positive self-image.
- A person from an unhealthy social environment may suffer from poor mental and emotional health as a result of rejection, neglect, verbal abuse, and other negative behaviors.

# Social Environment cont.

- An important part of your social environment, especially during the teen years is your peers. Peers are defined as: *People your own age who share a similar range of interests.* Peers include your friends and classmates however not all peers may be friends. Peers who chose to engage in dangerous activity may impose peer pressure upon you to do the same. Choose friends who care about their health and yours.



# Cultural Environment

- Culture: *the collection of beliefs, customs, and behaviors of a group.*
- Your culture may be: the language your family speaks, the foods you prefer to eat, and the traditions and religions you practice.
- Understanding your culture can help you understand yourself and allow you to see what you have in common with others.
- Your culture gives you a sense of identity as you take part in a multi-cultural world.



# Behavior

Behavior is the way you choose to act within your environment and with your inherited abilities.

Although you have little control over your heredity and environment, you have a great deal of control over your behavior.

If you have a family history of heart disease you can reduce your chances of developing this condition through exercise and positive food choices.

Healthy behavior choices: wearing sunscreen, eating healthy foods, exercising, avoiding cigarettes and alcohol, replacing batteries in smoke detectors ext.





# Question

- What are some positive aspects of your environment?
- Which plays a larger role in influencing what type of person you become, heredity, or environment?

