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HEALTH SKILLS		NATIONAL HEALTH EDUCATION STANDARDS
	Comprehending Concepts	Students will comprehend concepts related to health promotion and disease prevention.
	Accessing Information	Students will demonstrate the ability to access valid health information and health-promoting products and services.
 	Practicing Healthful Behaviors Stress Management	Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
	Analyzing Influences	Students will analyze the influence of culture, media, technology, and other factors on health.
  	Communication Skills Conflict Resolution Refusal Skills	Students will demonstrate the ability to use interpersonal communication skills to enhance health.
 	Decision Making Goal Setting	Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
	Advocacy	Students will demonstrate the ability to advocate for personal, family, and community health.

Healthy People 2010

Healthy People 2010 is a set of 28 health objectives established for the nation to achieve over the first decade of the new century. The objectives, listed on these pages, were created after the Surgeon General's Report in 2000 identified specific National Health Promotion and Disease Prevention goals. The chapters and lessons in *Glencoe Health* provide strategies for addressing many of the objectives of *Healthy People 2010*.

- 1. Access to Quality Health Services**
Improve access to comprehensive, high-quality health care services.
- 2. Arthritis, Osteoporosis, and Chronic Back Conditions**
Prevent illness and disability related to arthritis and other rheumatic conditions, osteoporosis, and chronic back conditions.
- 3. Cancer**
Reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer.
- 4. Chronic Kidney Disease**
Reduce new cases of chronic kidney disease and its complications, disability, death, and economic costs.
- 5. Diabetes**
Through prevention programs, reduce the disease and economic burden of diabetes, and improve the quality of life for all persons who have or are at risk for diabetes.
- 6. Disability and Secondary Conditions**
Promote the health of people with disabilities, prevent secondary conditions, and eliminate disparities between people with and without disabilities in the U.S. population.
- 7. Educational and Community-Based Programs**
Increase the quality, availability, and effectiveness of educational and community-based programs designed to prevent disease and improve health and quality of life.
- 8. Environmental Health**
Promote health for all through a healthy environment.
- 9. Family Planning**
Includes preventing unintended pregnancy.
- 10. Food Safety**
Reduce foodborne illnesses.
- 11. Health Communication**
Use communication strategically to improve health.
- 12. Heart Disease and Stroke**
Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.
- 13. HIV**
Prevent human immunodeficiency virus (HIV) infection and its related illness and death.

- 14. Immunization and Infectious Diseases** Prevent disease, disability, and death from infectious diseases, including vaccine-preventable diseases.
- 15. Injury and Violence Prevention** Reduce injuries, disabilities, and deaths due to unintentional injuries and violence.
- 16. Maternal, Infant, and Child Health** Improve the health and well-being of women, infants, children, and families.
- 17. Medical Product Safety** Ensure the safe and effective use of medical products.
- 18. Mental Health and Mental Disorders** Improve mental health and ensure access to appropriate, quality mental health services.
- 19. Nutrition and Overweight** Promote health and reduce chronic disease associated with diet and weight.
- 20. Occupational Safety and Health** Promote the health and safety of people at work through prevention and early intervention.
- 21. Oral Health** Prevent and control oral and craniofacial diseases, conditions, and injuries, and improve access to related services.
- 22. Physical Activity and Fitness** Improve health, fitness, and quality of life through daily physical activity.
- 23. Public Health Infrastructure** Ensure that federal, tribal, state, and local health agencies have the infrastructure to provide essential public health services effectively.
- 24. Respiratory Diseases** Promote respiratory health through better prevention, detection, treatment, and education efforts.
- 25. Sexually Transmitted Diseases** Promote responsible sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.
- 26. Substance Abuse** Reduce substance abuse to protect the health, safety, and quality of life for all, especially children.
- 27. Tobacco** Reduce illness, disability, and death related to tobacco use and exposure to secondhand smoke.
- 28. Vision and Hearing** Improve the visual and hearing health of the nation through prevention, early detection, treatment, and rehabilitation.



40 Developmental Assets

Search Institute has identified the following building blocks of healthy development that help young people grow up healthy, caring, and responsible.



External Assets

- | | |
|------------------------------------|--|
| Support | <ol style="list-style-type: none"> 1. Family Support—Family life provides high levels of love and support. 2. Positive Family Communication—Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. 3. Other Adult Relationships—Young person receives support from three or more nonparent adults. 4. Caring Neighborhood—Young person experiences caring neighbors. 5. Caring School Climate—School provides a caring, encouraging environment. 6. Parent Involvement in Schooling—Parent(s) are actively involved in helping young person succeed in school. |
| Empowerment | <ol style="list-style-type: none"> 7. Community Values Youth—Young person perceives that adults in the community value youth. 8. Youth as Resources—Young people are given useful roles in the community. 9. Service to Others—Young person serves in the community one hour or more per week. 10. Safety—Young person feels safe at home, school, and in the neighborhood. |
| Boundaries and Expectations | <ol style="list-style-type: none"> 11. Family Boundaries—Family has clear rules and consequences and monitors the young person's whereabouts. 12. School Boundaries—School provides clear rules and consequences. 13. Neighborhood Boundaries—Neighbors take responsibility for monitoring young people's behavior. 14. Adult Role Models—Parent(s) and other adults model positive, responsible behavior. 15. Positive Peer Influence—Young person's best friends model responsible behavior. 16. High Expectations—Both parent(s) and teachers encourage the young person to do well. |
| Constructive Use of Time | <ol style="list-style-type: none"> 17. Creative Activities—Young person spends three or more hours per week in lessons or practice in music, theater, or other arts. 18. Youth Programs—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community. 19. Religious Community—Young person spends one or more hours per week in activities in a religious institution. 20. Time at Home—Young person is out with friends "with nothing special to do" two or fewer nights per week. |

Internal Assets

- | | |
|-------------------------------|--|
| Commitment to Learning | <ol style="list-style-type: none"> 21. Achievement Motivation—Young person is motivated to do well in school. 22. School Engagement—Young person is actively engaged in learning. 23. Homework—Young person reports doing at least one hour of homework every school day. 24. Bonding to School—Young person cares about her or his school. 25. Reading for Pleasure—Young person reads for pleasure three or more hours per week. |
| Positive Values | <ol style="list-style-type: none"> 26. Caring—Young person places high value on helping other people. 27. Equality and Social Justice—Young person places high value on promoting equality and reducing hunger and poverty. 28. Integrity—Young person acts on convictions and stands up for her or his beliefs. 29. Honesty—Young person "tells the truth even when it is not easy." 30. Responsibility—Young person accepts and takes personal responsibility. 31. Restraint—Young person believes it is important not to be sexually active or to use alcohol or other drugs. |
| Social Competencies | <ol style="list-style-type: none"> 32. Planning and Decision Making—Young person knows how to plan ahead and make choices. 33. Interpersonal Competence—Young person has empathy, sensitivity, and friendship skills. 34. Cultural Competence—Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. 35. Resistance Skills—Young person can resist negative peer pressure and dangerous situations. 36. Peaceful Conflict Resolution—Young person seeks to resolve conflict nonviolently. |
| Positive Identity | <ol style="list-style-type: none"> 37. Personal Power—Young person feels he or she has control over the "things that happen to me." 38. Self-Esteem—Young person reports having a high self-esteem. 39. Sense of Purpose—Young person reports that "my life has a purpose." 40. Positive View of Personal Future—Young person is optimistic about her or his personal future. |

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PHYSICAL ACTIVITY AND FITNESS GUIDELINES

The Surgeon General's Report on Physical Activity and Health, along with the President's Council on Physical Fitness and Sports, identified fitness as a major public health concern. The Physical Fitness Objectives from *Healthy People 2010* for children and adolescents appear below.

Physical Activity in Children and Adolescents

- Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.
- Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.
- Increase the proportion of the nation's public and private schools that require daily physical education for all students.
- Increase the proportion of adolescents who participate in daily school physical education.
- Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.
- Increase the proportion of adolescents who view television 2 or fewer hours on a school day.

PHYSICAL FITNESS GUIDELINES

Regular physical activity performed on a daily basis reduces the risk of developing illness or disease. Moderate physical activity can be achieved in a variety of ways, and the Centers for Disease Control and Prevention have developed this list of examples showing moderate amounts of activity that can contribute to an individual's health.

Physical Activities Arranged by Energy Level and Time

- Washing and waxing a car for 45–60 minutes
- Washing windows or floors for 45–60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30–45 minutes
- Gardening for 30–45 minutes
- Wheeling self in wheelchair for 30–40 minutes
- Walking 1 $\frac{3}{4}$ miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 $\frac{1}{2}$ miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15–20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 $\frac{1}{2}$ miles in 15 minutes (10 min/mile)
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes

A

- Absorption** The passage of digested food from the digestive tract into the cardiovascular system (Ch. 17, 442)
- Abstinence** A deliberate decision to avoid harmful behaviors, including sexual activity before marriage and the use of tobacco, alcohol, and other drugs (Ch. 1, 20; Ch. 12, 318; Ch. 25, 649)
- Abuse** Physical, mental/emotional, or sexual mistreatment of one person by another (Ch. 13, 348)
- Accident chain** A sequence of events that leads to an unintentional injury (Ch. 27, 706)
- Acquired immune deficiency syndrome (AIDS)** A disease in which the immune system of the patient is weakened (Ch. 25, 658)
- Action plan** A multistep strategy to identify and achieve your goals (Ch. 2, 36)
- Active immunity** Immunity your body develops to protect you from disease (Ch. 24, 631)
- Active listening** Paying close attention to what someone is saying and communicating (Ch. 10, 256)
- Addiction** A physiological or psychological dependence on a drug (Ch. 23, 595)
- Addictive drug** A substance that causes physiological or psychological dependence (Ch. 21, 540)
- Additive interaction** Medicines working together in a positive way (Ch. 23, 589)
- Adolescence** The period from childhood to adulthood (Ch. 20, 514)
- Adoption** The legal process of taking a child of other parents as one's own (Ch. 20, 527)
- Adrenal glands** Glands that help the body recover from stress and respond to emergencies (Ch. 18, 466)
- Advertising** A written or spoken media message designed to interest consumers in purchasing a product or service (Ch. 3, 49)
- Advocacy** Taking action to influence others to address a health-related concern or to support a health-related belief (Ch. 2, 32)
- Aerobic exercise** Any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes three times a day or for 20 to 30 minutes at one time (Ch. 4, 83)
- Affection** A feeling of fondness for someone (Ch. 12, 313)
- Affirmation** Positive feedback that helps others feel appreciated and supported (Ch. 11, 278)
- Aggressive** Overly forceful, pushy, hostile, or otherwise attacking in their approach (Ch. 12, 312)
- Air pollution** The contamination of the earth's atmosphere by substances that pose a health threat to living things (Ch. 29, 766)
- Air Quality Index (AQI)** An index for reporting daily air quality (Ch. 29, 768)
- Alcohol abuse** The excessive use of alcohol (Ch. 22, 565)
- Alcohol poisoning** A severe and potentially fatal physical reaction to an alcohol overdose (Ch. 22, 571)
- Alcoholic** An addict who is dependent on alcohol (Ch. 22, 576)
- Alcoholism** A disease in which a person has a physical or psychological dependence on drinks that contain alcohol (Ch. 22, 576)
- Alienation** Feeling isolated and separated from everyone else (Ch. 9, 230)
- Allergy** A specific reaction of the immune system to a foreign and frequently harmless substance (Ch. 26, 688)
- Americans with Disabilities Act** A law prohibiting discrimination against people with physical or mental disabilities in the workplace, transportation, public accommodations, and telecommunications (Ch. 26, 699)
- Amniocentesis** A procedure in which a syringe is inserted through a pregnant female's abdominal wall into the amniotic fluid surrounding the developing fetus (Ch. 19, 501)
- Amniotic sac** A thin, fluid-filled membrane that surrounds and protects the developing embryo (Ch. 19, 487)
- Anabolic-androgenic steroids** Synthetic substances similar to the male hormone testosterone (Ch. 4, 94; Ch. 23, 601)
- Anaerobic exercise** Intense short bursts of activity in which the muscles work so hard that they produce energy without using oxygen (Ch. 4, 84)
- Analgesics** Pain relievers (Ch. 23, 588)
- Anemia** A condition in which the ability of the blood to carry oxygen is reduced (Ch. 16, 426)
- Angina pectoris** Chest pain that results when the heart doesn't get enough oxygen (Ch. 26, 677)
- Anorexia nervosa** A disorder in which the irrational fear of becoming obese results in severe weight loss from self-imposed starvation (Ch. 6, 154)
- Antagonistic interaction** Occurs when the effect of one medicine is canceled or reduced when taken with another medicine (Ch. 23, 589)
- Antibody** A protein that acts against a specific antigen (Ch. 24, 631)
- Antigen** A substance that is capable of triggering an immune response (Ch. 24, 630)
- Anxiety** The condition of feeling uneasy or worried about what may happen (Ch. 8, 210)
- Anxiety disorder** A condition in which real or imagined fears are difficult to control (Ch. 9, 225)
- Appendicitis** Inflammation of the appendix (Ch. 17, 450)

Appendicular skeleton The 126 bones of the upper and lower limbs, shoulders, and hips (Ch. 15, 387)

Appetite A desire, rather than a need, to eat (Ch. 5, 111)

Arrhythmia Irregular heartbeats (Ch. 26, 677)

Arteries Blood vessels that carry blood away from the heart (Ch. 16, 419)

Arthritis A group of more than 100 different diseases that cause pain and loss of movement in the joints (Ch. 26, 693)

Asbestos A fibrous mineral that has fireproof properties, once widely used as an insulator (Ch. 29, 769)

Assailant A person who commits a violent act against another (Ch. 13, 341)

Assault An unlawful attack on a person with the intent to harm or kill (Ch. 13, 344)

Assertive Standing up for your rights and beliefs in firm but positive ways (Ch. 12, 310; Ch. 13, 332)

Asthma An inflammatory condition in which the trachea, bronchi, and bronchioles become narrowed, causing difficulty in breathing (Ch. 16, 434; Ch. 26, 690)

Asymptomatic stage A period of time during which a person infected with HIV has no symptoms (Ch. 25, 662)

Atherosclerosis The process in which plaques accumulate on artery walls (Ch. 26, 675)

Auditory ossicles Three small bones linked together that connect the eardrum to the inner ear (Ch. 14, 377)

Autoimmune disease A condition in which the immune system mistakenly attacks itself, targeting the cells, tissues, and organs of a person's own body (Ch. 26, 691)

Autonomy The confidence that a person can control his or her own body, impulses, and environment (Ch. 19, 505)

Axial skeleton The 80 bones of the skull, spine, ribs, vertebrae, and sternum, or breastbone (Ch. 15, 387)

B

Bacteria Single-celled microorganisms (Ch. 24, 623)

Behavior therapy A treatment process that focuses on changing unwanted behaviors through rewards and reinforcements (Ch. 9, 237)

Benign Noncancerous (Ch. 26, 681)

Bile A yellow-green, bitter fluid important in the breakdown and absorption of fats (Ch. 17, 445)

Binge drinking Drinking five or more alcoholic drinks at one sitting (Ch. 22, 571)

Binge eating disorder A disorder characterized by compulsive overeating (Ch. 6, 155)

Biodegradable Able to be broken down by microorganisms in the environment (Ch. 29, 772)

Biomedical therapy The use of certain medications to treat or reduce the symptoms of a mental disorder (Ch. 9, 237)

Biopsy The removal of a small piece of tissue for examination (Ch. 26, 686)

Birthing center A facility in which females with low-risk pregnancies can deliver their babies in a homelike setting (Ch. 19, 492)

Bladder A hollow muscular organ that acts as a reservoir for urine (Ch. 17, 455)

Blizzard A snowstorm with winds of at least 35 miles per hour (Ch. 27, 728)

Blood alcohol concentration (BAC) The amount of alcohol in a person's blood expressed as a percentage (Ch. 22, 570)

Blood pressure A measure of the amount of force that the blood places on the walls of blood vessels, particularly large arteries, as it is pumped through the body (Ch. 16, 424)

Body composition The ratio of body fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligaments, cartilage, and tendons (Ch. 4, 81)

Body image The way you see your body (Ch. 6, 144)

Body language Nonverbal communication through gestures, facial expressions, behaviors, and posture (Ch. 10, 258; Ch. 13, 332)

Body mass index (BMI) A ratio that allows you to assess your body size in relation to your height and weight (Ch. 6, 145)

Brain stem A 3-inch-long stalk of nerve cells and fibers that connects the spinal cord to the rest of the brain (Ch. 15, 403)

Bronchi The airways that connect the trachea and the lungs (Ch. 16, 431)

Bronchitis An inflammation of the bronchi caused by infection or exposure to irritants such as tobacco smoke or air pollution (Ch. 16, 433)

Bulimia nervosa A disorder in which some form of purging or clearing of the digestive tract follows cycles of overeating (Ch. 6, 154)

Bullying The act of seeking power or attention through the psychological, emotional, or physical abuse of another person (Ch. 13, 336)

C

Calories Units of heat that measure the energy used by the body and the energy that foods supply to the body (Ch. 5, 110)

Cancer Uncontrollable growth of abnormal cells (Ch. 26, 681)

Capillaries Small vessels that carry blood between arterioles and small vessels called venules (Ch. 16, 419)

Carbohydrates The starches and sugars present in foods (Ch. 5, 114)

- Carbon monoxide** A colorless, odorless, and poisonous gas (Ch. 21, 541)
- Carcinogen** A cancer-causing substance (Ch. 21, 541; Ch. 26, 682)
- Cardiac muscle** A type of striated muscle that forms the wall of the heart (Ch. 15, 395)
- Cardiopulmonary resuscitation (CPR)** A life-saving first-aid procedure that combines rescue breaths with chest compressions, supplying oxygen to the body until normal body functions can resume (Ch. 28, 743)
- Cardiorespiratory endurance** The ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous activity (Ch. 4, 80)
- Cardiovascular disease (CVD)** A disease that affects the heart or blood vessels (Ch. 26, 674)
- Cartilage** A strong, flexible connective tissue (Ch. 15, 387)
- Cerebellum** The second largest part of the brain (Ch. 15, 403)
- Cerebral palsy** A group of nonprogressive neurological disorders that are the result of damage to the brain before, during, or just after birth or in early childhood (Ch. 15, 409)
- Cerebrum** The largest and most complex part of the brain (Ch. 15, 402)
- Cervix** The opening to the uterus (Ch. 18, 476)
- Chain of survival** A sequence of actions that maximize the victim's chances of survival (Ch. 28, 742)
- Character** Those distinctive qualities that describe how a person thinks, feels, and behaves (Ch. 2, 37)
- Child abuse** Domestic abuse directed at a child (Ch. 11, 288)
- Chlamydia** A bacterial infection that affects the reproductive organs of both males and females (Ch. 25, 654)
- Chorionic villi sampling (CVS)** A procedure in which a small piece of membrane is removed from the chorion, a layer of tissue that develops into the placenta (Ch. 19, 501)
- Choroid** A thin structure that lines the inside of the sclera (Ch. 14, 372)
- Chromosomes** Threadlike structures found within the nucleus of a cell that carry the codes for inherited traits (Ch. 19, 499)
- Chronic stress** Stress associated with long-term problems that are beyond a person's control (Ch. 8, 204)
- Chyme** A creamy, fluid mixture of food and gastric juices (Ch. 17, 444)
- Citizenship** The way you conduct yourself as a member of the community (Ch. 10, 249)
- Clique** A small circle of friends, usually with similar backgrounds or tastes, who exclude people viewed as outsiders (Ch. 12, 304)
- Club drugs** Drugs associated with concerts, dance clubs, and all-night parties called raves (Ch. 23, 606)
- Cluster suicides** A series of suicides occurring within a short period of time and involving several people in the same school or community (Ch. 9, 233)
- Cognition** The ability to reason and think out abstract solutions (Ch. 20, 516)
- Cognitive therapy** A treatment method designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self-destructive (Ch. 9, 237)
- Commitment** A promise or a pledge (Ch. 20, 524)
- Communicable disease** A disease that is spread from one living thing to another or through the environment (Ch. 24, 622)
- Communication** The ways in which you send messages to and receive messages from others (Ch. 10, 250)
- Comparison shopping** A method of judging the benefits of different products by comparing several factors, such as quality, features, and cost (Ch. 3, 50)
- Compromise** A problem-solving method that involves each participant's giving up something to reach a solution that satisfies everyone (Ch. 10, 251)
- Concussion** A jarring injury to the brain that affects normal brain function (Ch. 28, 752)
- Conduct disorder** A pattern of behavior in which the rights of others or basic social rules are violated (Ch. 9, 228)
- Confidentiality** Respecting the privacy of another and keeping details secret (Ch. 10, 267)
- Conflict** Any disagreement, struggle, or fight (Ch. 10, 262)
- Conflict resolution** The process of ending a conflict through cooperation and problem solving (Ch. 2, 30; Ch. 10, 264)
- Congenital** A condition that is present at birth (Ch. 16, 425)
- Conservation** The protection and preservation of the environment by managing natural resources to prevent abuse, destruction, and neglect (Ch. 29, 777)
- Constructive criticism** Nonhostile comments that point out problems and encourage improvement (Ch. 7, 183; Ch. 10, 260)
- Consumer advocate** People or groups whose sole purpose is to take on regional, national, and even international consumer issues (Ch. 3, 63)
- Cool-down** An activity that prepares the muscles to return to a resting state (Ch. 4, 91)
- Cooperation** Working together for the good of all (Ch. 10, 250)

Coping Dealing successfully with difficult changes in your life (Ch. 9, 239)

Cornea A transparent tissue that bends and focuses light before it enters the lens (Ch. 14, 372)

Crisis center A facility that handles emergencies and provides referrals to an individual needing help (Ch. 11, 291)

Cross-contamination The spreading of bacteria or other pathogens from one food to another (Ch. 5, 136)

Culture The collective beliefs, customs, and behaviors of a group (Ch. 1, 14)

Cumulative risks Related risks that increase in effect with each added risk (Ch. 1, 19)

Curfew A set time at which you must be home at night (Ch. 12, 317)

Custody A legal decision about who has the right to make decisions affecting the children in a family and who has the responsibility of physically caring for them (Ch. 11, 281)

Cycle of violence Pattern of repeating violent or abusive behaviors from one generation to the next (Ch. 11, 289)

Cystitis An inflammation of the bladder (Ch. 17, 456)

D

Dandruff A condition that can occur if the scalp becomes too dry and dead skin cells are shed as sticky, white flakes (Ch. 14, 365)

Date rape When one person in a dating relationship forces the other person to participate in sexual intercourse (Ch. 13, 350)

Decibel A unit used to express the relative intensity of loudness of sound (Ch. 29, 770)

Decision-making skills Steps that enable you to make a healthful decision (Ch. 2, 33)

Defense mechanisms Mental processes that protect individuals from strong or stressful emotions and situations (Ch. 7, 189)

Defensive driver A driver who is aware of potential hazards and reacts to avoid them (Ch. 27, 722)

Defibrillator A device that delivers an electric shock to the heart to restore its normal rhythm (Ch. 28, 742)

Deforestation Destruction of forests (Ch. 29, 774)

Depressants Drugs that tend to slow the central nervous system (Ch. 22, 563; Ch. 23, 606)

Depression A prolonged feeling of helplessness, hopelessness, and sadness (Ch. 8, 211)

Dermis The thicker layer of the skin beneath the epidermis that is made up of connective tissue and contains blood vessels and nerves (Ch. 14, 360)

Designer drugs Synthetic substances meant to imitate the effects of hallucinogens and other dangerous drugs (Ch. 23, 610)

Detoxification A process in which the body adjusts to functioning without alcohol (Ch. 22, 578)

Developmental assets Building blocks of development that help young people grow up as healthy, caring, and responsible individuals (Ch. 7, 179)

Developmental task An event that needs to happen in order for a person to continue growing toward becoming a healthy, mature adult (Ch. 19, 504)

Diabetes A chronic disease that affects the way body cells convert food into energy (Ch. 26, 691)

Diaphragm The muscle that separates the chest from the abdominal cavity (Ch. 16, 429)

Dietary Guidelines for Americans A set of recommendations for healthful eating and active living (Ch. 5, 122)

Dietary supplement A nonfood form of one or more nutrients (Ch. 6, 161)

Digestion The mechanical and chemical breakdown of foods for use by the body's cells (Ch. 17, 442)

Disability Any physical or mental impairment that limits normal activities, including seeing, hearing, walking, or speaking (Ch. 26, 695)

Divorce A legal end to a marriage contract (Ch. 11, 281)

DNA (deoxyribonucleic acid) The chemical unit that makes up chromosomes (Ch. 19, 499)

Domestic violence Any act of violence involving family members (Ch. 11, 286)

Drug watches Organized community efforts by neighborhood residents to patrol, monitor, report, and otherwise try to stop drug deals and drug abuse (Ch. 23, 612)

Drug-free school zone An area within 1,000 feet of a school and designated by signs, within which people caught selling drugs receive especially severe penalties (Ch. 23, 612)

Drugs Substances other than food that change the structure or function of the body or mind (Ch. 23, 586)

E

Earthquake A violent shaking movement of the earth's surface (Ch. 27, 729)

Eating disorder An extreme, harmful eating behavior that can cause serious illness or even death (Ch. 6, 153)

EIA A test that screens for the presence of HIV antibodies in the blood (Ch. 25, 663)

Electrolytes Minerals that help maintain the body's fluid balance (Ch. 6, 158)

Elimination The expulsion of undigested food or body wastes (Ch. 17, 442)

Embryo The cluster of cells that develops between the third and eighth weeks of pregnancy (Ch. 19, 486)

Emergency survival kit A group of items that can be used for a short time until an emergency situation has stabilized (Ch. 27, 726)

Emerging infection A communicable disease whose incidence in humans has increased within the past two decades or threatens to increase in the near future (Ch. 24, 640)

Emotional abuse A pattern of behavior that attacks the emotional development and sense of worth of an individual (Ch. 11, 287)

Emotional intimacy Ability to experience a caring, loving relationship with another person with whom you can share your innermost feelings (Ch. 20, 523)

Emotional maturity State at which the mental and emotional capabilities of an individual are fully developed (Ch. 20, 520)

Emotions Signals that tell your mind and body how to react (Ch. 7, 184)

Empathy The ability to imagine and understand how someone else feels (Ch. 7, 186)

Empysema A disease that progressively destroys the walls of the alveoli (Ch. 16, 435)

Empty-nest syndrome Feelings of sadness or loneliness that accompany children's leaving home and entering adulthood (Ch. 20, 531)

Endocrine glands Ductless—or tubeless—organs or group of cells that secrete hormones directly into the bloodstream (Ch. 18, 464)

Environment The sum of your surroundings (Ch. 1, 13)

Environmental tobacco smoke (ETS) Air that has been contaminated by tobacco smoke (Ch. 21, 551)

Epidemics Occurrences of diseases in which many people in the same place at the same time are affected (Ch. 25, 648)

Epidemiology The scientific study of patterns of disease in a population (Ch. 3, 65)

Epidermis The outer, thinner layer of the skin that is composed of living and dead cells (Ch. 14, 360)

Epilepsy A disorder of the nervous system that is characterized by recurrent seizures—sudden episodes of uncontrolled electrical activity in the brain (Ch. 15, 409)

Ethanol The type of alcohol in alcoholic beverages (Ch. 22, 562)

Euphoria A feeling of intense well-being or elation (Ch. 23, 605)

Exercise Purposeful physical activity that is planned, structured, and repetitive and that improves or maintains personal fitness (Ch. 4, 81)

Extended family Your immediate family and other relatives such as grandparents, aunts, uncles, and cousins (Ch. 11, 277)

Extensor The muscle that opens a joint (Ch. 15, 395)

External auditory canal A passageway about 1 inch long that leads to the remaining portion of the outer ear, the eardrum (Ch. 14, 376)

F

Fad diets Weight-loss plans that are popular for only a short time (Ch. 6, 151)

Fallopian tubes A pair of tubes with fingerlike projections that draw in the ovum (Ch. 18, 475)

Family The basic unit of society (Ch. 11, 274)

Family counseling Therapy to restore healthy relationships in a family (Ch. 11, 294)

Fermentation The chemical action of yeast on sugars (Ch. 22, 562)

Fertilization Union of a male sperm cell and a female egg cell (Ch. 19, 486)

Fetal alcohol syndrome (FAS) A group of alcohol-related birth defects that includes both physical and mental problems (Ch. 19, 494; Ch. 22, 576)

Fetus Developing embryo in the uterus (Ch. 19, 486)

Fiber An indigestible complex carbohydrate (Ch. 5, 115)

Fire extinguisher A portable device that puts out small fires by ejecting fire-extinguishing chemicals (Ch. 27, 708)

First aid The immediate, temporary care given to an ill or injured person until professional medical care can be provided (Ch. 28, 736)

F.I.T.T. Frequency, intensity, time/duration, and type of activity (Ch. 4, 90)

Flash flood A flood with great volume and of short duration that is usually caused by heavy rainfall (Ch. 27, 727)

Flexibility The ability to move a body part through a full range of motion (Ch. 4, 81)

Flexor The muscle that closes a joint (Ch. 15, 395)

Food additives Substances intentionally added to food to produce a desired effect (Ch. 5, 131)

Food allergy A condition in which the body's immune system reacts to substances in some foods (Ch. 5, 133)

Food Guide Pyramid A guide for making healthful daily food choices (Ch. 5, 123)

Food intolerance A negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components (Ch. 5, 134)

Foodborne illness Food poisoning (Ch. 5, 134)

Foster care A temporary arrangement in which a child is placed under the guidance and supervision of a family or an adult who is not related to the child by birth (Ch. 11, 292)

Fracture A break in the bone (Ch. 28, 750)

Fraud Deliberate deceit or trickery (Ch. 3, 61)

Friendship A significant relationship between two people that is based on caring, trust, and consideration (Ch. 10, 249; Ch. 12, 303)

Frostbite A condition that results when body tissues become frozen (Ch. 4, 100)

G

Gametes Reproductive cells (Ch. 20, 515)

Gang A group of people who associate with one another to take part in criminal activity (Ch. 13, 337)

Gastric juices Secretions from the stomach lining that contain hydrochloric acid and pepsin, an enzyme that digests protein (Ch. 17, 444)

Gene therapy The process of inserting normal genes into human cells to correct genetic disorders (Ch. 19, 503)

Genes The basic units of heredity (Ch. 19, 499)

Genetic disorder A disorder caused partly or completely by a defect in genes (Ch. 19, 500)

Genital herpes An STD caused by the herpes simplex virus (HSV) (Ch. 25, 654)

Goal Something you aim for that takes planning and work (Ch. 2, 34)

Gonads The ovaries and testes (Ch. 18, 466)

Gonorrhea A bacterial STD that usually affects mucous membranes (Ch. 25, 655)

Graduated driver's license A licensing program that gradually increases a new driver's driving privileges over time as experience and skill are gained (Ch. 27, 720)

Grief The sorrow caused by the loss of a loved one (Ch. 11, 282)

Grief response An individual's total response to a major loss (Ch. 9, 239)

Group therapy Treating a group of people who have similar problems and who meet regularly with a trained counselor (Ch. 9, 237)

H

Hair follicle A structure that surrounds the root of a hair (Ch. 14, 365)

Hallucinogens Drugs that alter moods, thoughts, and sense perceptions including vision, hearing, smell, and touch (Ch. 23, 609)

Harassment Persistently annoying others (Ch. 12, 308)

Hazardous waste A substance that is explosive, corrosive, highly reactive, or toxic to humans or other life-forms (Ch. 29, 773)

Health The combination of physical, mental/emotional, and social well-being (Ch. 1, 4)

Health care system All the medical care available to a nation's people, the way they receive care, and the method of payment (Ch. 3, 54)

Health consumer Anyone who purchases or uses health products or services (Ch. 3, 48)

Health education The providing of accurate health information to help people make healthy choices (Ch. 1, 7)

Health fraud Sale of worthless products or services claimed to prevent diseases or cure other health problems (Ch. 3, 61)

Health insurance A plan in which private companies or government programs pay for part or all of a person's medical costs (Ch. 3, 57)

Health literacy A person's capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness (Ch. 1, 8)

Health screening A search or check for diseases or disorders that an individual would otherwise not have knowledge of or seek help for (Ch. 4, 95)

Health skills Specific tools and strategies that help you maintain, protect, and improve all aspects of your health (Ch. 2, 28)

Healthy People 2010 A nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States (Ch. 1, 7)

Heartburn A burning sensation in the center of the chest that may rise from the bottom, or tip, of the breastbone up to the throat (Ch. 17, 448)

Heat cramps Muscle spasms that result from a loss of large amounts of salt and water through perspiration (Ch. 4, 99)

Heat exhaustion An overheating of the body that results in cold, clammy skin and symptoms of shock (Ch. 27, 715)

Heatstroke A condition in which the body loses the ability to rid itself of excessive heat through perspiration (Ch. 4, 99)

Hemodialysis A technique in which an artificial kidney machine removes waste products from the blood (Ch. 17, 457)

Hemoglobin The oxygen-carrying protein in blood (Ch. 16, 418)

Herbal supplement A chemical substance from plants that may be sold as a dietary supplement (Ch. 6, 161)

Heredity All the traits that are biologically passed from parents to their children (Ch. 1, 12; Ch. 19, 498)

Hernia When an organ or tissue protrudes through an area of weak muscle (Ch. 15, 398)

Hiatal hernia A condition in which part of the stomach pushes through an opening in the diaphragm (Ch. 17, 448)

Hierarchy of needs A ranked list of those needs essential to human growth and development, presented in ascending order starting with basic needs and building toward the need for reaching your highest potential (Ch. 7, 172)

Histamines Chemicals that can stimulate mucous and fluid production in an area (Ch. 26, 689)

Hodgkin's disease A type of cancer that affects the lymph tissue (Ch. 16, 427)

Homicide The willful killing of one human being by another (Ch. 13, 344)

Hormones Chemical substances that are produced in glands and help regulate many of your body's functions (Ch. 7, 185; Ch. 18, 464; Ch. 20, 514)

Hostility The intentional use of unfriendly or offensive behavior (Ch. 7, 187)

Human immunodeficiency virus (HIV) A virus that attacks the immune system (Ch. 25, 658)

Human papillomavirus (HPV) A virus that can cause genital warts or asymptomatic infection (Ch. 25, 652)

Hunger A natural physical drive that protects you from starvation (Ch. 5, 111)

Hurricane A powerful storm that originates at sea, characterized by winds of at least 74 miles per hour, heavy rains, flooding, and sometimes tornadoes (Ch. 27, 727)

Hydration Taking in fluids so that the body functions properly (Ch. 4, 94)

Hypertension High blood pressure (Ch. 26, 675)

Hypothermia A condition in which body temperature becomes dangerously low (Ch. 4, 101; Ch. 27, 715)

I

Illegal drugs Chemical substances that people of any age may not lawfully manufacture, possess, buy, or sell (Ch. 23, 592)

Illicit drug use The use or sale of any substance that is illegal or otherwise not permitted (Ch. 23, 592)

"I" message A statement in which a person describes how he or she feels by using the pronoun "I" (Ch. 10, 256)

Immune system A network of cells, tissues, organs, and chemicals that fights pathogens (Ch. 24, 627)

Immunity The state of being protected against a particular disease (Ch. 24, 630)

Implantation The attachment of the zygote to the uterine wall (Ch. 19, 486)

Indigestion A feeling of discomfort in the upper abdomen (Ch. 17, 448)

Infatuation Exaggerated feelings of passion for another person (Ch. 12, 313)

Infection A condition that occurs when pathogens enter the body, multiply, and damage body cells (Ch. 24, 622)

Infertility The inability to conceive a child (Ch. 18, 478)

Inflammatory response A reaction to tissue damage caused by injury or infection (Ch. 24, 628)

Inhalants Substances whose fumes are sniffed and inhaled to achieve a mind-altering effect (Ch. 23, 600)

Integrity A firm adherence to a moral code (Ch. 20, 532)

Interpersonal communication The exchange of thoughts, feelings, and beliefs between two or more people (Ch. 2, 28)

Interpersonal conflict Disagreement between groups of any size, from two people to entire nations (Ch. 10, 262)

Intoxication The state in which the body is poisoned by alcohol or another substance and the person's physical and mental control is significantly reduced (Ch. 22, 563)

J

Jaundice A yellowing of the skin and eyes (Ch. 24, 638)

L

Labor The final stage of pregnancy in which the uterus contracts and pushes the baby out of the mother's body (Ch. 19, 490)

Labyrinth The inner ear (Ch. 14, 377)

Lacrimal gland The gland that secretes tears into ducts that empty into the eye (Ch. 14, 371)

Landfill An area that has been safeguarded to prevent disposed wastes from contaminating groundwater (Ch. 29, 772)

Larynx Voice box (Ch. 16, 431)

Leukemia A form of cancer in which any one of the different types of white blood cells is produced excessively and abnormally (Ch. 16, 426)

Leukoplakia Thickened, white, leathery-looking spots on the inside of the mouth that can develop into oral cancer (Ch. 21, 542)

Ligament A band of fibrous, slightly elastic connective tissue that attaches bone to bone (Ch. 15, 389)

Lipid A fatty substance that does not dissolve in water (Ch. 5, 117)

Long-term goal A goal that you plan to reach over an extended period of time (Ch. 2, 35)

Lymph The clear fluid that fills the spaces around body cells (Ch. 16, 421)

Lymphocytes Specialized white blood cells that provide the body with immunity (Ch. 16, 421; Ch. 24, 630)

M

Mainstream smoke The smoke exhaled from the lungs of a smoker (Ch. 21, 551)

Malignant Cancerous (Ch. 26, 681)

Malpractice Failure by a health professional to meet accepted standards (Ch. 3, 61)

Manipulation An indirect, dishonest way to control or influence others (Ch. 12, 308)

Marijuana Plant whose leaves, buds, and flowers are usually smoked for their intoxicating effects (Ch. 23, 598)

Marital adjustment How well a person adjusts to marriage and to his or her spouse (Ch. 20, 525)

Mastication The process of chewing (Ch. 17, 443)

Media The various methods of communicating information (Ch. 1, 15; Ch. 3, 49)

Mediation A process in which specially trained people help others resolve their conflicts peacefully (Ch. 10, 267)

Mediator A person who helps others resolve issues to the satisfaction of both parties (Ch. 11, 294)

Medical history Complete and comprehensive information about your immunizations and any health problems you have had to date (Ch. 3, 58)

Medicines Drugs that are used to treat or prevent diseases or other conditions (Ch. 23, 586)

Megadose Very large amount of a dietary supplement (Ch. 6, 161)

Melanin A pigment that gives the skin, hair, and iris of the eyes their color (Ch. 14, 361)

Melanoma The most serious form of skin cancer (Ch. 14, 364)

Menopause The end of the reproductive years for a female (Ch. 18, 476)

Menstruation Shedding of the uterine lining (Ch. 18, 476)

Mental disorder An illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthful, and productive life (Ch. 9, 224)

Mental retardation The below-average intellectual ability present from birth or early childhood and associated with difficulties in learning and social adaptation (Ch. 26, 697)

Mental/emotional health The ability to accept yourself and others, adapt to and manage emotions, and deal with the demands and challenges you meet in life (Ch. 7, 170)

Metabolism The process by which the body breaks down substances and gets energy from food (Ch. 4, 78; Ch. 22, 569)

Metastasis Spread of cancer from the point where it originated to other parts of the body (Ch. 26, 681)

Minerals Substances that the body cannot manufacture but that are needed for forming healthy bones and teeth and for regulating many vital body processes (Ch. 5, 120)

Miscarriage The spontaneous expulsion of a fetus that occurs before the twentieth week of a pregnancy (Ch. 19, 496)

Modeling Observing and learning from the behaviors of those around you (Ch. 7, 175)

Mood disorder An illness, often with an organic cause, that involves mood extremes that interfere with everyday living (Ch. 9, 226)

Mourning The act of showing sorrow or grief (Ch. 9, 240)

Muscle cramp A spasm or sudden tightening of a muscle (Ch. 4, 102)

Muscle tone The natural tension in the fibers of a muscle (Ch. 15, 396)

Muscular endurance The ability of the muscles to perform physical tasks over a period of time without becoming fatigued (Ch. 4, 80)

Muscular strength The amount of force a muscle can exert (Ch. 4, 80)

N

Narcotics Specific drugs derived from the opium plant that are obtainable only by prescription and are used to relieve pain (Ch. 23, 608)

Neglect Failure to provide for a child's physical or emotional needs (Ch. 11, 288)

Negotiation The use of communication and often compromise to settle a disagreement (Ch. 10, 266)

Nephrons The functional units of the kidneys (Ch. 17, 454)

Neurons Nerve cells (Ch. 15, 400)

Nicotine The addictive drug found in tobacco leaves (Ch. 21, 541)

Nicotine substitute A product that delivers small amounts of nicotine into the user's system while he or she is trying to give up the tobacco habit (Ch. 21, 549)

Nicotine withdrawal The process that occurs in the body when nicotine, an addictive drug, is no longer used (Ch. 21, 548)

Noise pollution Harmful and unwanted sound of sufficient intensity to damage hearing (Ch. 29, 770)

Noncommunicable disease A disease that is not transmitted by another person, a vector, or from the environment (Ch. 26, 674)

Nutrient-dense foods Foods that are high in nutrients as compared with their calorie content (Ch. 6, 148)

Nutrients Substances in food that your body needs to grow, to repair itself, and to supply you with energy (Ch. 5, 110)

Nutrition The process by which the body takes in and uses food (Ch. 5, 110)

O

Obesity Having an excess amount of body fat (Ch. 6, 146)

Occupational Safety and Health Administration (OSHA) The agency in the federal government that is responsible for promoting safe and healthful conditions in the workplace (Ch. 27, 713)

Online shopping Using the Internet to buy products and services (Ch. 3, 52)

Opportunistic infection An infection that occurs in an individual who does not have a healthy immune system (Ch. 25, 659)

Ossification The process by which bone is formed, renewed, and repaired (Ch. 15, 387)

Osteoarthritis A disease of the joints in which cartilage breaks down (Ch. 26, 693)

Osteoporosis A condition in which there is the progressive loss of bone tissue (Ch., 4, 78; Ch. 15, 391)

Ova Female reproductive cells (Ch. 18, 474)

Ovaries The female sex glands that store the ova and produce female sex hormones (Ch. 18, 474)

Overdose A strong, sometimes fatal reaction to taking a large amount of a drug (Ch. 23, 594)
Overexertion Overworking the body (Ch. 4, 99)
Overload Working the body harder than it is normally worked (Ch. 4, 90)
Over-the-counter (OTC) medicines Medicines that you can buy without a prescription (Ch. 23, 590)
Overweight A condition in which a person is heavier than the standard weight range for his or her height (Ch. 6, 146)
Ovulation The process of releasing a mature ovum into the fallopian tube each month (Ch. 18, 474)

P

Pancreas Gland that serves two systems—the digestive and the endocrine systems (Ch. 18, 465)
Pandemic A global outbreak of infectious disease (Ch. 25, 665)
Paranoia Irrational suspiciousness or distrust of others (Ch. 23, 600)
Parathyroid glands Glands that produce a hormone that regulates the body's calcium and phosphorus balance (Ch. 18, 465)
Passive A tendency to give up, give in, or back down without standing up for rights and needs (Ch. 12, 312)
Passive immunity Temporary immunity received from another person or from antibodies (Ch. 24, 631)
Pasteurization The process of treating a substance with heat to destroy or slow the growth of pathogens (Ch. 5, 135)
Pathogen An organism that causes disease (Ch. 24, 622)
Peer mediation A process in which trained students help other students find fair ways to resolve conflict and settle their differences (Ch. 13, 339)
Peer mediators Students trained to help other students find fair resolutions to conflicts and disagreements (Ch. 10, 267)
Peer pressure The influence that people your age may have on you (Ch. 12, 307)
Peers People of similar age who share similar interests (Ch. 1, 13; Ch. 12, 302)
Penis A tube-shaped organ that extends from the trunk of the body just above the testes (Ch. 18, 469)
Peptic ulcer A sore in the lining of the digestive tract (Ch. 17, 451)
Perception The act of becoming aware through the senses (Ch. 8, 198)
Periodontal disease An inflammation of the periodontal structures (Ch. 14, 370)
Periodontium The area immediately around the teeth (Ch. 14, 367)
Peristalsis A series of involuntary muscle contractions that move food through the digestive tract (Ch. 17, 443)

Personal identity Your sense of yourself as a unique individual (Ch. 7, 178)
Personality A complex set of characteristics that makes you unique (Ch. 7, 175)
Phagocyte A white blood cell that attacks invading pathogens (Ch. 24, 629)
Pharynx Throat (Ch. 16, 431)
Physical abuse The intentional infliction of bodily harm or injury on another person (Ch. 11, 287; Ch. 13, 349)
Physical activity Any form of movement that causes your body to use energy (Ch. 4, 74)
Physical fitness The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands (Ch. 4, 74)
Physical maturity State at which the physical body and all its organs are fully developed (Ch. 20, 520)
Physiological dependence A condition in which the user has a chemical need for a drug (Ch. 23, 595)
Pituitary gland Regulates and controls the activities of all other endocrine glands (Ch. 18, 465)
Placenta A thick, blood-rich tissue that lines the walls of the uterus during pregnancy and nourishes the embryo (Ch. 19, 487)
Plaque A sticky, colorless film that acts on sugar to form acids that destroy tooth enamel and irritate gums (Ch. 14, 368)
Plasma The fluid in which other parts of the blood are suspended (Ch. 16, 418)
Platelets Cells that prevent the body's loss of blood (Ch. 16, 420)
Platonic friendship A friendship with a member of the opposite gender in which there is affection, but the two people are not considered a couple (Ch. 12, 303)
Pleurisy An inflammation of the lining of the lungs and chest cavity (Ch. 16, 433)
Pneumonia An inflammation of the lungs commonly caused by a bacterial or viral infection (Ch. 16, 433; Ch. 24, 636)
Poison Any substance—solid, liquid, or gas—that causes injury, illness, or death when introduced into the body (Ch. 28, 755)
Poison control center A 24-hour hot line that provides emergency medical advice on treating poisoning victims (Ch. 28, 755)
Post-traumatic stress disorder A condition that may develop after a person's exposure to a terrifying event that threatened or caused physical harm (Ch. 9, 226)
Precycling Reducing waste before it is generated (Ch. 29, 779)
Prejudice An unfair opinion or judgment of a particular group of people (Ch. 10, 260; Ch. 13, 342)
Prenatal care Steps that a pregnant female can take to provide for her own health and for the health of her baby (Ch. 19, 492)

Prescription medicine Medicines that cannot be used without the written approval of a licensed physician (Ch. 23, 590)

Prevention Practicing health and safety habits to remain free of disease and injury (Ch. 1, 6)

Preventive care Actions that prevent the onset of disease or injury (Ch. 3, 55)

Primary care physician Medical doctor who provides physical checkups and general care (Ch. 3, 54)

Priorities Those goals, tasks, and activities that you judge to be more important than others (Ch. 12, 319)

Profound deafness A hearing loss so severe that a person affected cannot benefit from mechanical amplification, such as a hearing aid (Ch. 26, 696)

Progression The gradual increase in overload necessary to achieve higher levels of fitness (Ch. 4, 90)

Protective factors Conditions that shield individuals from the negative consequences of exposure to risk (Ch. 8, 216)

Proteins Nutrients that help build and maintain body cells and tissues (Ch. 5, 116)

Psychoactive drugs Chemicals that affect the central nervous system and alter activity in the brain (Ch. 23, 603)

Psychological dependence Condition in which a person believes that a drug is needed in order to feel good or to function normally (Ch. 23, 595)

Psychosomatic response A physical reaction that results from stress rather than from an injury or illness (Ch. 8, 202)

Psychotherapy An ongoing dialogue between a patient and a mental health professional (Ch. 9, 237)

Puberty The time when a person begins to develop certain traits of adults of his or her own gender (Ch. 20, 514)

Public health A community-wide effort to monitor and promote the welfare of the population (Ch. 3, 64)

Pulp The tissue that contains the blood vessels and nerves of a tooth (Ch. 14, 368)

R

Radon An odorless, radioactive gas (Ch. 29, 769)

Random violence Violence committed for no particular reason (Ch. 13, 344)

Rape Any form of sexual intercourse that takes place against a person's will (Ch. 13, 346)

Recovery The process of learning to live an alcohol-free life (Ch. 22, 578)

Recycling The processing of waste materials so that they can be used again in some form (Ch. 29, 779)

Reflex A spontaneous response of the body to a stimulus (Ch. 15, 404)

Refusal skills Communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe, unhealthful, or that go against your values (Ch. 2, 30; Ch. 12, 310)

Rehydration Restoring lost body fluids (Ch. 6, 158)

Relationship A bond or connection you have with other people (Ch. 10, 248)

Relaxation response A state of calm that can be reached if one or more relaxation techniques are practiced regularly (Ch. 8, 209)

Remission A period of time when symptoms disappear (Ch. 26, 687)

Repetitive motion injury Damage to tissues caused by prolonged, repeated movements (Ch. 15, 393)

Reproductive system The system of organs involved in producing offspring (Ch. 18, 468)

Resiliency The ability to adapt effectively and recover from disappointment, difficulty, or crisis (Ch. 8, 214; Ch. 11, 285)

Respiration The exchange of gases between the body and the environment (Ch. 16, 428)

Resting heart rate The number of times your heart beats in one minute when you are not active (Ch. 4, 92)

Retina The light-sensitive membrane on which images are cast by the cornea (Ch. 14, 372)

Rheumatoid arthritis A disease characterized by the debilitating destruction of the joints due to inflammation (Ch. 26, 694)

Risk behaviors Actions that can potentially threaten your health or the health of others (Ch. 1, 17)

Road rage A practice of endangering drivers by using a vehicle as a weapon (Ch. 27, 722)

Role A part you play in a relationship (Ch. 10, 250)

Role model Someone whose success or behavior serves as an example for others (Ch. 2, 40)

S

Sclera The white part of the eye (Ch. 14, 372)

Scoliosis An abnormal lateral, or side-to-side, curvature of the spine (Ch. 15, 391; Ch. 19, 507)

Scrotum An external skin sac that extends outside the body and contains the testes (Ch. 18, 469)

Sebaceous glands Structures within the skin that produce an oily secretion called sebum (Ch. 14, 361)

Sedentary lifestyle A way of life that involves little physical activity (Ch. 4, 77)

Self-actualization The striving to become the best you can be (Ch. 7, 174)

Self-control A person's ability to use responsibility to override emotions (Ch. 12, 319)

Self-defense Any strategy for protecting oneself from harm (Ch. 13, 332)

Self-directed Able to make correct decisions about behavior when adults are not present to enforce rules (Ch. 20, 528)

Semen A thick fluid containing sperm and other secretions from the male reproductive system (Ch. 18, 469)

Separation A decision between married individuals to live apart from each other (Ch. 11, 281)

Severe weather Harsh or dangerous weather conditions (Ch. 27, 725)

Sex characteristics The traits related to a person's gender (Ch. 20, 515)

Sexual abuse Any sexual contact that is forced upon a person against his or her will (Ch. 11, 287)

Sexual assault Any intentional sexual attack against another person (Ch. 13, 346)

Sexual harassment Uninvited and unwelcome sexual conduct directed at another person (Ch. 13, 336)

Sexual violence Any form of unwelcome sexual conduct directed at an individual, including sexual harassment, sexual assault, and rape (Ch. 13, 345)

Sexually transmitted diseases (STDs) Infectious diseases spread from person to person through sexual contact (Ch. 12, 318; Ch. 25, 648)

Sexually transmitted infections (STIs) Infectious diseases spread from person to person through sexual contact (Ch. 25, 648)

Shock A failure of the cardiovascular system to keep an adequate supply of blood circulating to the vital organs of the body (Ch. 28, 747)

Short-term goal A goal that you can reach in a short length of time (Ch. 2, 35)

Sibling A brother or sister (Ch. 11, 278)

Side effects Reactions to medicine other than the one intended (Ch. 23, 589)

Sidestream smoke The smoke from the burning end of a cigarette, pipe, or cigar (Ch. 21, 551)

Sinusitis Inflammation of the tissues that line the sinuses (Ch. 16, 435)

Skeletal muscles Muscles that are attached to bone and cause body movements (Ch. 15, 395)

Smog A yellow-brown haze that forms when sunlight reacts with air pollution (Ch. 29, 767)

Smoke alarm An alarm that is triggered by the presence of smoke (Ch. 27, 708)

Smokeless tobacco Tobacco that is sniffed through the nose, held in the mouth, or chewed (Ch. 21, 542)

Smooth muscles Muscles that act on the lining of passageways and internal organs (Ch. 15, 395)

Sobriety Living without alcohol (Ch. 22, 578)

Specialist Medical doctor trained to handle particular kinds of patients or medical conditions (Ch. 3, 54)

Specificity Particular exercises and activities that improve particular areas of health-related fitness (Ch. 4, 90)

Sperm Male reproductive cells (Ch. 18, 468)

Spousal abuse Domestic violence directed at a spouse (Ch. 11, 287)

Sprain An injury to the ligament surrounding a joint (Ch. 4, 102)

Stalking The repeated following, harassment, or threatening of an individual to frighten or cause him or her harm (Ch. 13, 349)

Stereotype An exaggerated and oversimplified belief about an entire group of people, such as an ethnic or religious group, or a gender (Ch. 12, 305)

Sterility The inability to reproduce (Ch. 18, 472)

Stillbirth A dead fetus expelled from the body after the twentieth week of pregnancy (Ch. 19, 496)

Stimulant A drug that increases the action of the central nervous system, the heart, and other organs (Ch. 21, 541; Ch. 23, 605)

Strain A condition resulting from damaging a muscle or tendon (Ch. 4, 102)

Stress The reaction of the body and mind to everyday challenges and demands (Ch. 8, 198)

Stress management Ways to deal with or overcome the negative effects of stress (Ch. 2, 31)

Stress-management skills Skills that help an individual handle stress in a healthful, effective way (Ch. 8, 208)

Stressor Anything that causes stress (Ch. 8, 199)

Stroke A condition where an arterial blockage interrupts the flow of blood to the brain (Ch. 26, 678)

Substance abuse Any unnecessary or improper use of chemical substances for nonmedical purposes (Ch. 23, 592)

Suicide The act of intentionally taking one's own life (Ch. 9, 230)

Suppression Holding back or restraining (Ch. 7, 189)

Sweat glands Structures within the dermis that secrete perspiration through ducts to pores on the skin's surface (Ch. 14, 361)

Symptomatic stage The stage in which a person infected with HIV has symptoms as a result of a severe drop in immune cells (Ch. 25, 663)

Synergistic effect Interaction of two or more medicines that results in a greater effect than when the medicines are taken alone (Ch. 23, 589)

Syphilis An STD that attacks many parts of the body and is caused by a small bacterium called a spirochete (Ch. 25, 655)

T

Tar A thick, sticky, dark fluid produced when tobacco burns (Ch. 21, 541)

Tartar The hard, crustlike substance formed when plaque hardens (Ch. 14, 370)

Tendon A fibrous cord that attaches muscle to the bone (Ch. 15, 389)

Tendonitis The inflammation of a tendon (Ch. 15, 398)

Testes Two small glands that produce sperm (Ch. 19, 469)

Testosterone Male sex hormone (Ch. 18, 469)

Thyroid gland Produces hormones that regulate metabolism, body heat, and bone growth (Ch. 18, 465)

Tinnitus A condition in which a ringing, buzzing, whistling, roaring, hissing, or other sound is heard in the ear in the absence of external sound (Ch. 14, 379)

Tolerance The ability to accept others' differences and allow them to be who they are without expressing disapproval (Ch. 10, 260)

Tolerance A condition in which the body becomes used to the effects of a medicine (Ch. 23, 589)

Tornado A whirling, funnel-shaped windstorm that drops from the sky to the ground and produces a narrow path of destruction on land (Ch. 27, 728)

Toxin A substance that kills cells or interferes with their functions (Ch. 24, 623)

Trachea Windpipe (Ch. 16, 431)

Training program A program of formalized physical preparation for involvement in a sport or another physical activity (Ch. 4, 93)

Transitions Critical changes that occur at all stages of life (Ch. 20, 529)

Trichomoniasis An STD caused by a microscopic protozoan that results in infections of the vagina, urethra, and bladder (Ch. 25, 655)

Tuberculosis A contagious bacterial infection that usually affects the lungs (Ch. 16, 435)

Tumor An abnormal mass of tissue that has no natural role in the body (Ch. 26, 681)

U

Umbilical cord A ropelike structure that connects the embryo and the mother's placenta (Ch. 19, 487)

Unconditional love Love without limitation or qualification (Ch. 20, 528)

Unconsciousness A condition in which a person is not alert and aware of his or her surroundings (Ch. 28, 751)

Underweight A condition in which a person is less than the standard weight range for his or her height (Ch. 6, 147)

Unintentional injury An injury resulting from an unexpected event, or accident (Ch. 27, 706)

Universal precautions Actions taken to prevent the spread of disease by treating all blood and other body fluids as if they contained pathogens (Ch. 28, 737)

Urban sprawl The spreading of city development (houses, shopping centers, businesses, and schools) onto undeveloped land (Ch. 29, 774)

Ureters Tubes that connect the kidneys to the bladder (Ch. 17, 454)

Urethra The tube that leads from the bladder to the outside of the body (Ch. 17, 455)

Urethritis The inflammation of the urethra (Ch. 17, 456)

Urine Liquid waste material (Ch. 17, 453)

Uterus A hollow, muscular, pear-shaped organ inside a female's body (Ch. 18, 474)

V

Vaccine A preparation of dead or weakened pathogens that are introduced into the body to stimulate an immune response (Ch. 23, 587; Ch. 24, 631)

Vagina A muscular, elastic passageway that extends from the uterus to the outside of the body (Ch. 18, 475)

Values The ideas, beliefs, and attitudes about what is important that help guide the way you live (Ch. 2, 34)

Vector An organism, such as a tick, that carries and transmits pathogens to humans or other animals (Ch. 24, 625)

Vegan Vegetarians who eat only foods of plant origin (Ch. 6, 160)

Vegetarian A person who eats mostly or only foods that come from plant sources (Ch. 6, 159)

Vehicular safety Obeying the rules of the road, as well as exercising common sense and good judgment (Ch. 27, 719)

Veins Blood vessels that return blood to the heart (Ch. 16, 419)

Venom A poisonous substance secreted by a snake, spider, or other creature (Ch. 28, 755)

Verbal abuse Using words to mistreat or injure another person (Ch. 13, 349)

Violence Threatened or actual use of physical force or power to harm another person or to damage property (Ch. 13, 335)

Virus A form of genetic material that invades living cells to reproduce (Ch. 24, 623)

Vitamins Compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients (Ch. 5, 119)

W

Warm-up An activity that prepares the muscles for work (Ch. 4, 90)

Warranty A company's or a store's written agreement to repair a product or refund your money should the product not function properly (Ch. 3, 50)

Wastewater Used water that comes from homes, communities, farms, and businesses (Ch. 29, 775)

Weight cycling The repeated pattern of loss and regain of body weight (Ch. 6, 152)

Wellness An overall state of well-being, or total health (Ch. 1, 5)

Western blot (WB) The most common confirmation test for HIV in the United States (Ch. 25, 664)

Withdrawal A condition that occurs when a person stops using a medicine on which he or she has a chemical dependency (Ch. 23, 589)

Workout The part of an exercise program when the activity is performed at its highest peak (Ch. 4, 90)

A

Absorption/absorción Proceso mediante el cual la comida digerida pasa desde el aparato digestivo al sistema cardiovascular.

Abstinence/abstinencia Una decisión deliberada de evitar una conducta considerada arriesgada o dañina como la actividad sexual prematrimonial, el consumo de tabaco, alcohol, y otras drogas.

Abuse/abuso El maltrato físico, mental/emocional o sexual de una persona por otra.

Accident chain/cadena de accidentes Una serie de sucesos que generan una herida sin intención.

Acquired immune deficiency syndrome (AIDS)/síndrome de inmunodeficiencia adquirida (SIDA) Enfermedad en la cual el sistema inmunológico del paciente se encuentra debilitado.

Action plan/plan de acción Una estrategia que ayuda a identificar y lograr metas.

Active immunity/inmunidad activa La inmunidad que desarrolla el cuerpo para protegerse de enfermedades.

Active listening/audición activa Escuchar atentamente lo que alguien dice o comunica.

Addiction/adicción La dependencia psicológica o fisiológica a las drogas.

Addictive drug/droga adictiva Una sustancia que causa la dependencia psicológica o fisiológica.

Additive interaction/interacción aditiva Medicinas que trabajan en conjunto de una manera positiva.

Adolescence/adolescencia La etapa entre la infancia y la edad adulta.

Adoption/adopción Proceso legal para tener como hijo un niño de otros padres.

Adrenal glands/glándulas suprarrenales Glándulas que ayudan al cuerpo a recuperarse del estrés y a actuar ante emergencias.

Advertising/publicidad Un mensaje, oral o escrito, diseñado para incentivar a los consumidores a comprar un producto o servicio.

Advocacy/apoya Apoyar o defender acciones que tienen como objetivo influenciar a otras personas para que respalden asuntos o creencias relacionadas con la salud.

Aerobic exercise/ejercicio aeróbico Cualquier actividad física que sea rítmica, que implique el uso de grupos de músculos grandes y que pueda ser mantenida por al menos 10 minutos tres veces al día o por 20 a 30 minutos en una acción continua.

Affection/afecto El sentimiento de cariño por otra persona.

Affirmation/afirmación Una reacción positiva que ayuda a que otras personas se sientan apreciadas y respaldadas.

Aggressive/agresivo Excesivamente fuerte, insistente, hostil, o de predisposición belicosa.

Air pollution/contaminación atmosférica La contaminación de la atmósfera de la tierra por sustancias que presentan peligro a la salud de los seres vivos.

Air Quality Index (AQI)/índice de calidad del aire Un indicador para informar sobre la calidad del aire diario.

Alcohol abuse/abuso de alcohol Uso excesivo de alcohol.

Alcohol poisoning/envenenamiento alcohólico Una reacción física severa y algunas veces fatal a una sobredosis de alcohol.

Alcoholic/alcohólico Una persona que es adicta al alcohol.

Alcoholism/alcoholismo Enfermedad en que la persona es adicta física o psicológicamente a bebidas alcohólicas.

Alienation/alienación Sentirse solo y separado de todo el mundo.

Allergy/alergia Una reacción específica del sistema inmunológico a una sustancia extraña que es usualmente inofensiva.

Americans with Disabilities Act/Ley para Americanos Incapacitados Una ley que prohíbe la discriminación de personas discapacitadas por parte de los lugares de trabajo, transporte, lugares públicos y telecomunicaciones.

Amniocentesis/amniocentesis Un procedimiento en la cual se inserta una jeringa a través de la pared abdominal de una mujer embarazada hasta llegar al líquido amniótico alrededor del embrión en desarrollo.

Amniotic sac/saco amniótico Una membrana delgada llena de líquido que envuelve y protege al embrión.

Anabolic-androgenic steroids/esteroides anabolizantes-androgénicos Sustancias sintéticas semejantes a la testosterona, la hormona masculina.

Anaerobic exercise/ejercicio anaeróbico Períodos cortos de actividad física intensiva en la cual los músculos trabajan tan fuerte que producen energía sin usar oxígeno.

Analgesics/analgésicos Medicamentos que alivian el dolor.

Anemia/anemia Condición en la cual la habilidad de la sangre de transportar oxígeno disminuye.

Angina pectoris/angina de pecho Un dolor en el pecho que es causado porque el corazón no está recibiendo suficiente oxígeno.

Anorexia nervosa/anorexia nerviosa Un desorden de alimentación en el cual el miedo irracional a convertirse obeso/a resulta en la pérdida extrema de peso por una dieta de hambre autoimpuesta.

Antagonistic interaction/interacción antagónica Situación en la cual el efecto de un medicamento se elimina o reduce por tomar otro medicamento.

Antibody/anticuerpo Una proteína que ataca antígenos específicos.

Antigen/antígeno Una sustancia que es capaz de liberar un agente inmune.

Anxiety/ansiedad La condición de sentirse abrumado o preocupado acerca de lo que que pasará.

Anxiety disorder/trastorno de ansiedad Una condición en la cual el miedo, ya sea real o imaginado, es difícil de controlar.

Appendicitis/apendicitis La inflamación del apéndice.

Appendicular skeleton/esqueleto apendicular Los 126 huesos de las extremidades superiores e inferiores, los hombros, y las caderas.

Appetite/apetito El deseo, mas que la necesidad, de comer.

Arrhythmia/arritmia Palpitaciones irregulares del corazón.

Arteries/arterias Vasos sanguíneos que llevan la sangre desde el corazón a otras partes del cuerpo humano.

Arthritis/artritis Un grupo de mas de 100 condiciones que causan dolor y la pérdida de movimiento en las articulaciones.

Asbestos/asbesto Una fibra mineral que tiene propiedades contra combustión y que fue comúnmente usada como aislante.

Assailant/agresor Una persona que comete un acto violento contra otra persona.

Assault/asalto Un ataque ilegal contra una persona con la intención de hacerle daño o matarla.

Assertive/firme Sostener de manera positiva los derechos y creencias propios.

Asthma/asma Una condición inflamatoria en que la traquea, los bronquios y los bronquiolos se estrechan provocando dificultad para respirar.

Asymptomatic stage/Etapa sin síntomas Un período de tiempo durante el cuál una persona infectada por el VIH no tiene síntomas.

Atherosclerosis/artereosclerosis El proceso en el cual depósitos se acumulan en las paredes de las arterias.

Auditory ossicles/huesecillos auditivos Tres pequeños huesos que se encuentran unidos y conectan el tímpano con el oído.

Autoimmune disease/enfermedad autoinmune Una condición en la cuál el sistema inmune se ataca a sí mismo por error, afectando a las células, los tejidos, y los órganos del cuerpo de la misma persona.

Autonomy/autonomía La capacidad que una persona tiene para controlar su propio cuerpo, impulsos y medio ambiente.

Axial skeleton/esqueleto axial Los 80 huesos del cráneo, la columna vertebral, el esternón.

B

Bacteria/bacteria Microorganismos compuestos de una sola célula.

Behavior therapy/terapia de comportamiento Un terapia cuyo objetivo es cambiar conductas indeseadas a través de recompensas y refuerzos.

Benign/benigno No canceroso.

Bile/bilis Un líquido amargo de color amarillo-verde que es importante para la descomposición y absorción de las grasas.

Binge drinking/borrachera El consumo de cinco o más bebidas alcohólicas en un corto plazo.

Binge eating disorder/trastorno de la alimentación excesiva Un desorden de alimentación caracterizado por comer demasiado y de manera compulsiva.

Biodegradable/biodegradable Algo que se descompone por los microorganismos del medio ambiente.

Biomedical therapy/terapia biomédica El uso de ciertos medicamentos para tratar o reducir los síntomas de un desorden mental.

Biopsy/biopsia La extirpación diagnóstica de una pequeña muestra de tejido.

Birth center/centro de partos Un lugar en el cual mujeres con un embarazo de bajo riesgo pueden dar a luz en un ambiente hogareño.

Bladder/vejiga Un órgano muscular hueco que actúa como recipiente para la orina.

Blizzard/ventisca Una tormenta de nieve con vientos que superan las 35 millas por hora.

Blood alcohol concentration (BAC)/concentración de alcohol en la sangre La cantidad de alcohol contenida en la sangre expresada como un porcentaje.

Blood pressure/tensión arterial Una medida de la presión que la sangre genera en las paredes de los vasos sanguíneos, especialmente en las arterias grandes, cuando la sangre es impulsada por el cuerpo.

Body composition/composición del cuerpo La proporción entre tejido graso y tejido magro incluyendo los músculos, los huesos, el agua, y los tejidos conjuntivos tales como ligamentos, cartílagos y tendones.

Body image/imagen corpora La forma en que uno se ve a su propio cuerpo.

Body language/lenguaje del cuerpo Comunicación no-verbal a través de gestos, expresiones faciales, comportamientos y postura.

Body mass index (BMI)/índice de masa corporal Una medida que permite la evaluación del tamaño de un cuerpo en relación con su peso y estatura.

Brain stem/vástago del cerebro Un ramificación de neuronas y fibras de tres pulgadas de largo que conecta la médula espinal al resto del cerebro.

Bronchi/bronquios Los pasajes que conectan la traquea con los pulmones.

Bronchitis/bronquitis Una inflamación de los bronquios causada por la infección o exposición a irritantes como el humo de tabaco o contaminación ambiental.

Bulimia nervosa/bulimia nerviosa Un trastorno de episodios de comer con exceso seguidos de alguna forma de auto-purgación o limpieza del aparato digestivo.

Bullying/intimidación Buscar poder o atraer atención por abuso psicológico, emocional o físico de otra persona.

C

Calories/calorías Unidades de calor que miden la energía que usa el cuerpo y la energía que la comida proporciona al cuerpo.

Cancer/cáncer El crecimiento incontrolable de células anormales.

Capillaries/capilares Vasos muy pequeños que transportan la sangre entre las arteriolas y las vénulas.

Carbohydrate/carbohidrato Las féculas y azúcares contenidos en los alimentos.

Carbon monoxide/monóxido de carbono Un gas sin color, inodoro, y venenoso.

Carcinogen/cancerígeno Un sustancia que produce cáncer.

Cardiac muscle/músculo cardíaco Un tipo de músculo estriado que forma las paredes del corazón.

Cardiopulmonary resuscitation (CPR)/resucitación cardiopulmonar Un procedimiento de primeros auxilios que combina la respiración artificial con presiones en el pecho, proveyendo oxígeno hasta que las funciones vitales puedan resumir.

Cardiorespiratory endurance/resistencia cardiorespiratoria La habilidad que tienen el corazón, los pulmones y los vasos sanguíneos de utilizar y enviar energía y oxígeno a los tejidos del cuerpo durante largos períodos de tiempo con actividad moderada hasta enérgica.

Cardiovascular disease (CVD)/enfermedad cardiovascular Una enfermedad que afecta el corazón o los vasos sanguíneos.

Cartilage/cartilago Tejido conjuntivo que es fuerte y flexible.

Cerebellum/cerebelo La segunda parte más grande del cerebro.

Cerebral palsy/parálisis cerebral Un grupo de desordenes neurológicos no progresivos y que son el resultado de daños al cerebro antes, durante, o justo después del nacimiento o durante la niñez temprana.

Cerebrum/cerebro La parte más grande y compleja del cerebro.

Cervix/cuello del útero La entrada del útero.

Chain of survival/cadena de supervivencia Una secuencia de acciones que tiene como objetivo maximizar las posibilidades de supervivencia de una víctima.

Character/carácter Las características distintivas que describen como una persona piensa, siente y actúa.

Child abuse/maltrato infantil Abuso doméstico dirigido hacia los niños.

Chlamydia/clamidia Una infección bacteriana que afecta los órganos reproductores de los hombres y mujeres.

Chorionic villi sampling (CVS)/biopsia de vellosidades coriónicas Un procedimiento mediante el cual se remueve una pequeña muestra de membrana de una capa de tejido que se desarrolla en la placenta llamada corión.

Choroid/coroides Una estructura delgada que cubre la parte interna de la esclerótica.

Chromosomes/cromosomas Estructuras parecidas a hilos encontradas dentro del núcleo de una célula y que cargan los códigos para rasgos heredados.

Chronic stress/estrés crónico El estrés relacionado con problemas de largo plazo y fuera del control de una persona.

Chyme/chyme Una mezcla cremosa y líquida de alimento y jugos gástricos.

Citizenship/ciudadanía La manera de comportarse como miembro de la comunidad.

Clique/pandilla Un grupo pequeño de amigos generalmente con gustos y experiencias similares que excluyen a otras personas vistas como ajenas a ellos.

Club drugs/drogas de club Drogas asociadas con conciertos, clubes de baile, y fiestas nocturnas conocidas como "raves".

Cluster suicides/serie de suicidios Una serie de suicidios que ocurren en un período de tiempo corto que involucran a varias personas de un mismo colegio o comunidad.

Cognition/cognición La habilidad de razonar y pensar con soluciones abstractas.

Cognitive therapy/terapia cognoscitiva Una terapia diseñada para identificar y corregir modelos de pensamientos los cuales pueden generar comportamientos que sean problemáticos, contraproducentes, o destructivos para sí mismo.

Commitment/compromiso Una promesa u obligación.

Communicable disease/enfermedad contagiosa Una enfermedad que se puede transmitir de un ser vivo a otro o a través del medio ambiente.

Communication/comunicación Las maneras de enviar los mensajes a otros y de recibir mensajes enviados por otros.

Comparison shopping/compras comparadas Evaluar los beneficios de diferentes productos comparando factores tales como calidad, características y precio.

Compromise/acuerdo Un método para resolver problemas en que cada participante debe sacrificar algo con el fin de solucionar el problema.

Concussion/conmoción cerebral Una situación que es el resultado de un golpe en el cerebro y que afecta su normal funcionamiento.

Conduct disorder/desorden de conducta Un patrón de comportamiento en el cual los derechos de otros o las reglas sociales básicas son violados.

Confidentiality/confidencialidad Respetar la vida privada de otros y guardar detalles secretos.

Conflict/conflicto Cualquier desacuerdo, pelea o enojo.

Conflict resolution/resolución de conflicto Proceso de resolver un desacuerdo a través de la cooperación y solución de problemas.

Congenital/congénito Una condición que se presenta al nacimiento.

Conservation/conservación La protección y preservación del medio ambiente a través de la prevención de abusos, destrucción e incorrecto uso de los recursos naturales.

Constructive criticism/crítica constructiva Comentarios no hostiles acerca del problema que tienen como objetivo mejorar un comportamiento o situación.

Consumer advocate/defensor del consumidor Gente o grupos cuyo único propósito es confrontar los problemas regionales, nacionales, y hasta internacionales del consumidor.

Cool-down/enfriamiento Una actividad que prepara los músculos para volver a un estado de relajación.

Cooperation/cooperación Trabajar juntos para el beneficio de todos.

Coping/hacer frente a Ocuparse exitosamente de los cambios difíciles de la vida.

Cornea/córnea Un tejido transparente que refracta y enfoca la luz antes de pasar al cristalino.

Crisis center/centro para crisis Un plante que maneja emergencias y envía a un individuo que necesita ayuda a especialistas.

Cross-contamination/traspasar la contaminación La dispersión de bacteria u otros microbios patogénicos de una comida a otra.

Culture/cultura Las creencias, costumbres y comportamiento colectivos de un grupo de personas.

Cumulative risks/riesgos acumulados Riesgos relacionados que aumentan en efecto con cada riesgo más.

Curfew/toque de queda Un período de tiempo de restricción en casa nocturno.

Custody/custodia Una decisión legal acerca de quién tiene el derecho de tomar las decisiones que afectarán a un niño, y quién tiene la responsabilidad de hacerse cargo de él.

Cycle of violence/ciclo de violencia Patrón de comportamiento violento o abusivo repetido de una generación a la próxima.

Cystitis/cistitis La inflamación de la vejiga.

D

Dandruff/caspa Una condición que puede resultar si el cuero cabelludo se seca y las células muertas de la piel se desprenden como partículas blancas pegajosas.

Date rape/violación Cuando una persona que se encuentra en una cita obliga a la otra a participar en una actividad sexual.

Decibel/decibelios Una medida que se usa para expresar la intensidad relativa del volumen del sonido.

Decision-making skills/habilidades para tomar decisiones Los pasos necesarios para tomar una correcta decisión.

Defense mechanisms/mecanismos de defensa Procesos mentales que protegen a individuos de emociones y situaciones fuertes o estresantes.

Defensive driver/manejo defensivo Un conductor consciente de peligros posibles que reacciona para evitarlos.

Defibrillator/máquina de defibrilación Un aparato que proporciona choques eléctricos al corazón para restaurar su ritmo normal.

Deforestation/deforestación Destrucción de los bosques.

Depressants/sedantes Sustancias que tienden a disminuir la función del sistema nervioso central.

Depression/depresión Un sentimiento prolongado de soledad, desesperación y tristeza.

Dermis/dermis La capa más gruesa de la piel que se encuentra debajo de la epidermis que está compuesta de tejidos conectivos y contiene vasos sanguíneos y nervios.

Designer drugs/droga de diseño Sustancias sintéticas que tratan de imitar los efectos de los alucinógenos y otras drogas peligrosas.

Detoxification/desintoxicación Un proceso mediante el cual el cuerpo se ajusta para funcionar sin alcohol.

Developmental assets/recursos para el desarrollo Componentes básicos del desarrollo que ayudan a que los jóvenes crecen saludables, afectuosos, y responsables.

Developmental task/tareas requeridas para el desarrollo Sucesos necesarios para que una persona continúe creciendo y se convierta en un adulto saludable y maduro.

Diabetes/diabetes Una enfermedad crónica que afecta el modo en que las células del cuerpo conviertan los alimentos en energía.

Diaphragm/diafragma El músculo que separa los pulmones de la cavidad abdominal.

Dietary Guidelines for Americans/Pautas alimenticias para los estadounidenses Una serie de recomendaciones para la alimentación saludable y la vida activa de los estadounidenses.

Dietary supplement/suplemento alimenticio Uno o más alimentos nutritivos que no son comida.

Digestion/digestión La descomposición mecánica y química de la comida para uso por las células corporales.

Disability/incapacidad Cualquier impedimento físico o mental que limita el desarrollo de actividades normales inclusive ver, oír, caminar o hablar.

Divorce/divorcio Un fin legal de un contrato de matrimonio.

DNA (deoxyribonucleic acid)/ADN (ácido desoxirribonucleico) La unidad química que compone los cromosomas.

Domestic violence/violencia doméstica Cualquier acto de violencia que incluya a los miembros de una familia.

Drug watches/vigilantes de la droga Un grupo de personas de un vecindario organizadas para espiar, seguir, denunciar o directamente frenar el abuso y venta de drogas.

Drug-free school zone/zona de escuela libre de drogas Un área que comprende 1,000 pies alrededor de una escuela y se encuentra señalizada, en la cual las personas que son atrapadas vendiendo drogas son severamente penalizadas o castigadas, más que lo usual.

Drugs/drogas Sustancias, excepto alimentos, que cambian la estructura o funcionamiento del cuerpo o mente de las personas.

E

Earthquake/terremoto Un temblor que mueve fuertemente la superficie de la tierra.

Eating disorder/desorden alimenticio Un comportamiento que se caracteriza por comer en forma extrema y dañina causando que la persona se pueda enfermar o morir.

EIA/ensayo inmunoenzimático de enzimas Un análisis que estudia la presencia de VIH en la sangre.

Electrolytes/electrolitos Minerales que ayudan a mantener el equilibrio de los fluidos del cuerpo.

Elimination/eliminación La expulsión de comida no digerida o desechos del cuerpo.

Embryo/embrión El estado de desarrollo de un organismo que va desde la implantación hasta las ocho semanas de desarrollo.

Emergency survival kit/botiquín de primeros auxilios Un grupo de artículos que pueden ser utilizados por un corto plazo hasta que la situación de emergencia se haya estabilizado.

Emerging infection/infección emergente Una enfermedad infecciosa cuya incidencia en humanos ha aumentado durante las últimas dos décadas o que amenaza con incrementar en el futuro cercano.

Emotional abuse/abuso emocional Un comportamiento que ataca el desarrollo emocional y la estima de un individuo.

Emotional intimacy/intimidad emocional La habilidad de experimentar una relación de amor y cuidado con otra persona con la cual también se pueden compartir los sentimientos más íntimos.

Emotional maturity/madurez emocional Un estado en el cual las capacidades mentales y emocionales de una persona se encuentran totalmente desarrolladas.

Emotions/emociones Señales que le comunican a la mente y el cuerpo como actuar.

Empathy/empatía La habilidad para imaginar y entender como otra persona siente.

Emphysema/enfisema Una enfermedad que destruye progresivamente las paredes de los alveolos.

Empty-nest syndrome/síndrome del nido vacío Sentimiento de tristeza y soledad que ocurre cuando los hijos, quienes ya se convirtieron en adultos, se van de la casa de sus padres.

Endocrine glands/glándulas endocrinas Órganos o grupos de células sin conductos o tubos que secretan directamente en el flujo sanguíneo.

Environment/medio ambiente Todo lo que nos rodea.

Environmental tobacco smoke (ETS)/ambiente con humo de cigarro Aire que ha sido contaminado por el humo de cigarrillos.

Epidemic/epidemia Una situación en la cual mucha gente contrae una enfermedad al mismo tiempo y en el mismo lugar.

Epidemiology/epidemiología El estudio científico de los patrones de las enfermedades en una población.

Epidermis/epidermis La capa más fina y externa de la piel la cual se encuentra compuesta de células vivas y muertas.

Epilepsy/epilepsia Un desorden del sistema nervioso caracterizado por convulsiones continuas —repentinos episodios de incontrolable actividad eléctrica del cerebro.

Ethanol/etanol El alcohol que se encuentra en las bebidas alcohólicas.

Euphoria/euforia El sentimiento de un intenso bienestar o alegría.

Exercise/ejercicio Actividad física que es planeada, estructurada y repetitiva, y que tiene como objetivo el mantenimiento o el mejoramiento del estado físico de una persona.

Extended family/familia extensa La familia inmediata (padres y hermanos) y otros parientes, como por ejemplo tíos, tías, primos y abuelos.

Extensor/extensor Un músculo que abra una articulación.

External auditory canal/canal auditivo externo Un pasaje de cerca de una pulgada de largo el cual conecta el oído externo con el tímpano.

F

Fad diets/dietas de moda Planes para perder peso que son populares por un corto plazo.

Fallopian tubes/trompas de Falapio Un par de conductos con terminaciones en forma de dedos que ayudan al óvulo en su camino hacia el útero.

Family/familia La unidad básica de una sociedad.

Family counseling/terapia familiar Terapia que ayuda a restaurar las relaciones entre los miembros de una familia.

Fermentation/fermentación La reacción química de la levadura en el azúcar.

Fertilization/fertilización La unión del espermatozoide y el óvulo.

Fetal alcohol syndrome (FAS)/síndrome de alcoholismo fetal Un grupo de defectos de nacimiento causados por el alcohol y que incluyen problemas físicos y mentales.

Fetus/feto El embrión en desarrollo que se encuentra dentro del útero.

Fiber/fibra Un carbohidrato que no es digerible.

Fire extinguisher/extintor de incendios Un aparato portátil que ayuda a apagar incendios a través de la aplicación de químicos extinguidores de fuego.

First aid/primeros auxilios La atención inmediata y temporal que se le proporciona a una persona enferma o herida hasta que una atención médica profesional pueda ser proporcionada.

F.I.T.T./F.I.T.A. Frecuencia, intensidad, tiempo/duración, y tipo de actividad.

Flash flood/inundación repentina Una inundación de gran volumen y corta duración que es comúnmente causada por fuertes lluvias.

Flexibility/flexibilidad La habilidad de mover una parte del cuerpo fácilmente y en muchas direcciones.

Flexor/músculo flexor Los músculos que cierran las articulaciones.

Food additives/aditivos alimentarios Sustancias que son adicionadas a los alimentos en forma intencional para generar un efecto deseado.

Food allergy/alergia a comida Una condición en la cuál el sistema inmunológico del cuerpo reacciona a sustancias contenidas en algunos alimentos.

Food Guide Pyramid/pirámide alimenticia Una guía para la elección diaria de alimentos saludables.

Food intolerance/intolerancia a la comida Una reacción negativa a los alimentos (o un elemento particular del alimento) causado por un problema metabólico, como por ejemplo la inhabilidad de digerir ciertos alimentos o algunos de sus componentes.

Foodborne illness/enfermedad alimenticia
Intoxicación alimenticia.

Foster care/custodia temporal Un arreglo temporal en el cual un niño es entregado a una familia o adulto no emparentado para que lo guíe y supervise.

Fracture/fractura La rotura de un hueso.

Fraud/fraude Engaño deliberado.

Friendship/amistad Una relación importante entre dos personas que esta basada en solidaridad, confianza y consideración.

Frostbite/congelación Una condición en la cual los tejidos del cuerpo se congelan.

G

Gametes/gametos Células reproductoras.

Gang/banda criminal Un grupo de personas quienes se encuentran vinculados por haber participado en una actividad criminal.

Gastric juices/jugos gástricos La secreciones que provienen del revestimiento del estómago y que contienen ácido clorhídrico y pepsina, una enzima que digiere la proteína.

Gene therapy/terapia genética Un proceso que consiste en introducir genes normales en las células humanas para corregir trastornos genéticos.

Genes/genes Las unidades básicas de la herencia.

Genetic disorder/trastorno genético Un trastorno causado parcial o completamente por defectos en los genes.

Genital herpes/herpes genital Infección de transmisión sexual causada por el virus herpes simple.

Goal/objetivo Algo que una persona desea y para el cual hace planes y trabaja.

Gonads/gónadas Los ovarios y los testículos.

Gonorrhea/gonorrea Una infección bacteriana de transmisión sexual que comúnmente afecta a las membranas mucosas.

Graduated driver's license/licencia de manejar graduada Un programa de licencias que incrementa los privilegios de los conductores nuevos con el tiempo como premio a la experiencia y habilidad.

Grief/aflicción La pena causada por la pérdida de un ser querido.

Grief response/aflicción La respuesta de un individuo a una gran pérdida.

Group therapy/terapia de grupo Tratamiento de un grupo de personas quienes tienen problemas similares.

H

Hair follicle/folículo de pelo Una estructura que rodea la raíz de un pelo.

Hallucinogens/alucinógenos Drogas que alteran el estado de ánimo, el pensamiento, y la percepción, incluso la vista, oído, olfato y tacto.

Harassment/acoso Molestar persistentemente a otra persona.

Hazardous waste/desechos peligrosos Sustancia que es explosiva, corrosiva, altamente reactiva, o tóxica para los seres humanos o otras formas de vida.

Health/salud La combinación de bienestar físico, mental/emocional y social.

Health care system/sistema de asistencia médica Toda la asistencia médica disponible para la población de una nación, la forma en que la atención es recibida y la forma en que se paga.

Health consumer/consumidor de servicios de salud Cualquier persona que consume o usa productos o servicios de salud.

Health education/educación de la salud Proveer a las personas con información adecuada de tal manera que puedan tomar decisiones que sean saludables.

Health fraud/engaño sobre la salud La venta de productos o servicios inútiles que supuestamente sirven para prevenir enfermedades o mejorar otros problemas de la salud.

Health insurance/seguro de salud Un plan mediante el cual compañías privadas o el gobierno pagan parte o todos los gastos médicos de una persona.

Health literacy/instrucción sobre la salud La capacidad que tiene una persona para aprender y comprender información básica acerca de la salud y los servicios relacionados, y de usar esos conocimientos para mejorar su propia salud y bienestar.

Health screening/diagnóstico de la salud Estudiar o chequear la salud de una persona con el objetivo de detectar anticipadamente enfermedades u otros problemas de salud.

Health skills/habilidades de la salud Herramientas y estrategias que ayudan a mantener, proteger, y mejorar todos los aspectos de la salud.

Healthy People 2010/Gente saludable 2010 Un plan nacional de salud y prevención de enfermedades que fue diseñado para promover el mejoramiento de la salud de todas las personas en los Estados Unidos.

Heartburn/acidez Una sensación de quemadura en el centro del pecho que puede subir desde la parte inferior del esternón hasta la garganta.

Heat cramps/calambre debido al calor Espasmos musculares que son el resultado de la pérdida de grandes cantidades de sal y agua a través del sudor.

Heat exhaustion/agotamiento debido al calor Un sobrecalentamiento del cuerpo que produce síntomas de un estado de choque y que hace que la piel se ponga helada y húmeda.

Heatstroke/insolación Una condición en la cuál el cuerpo pierde la habilidad para deshacerse del calor excesivo a través del sudor.

Hemodialysis/hemodiálisis Una técnica a través de la cual una máquina de diálisis limpia los desechos de la sangre.

Hemoglobin/hemoglobina La proteína que lleva el oxígeno en la sangre.

Herbal supplement/suplemento herbario Una sustancia química de hierbas las cuales se pueden vender como suplemento nutritivo.

Heredity/herencia Todos los rasgos que biológicamente son transferidos de los padres a los hijos.

Hernia/hernia Cuando un órgano o tejido sobresale en un área de músculos débiles.

Hiatal hernia/hernia de hiato Una condición en la cuál una parte del estómago se sale por una abertura en el diafragma.

Hierarchy of needs/pirámides de las necesidades Una graduación de tales necesidades esenciales al crecimiento y desarrollo humano, presentadas en orden ascendiente desde las necesidades más básicas hasta la realización personal.

Histamines/histaminas Sustancias químicas que pueden estimular la mucosa y la producción de fluidos en una área del cuerpo.

Hodgkin's disease/enfermedad de Hodgkin Un tipo de cáncer que afecta el tejido linfático.

Homicide/homicidio Cuando una persona mata a otra.

Hormones/hormonas Sustancias químicas producidas por las glándulas y que ayudan a regular muchas funciones del cuerpo humano.

Hostility/hostilidad Un comportamiento intencional que es antipático, desagradable u ofensivo.

Human immunodeficiency virus (HIV)/virus de inmunodeficiencia humana (VIH) Un virus que ataca al sistema inmunológico.

Human papillomavirus (HPV)/papovavirus humano (HPV) Un virus que puede causar verrugas genitales o infecciones asintomáticas.

Hunger/hambre La necesidad física y natural de alimentos que nos protege de la inanición.

Hurricane/huracán Una tormenta muy fuerte que se origina en el mar, y que se caracteriza por vientos de al menos 74 millas por hora, fuertes lluvias, inundaciones, y algunas veces tornados.

Hydration/hidratación Tomar los líquidos necesarios para mantener las funciones corporales normales.

Hypertension/hipertensión Presión arterial alta.

Hypothermia/hipotermia Una condición en la cual la temperatura del cuerpo baja demasiado.

I

Illegal drugs/drogas ilegales Sustancias químicas que ninguna persona, cualquiera sea su edad, puede legalmente producir, poseer, comprar o vender.

Illicit drug use/uso ilegal de drogas El uso o venta de cualquier sustancia que es ilegal o no permitida.

"I" message/mensaje "YO" Una declaración en la cual una persona describe como él o ella se siente usando el pronombre "yo."

Immune system/sistema de defensas Una combinación de células, tejidos, órganos, y sustancias químicas que combaten agentes patógenos.

Immunity/inmunidad El estado de estar protegido contra una enfermedad en particular.

Implantation/implantación La fijación del cigoto en la pared del útero.

Indigestion/indigestión Un sentimiento de molestia en la parte superior del abdomen.

Infatuation/adoración Los sentimientos de pasión exagerados por otra persona.

Infection/infección Una condición que ocurre cuando agentes patógenos entran al cuerpo, se multiplican y dañan las células.

Infertility/infertilidad La incapacidad de poder concebir un hijo.

Inflammatory response/respuesta inflamatoria Una reacción al daño a los tejidos causada por una lesión o infección.

Inhalants/inhalantes Sustancias cuyos gases se aspiran o inhalan para alcanzar un estado alucinante.

Integrity/integridad Una adherencia firme al código moral.

Interpersonal communication/comunicación entre personas El intercambio de pensamientos, sentimientos y creencias entre dos o más personas.

Interpersonal conflict/conflicto entre personas Desacuerdo entre dos o más personas.

Intoxication/Intoxicación Un estado en el cual el cuerpo se encuentra embriagado por alcohol u otra sustancia, y el control físico y mental de la persona se encuentra reducido significativamente.

J

Jaundice/ictericia Estado en el cual la piel y los ojos se ponen de color amarillo.

L

Labor/parto El estado final del embarazo en el cual el útero se contrae y empuja el bebé hacia afuera del cuerpo de la madre.

Labyrinth/laberinto Oído interno.

Lacrimal gland/glándula lagrimal La glándula que produce las lágrimas y que las libera por los canales que se vacían en el ojo.

Landfill/terraplenes sanitarios Un área en donde se deposita la basura y que garantiza que no contaminará el medio ambiente.

Larynx/laringe Lugar donde se encuentran las cuerdas vocales.

Leukemia/leucemia Un tipo de cáncer en el cual los glóbulos blancos de la sangre se reproducen excesiva y anormalmente.

Leukoplakia/leucoplaquia Granos con apariencia de piel blanca dura y espesa que se encuentran dentro de la boca y que pueden llegar a producir un cáncer oral.

Ligament/ligamento Un tejido fuerte y elástico que une los huesos.

Lipid/lípido Una sustancia grasosa que no se disuelve en el agua.

Long-term goal/objetivo de largo plazo Un objetivo que se planea alcanzar en un periodo largo de tiempo.

Lymph/linfa Un líquido claro que llena los espacios entre las células del cuerpo.

Lymphocytes/linfocitos Células blancas de la sangre que son especialistas en proporcionar la inmunidad al cuerpo humano.

M

Mainstream smoke/humo directo El humo exhalado por los pulmones de un fumador.

Malignant/maligno Canceroso.

Malpractice/mala práctica médica Condición en la que un profesional de la salud no cumple con los estándares aceptados.

Manipulation/manipulación Controlar o influenciar a otros de manera indirecta y desonesta.

Marijuana/marihuana Una planta cuyas hojas, brotes y flores son generalmente fumadas para su efecto embriagador.

Marital adjustment/adaptación matrimonial La manera como una persona se ajusta al matrimonio y a su esposo o esposa.

Mastication/masticación El proceso de masticar.

Media/medios de comunicación Los métodos diferentes usados para comunicar información.

Mediation/mediación Proceso mediante el cual la gente especializada ayuda a resolver conflictos de manera pacífica.

Mediator/mediador Una persona quien ayuda a otros a resolver problemas de manera que las dos partes queden satisfechas.

Medical history/historia médica La información completa acerca de las vacunas y problemas de salud que una persona ha tenido a lo largo de su vida.

Medicines/medicamentos Drogas que son tomadas para terminar o prevenir una enfermedad u otra condición de la salud.

Megadose/megadosis Una cantidad grande de suplemento alimenticio.

Melanin/melanina El pigmento que da el color a la piel, cabello y el iris del ojo.

Melanoma/melanoma El cáncer de la piel más grave de todos.

Menopause/menopausia La época que marca el fin de la vida reproductora de una mujer.

Menstruation/menstruación La eliminación de materia procedente del útero.

Mental disorder/desorden mental Una enfermedad mental que afecta la manera de pensar, el comportamiento y los sentimientos de una persona, y que le impide tener una vida feliz, saludable y productiva.

Mental retardation/retardo mental La habilidad intelectual inferior al promedio que se presenta desde el nacimiento o niñez y que se relaciona con dificultades de aprendizaje y adaptación social.

Mental/emotional health/salud mental/emocional La habilidad de aceptarse a sí mismo y a otras personas, y de adaptarse y hacer frente a las emociones, cambios y nuevas demandas de la vida.

Metabolism/metabolismo Proceso mediante el cual el cuerpo procesa y obtiene energía de los alimentos.

Metastasis/metástasis La extensión del cáncer desde el punto de origen a otras partes del cuerpo.

Minerals/minerales Sustancias no producidas por el cuerpo pero que son necesarias para la formación de huesos y dientes saludables, y para regular otros procesos vitales del cuerpo.

Miscarriage/aborto (natural) La expulsión espontánea del feto que ocurre antes de la semana número veinte del embarazo.

Modeling/modelando El proceso de observar y aprender del comportamiento de las personas de alrededor.

Mood disorder/desorden del carácter Una enfermedad, comúnmente de causa orgánica, que se caracteriza por cambios extremos del humor de una persona y que afecta la vida diaria.

Mourning/luto El acto de mostrar pena o dolor.
Muscle cramp/calambre muscular El espasmo o endurecimiento repentino de un músculo.
Muscle tone/tono muscular La tensión natural de los tejidos de los músculos.
Muscular endurance/resistencia muscular La habilidad de los músculos para hacer actividades físicas sin fatigarse.
Muscular strength/fuerza muscular La fuerza que un músculo puede ejercer.

N

Narcotics/narcóticos Drogas específicas que se obtiene de una planta llamada opio, que se usan para aliviar el dolor y que sólo se pueden obtener con receta médica.
Neglect/abandono La no-satisfacción de las necesidades físicas y emocionales de un niño.
Negotiation/negociación El uso de comunicación y compromiso para resolver un desacuerdo.
Nephron/nefrona La unidad de funcionamiento de los riñones.
Neurons/neuronas Células nerviosas.
Nicotine/nicotina Una droga adictiva que se encuentra en las hojas del tabaco.
Nicotine substitute/substituto de nicotina Un producto que libera una pequeña cantidad de nicotina en el cuerpo de una persona que está tratando de dejar de fumar.
Nicotine withdrawal/reacción al retiro de nicotina El proceso que ocurre en el cuerpo cuando la nicotina, una droga adictiva, deja de ser consumida.
Noise pollution/contaminación auditiva Un nivel de ruido no deseado que es lo suficientemente alto para dañar la audición de las personas.
Noncommunicable disease/enfermedad no contagiosa Una enfermedad que no se transmite entre las personas o por un vector, y que tampoco proviene del medio ambiente.
Nutrient-dense foods/alimentos fuertes en elementos nutritivos Alimentos que proporcionan una alta cantidad de elementos nutritivos comparados con las calorías contenidas.
Nutrients/nutrientes Sustancias contenidas en los alimentos y que el cuerpo necesita para crecer, mantener un buen estado de salud y generar energía.
Nutrition/nutrición Proceso mediante el cual el cuerpo absorbe y usa los alimentos.

O

Obesity/obesidad El exceso de gordura en el cuerpo.
Occupational Safety and Health Administration (OSHA)/Agencia de Seguridad y Salud Ocupacional Agencia del gobierno federal que es responsable de promover el uso de condiciones de trabajo seguras y saludables.
Online shopping/compras en Internet Comprar bienes o servicios vía Internet.

Opportunistic infection/infección oportunista Una infección que ataca a un individuo con sistema inmunológico debilitado.
Ossification/osificación El proceso mediante el cual el hueso se forma, renueva y repara.
Osteoarthritis/osteoartritis Una enfermedad de las articulaciones en la cual el cartílago se deteriora.
Osteoporosis/osteoporosis Una condición que se caracteriza por la pérdida progresiva de los tejidos de los huesos.
Ova/óvulos Células reproductoras femeninas.
Ovaries/ovarios Las glándulas sexuales femeninas que contienen los óvulos y producen hormonas sexuales.
Overdose/sobredosis Una reacción fuerte, y algunas veces fatal, al consumo de una gran cantidad de drogas.
Overexertion/sobresfuerzo Cuando el cuerpo trabaja demasiado.
Overload/sobrecarga Hacer trabajar el cuerpo más fuerte de lo normal.
Over-the-counter (OTC) medicines/medicamento sin receta Medicamentos que pueden ser comprados sin una receta médica.
Overweight/sobrepeso Una condición en la cual una persona pesa más de lo apropiado para su estatura.
Ovulation/ovulación Proceso mensual en que se desprende un óvulo maduro que baja al útero.

P

Pancreas/páncreas Una glándula que ayuda al funcionamiento de los sistemas digestivo y endocrino.
Pandemic/pandemia La transmisión global de una enfermedad infecciosa.
Paranoia/paranoia La sospecha o desconfianza irracional acerca de otras personas.
Parathyroid glands/glándulas paratiroides Glándulas que producen una hormona que regula el equilibrio de calcio y fósforo en el cuerpo.
Passive/pasivo Una tendencia a entregarse, rendirse, o echarse atrás sin defender sus derechos ni necesidades.
Passive immunity/inmunidad pasiva La inmunidad temporal recibida por medio de otra persona o anticuerpos.
Pasteurization/pasteurización Proceso mediante el cual una sustancia es tratada con calor para destruir o reducir agentes patógenos.
Pathogen/patógeno Un organismo que causa enfermedades.
Peer mediation/mediación por contemporáneos Un proceso mediante el cual estudiantes entrenados ayudan a otros estudiantes a encontrar el camino para resolver un conflicto y a terminar con sus diferencias.
Peer mediators/mediadores contemporáneos Estudiantes entrenados que ayudan a otros estudiantes a encontrar una manera justa de resolver conflictos y desacuerdos.

Peer pressure/presión de los contemporáneos

La influencia que gente de tu misma edad puede tener en ti.

peers/contemporáneos Gente cuya edad e intereses son similares a los tuyos.

Penis/pene Un órgano con forma de tubo que se extiende del tronco del cuerpo y justo arriba de los testículos.

Peptic ulcer/úlcera péptica Una llaga en el revestimiento del aparato digestivo.

Perception/percepción El acto de darse cuenta de algo a través de los sentidos.

Periodontal disease/enfermedad periodontal La inflamación de la estructura de soporte dental.

Periodontium/membrana periodontal El área inmediatamente alrededor de los dientes.

Peristalsis/movimientos peristálticos Una serie de contracciones musculares involuntarias que mueven la comida a través del aparato digestivo.

Personal identity/identidad personal El sentirse como un individuo único.

Personality/personalidad Un conjunto complejo de características que hacen que una persona sea única.

Phagocyte/fagocito Un glóbulo blanco de la sangre que ataca la invasión de patógenos.

Pharynx/faringe Garganta.

Physical abuse/abuso físico El acto intencional de dañar o herir el cuerpo de otra persona.

Physical activity/actividad física Cualquier forma de movimiento que provoque que el cuerpo consuma energía.

Physical fitness/buena condición física La habilidad de responder fácilmente a tareas diarias y tener suficiente energía para responder a demandas inesperadas.

Physical maturity/madurez física Un estado en el cual el cuerpo físico y todos sus organismos se encuentran totalmente desarrollados.

Physiological dependence/dependencia fisiológica Cuando un drogadicto o consumidor de drogas tiene una necesidad química de éstas.

Pituitary gland/glándula pituitaria Glándula que regula o controla las actividades de todas las glándulas endocrinas.

Placenta/placenta El tejido espeso y rico en sangre que cubre las paredes del útero durante el periodo de embarazo y que alimenta al feto.

Plaque/placa Una película blanda e incolora que actúa a través del azúcar para formar los ácidos que destruyen el esmalte de los dientes e irritan las encías.

Plasma/plasma Un fluido en el cual los otros componentes de la sangre se encuentran suspendidos.

Platelets/plaquetas Células que previenen la pérdida de sangre del cuerpo.

Platonic friendship/amistad platónica Una amistad con una persona del sexo opuesto en la cual hay sentimientos mutuos de afecto, pero los amigos no son considerados una pareja.

Pleurisy/pleuritis Una inflamación de la pleura, la membrana que recubre los pulmones, y de la cavidad del pecho.

Pneumonia/pulmonía Una inflamación de los revestimientos de los pulmones y pecho.

Poison/veneno Cualquier sustancia—sólida, líquida o gaseosa—que al entrar en el cuerpo causa una herida, una enfermedad o la muerte.

Poison control center/Centro para el control de envenenamientos Una línea telefónica que funciona las 24 horas del día para dar consejo sobre el tratamiento de envenenamiento para víctimas.

Post-traumatic stress disorder/Desorden de estrés post-traumático Una condición que se puede desarrollar después que una persona ha sido expuesta a un evento aterrador que lo amenaza o causa daño físico.

Precycling/prereciclaje Reducir la basura antes de generarla.

Prejudice/prejuicio Una opinión o juicio injusto acerca de un grupo particular de personas.

Prenatal care/cuidado prenatal Todas las medidas que una mujer embarazada puede tomar para cuidar su propia salud y la de su bebé.

Prescription medicine/medicinas recetadas Medicinas que no pueden ser usadas sin la aprobación escrita de un médico.

Prevention/prevención La práctica de hábitos saludables y seguros que permiten evitar enfermedades y daños.

Preventive care/cuidado preventivo Las acciones que previenen el comienzo de una enfermedad o lesión.

Primary care physician/médico general Un médico que proporciona chequeos y el cuidado general de sus pacientes.

Priorities/prioridades Los objetivos, tareas y actividades que son consideradas más importantes que otras.

Profound deafness/sordera profunda Una pérdida severa de la audición y la cual no puede ser tratada con amplificación mecánica como por ejemplo un audífono.

Progression/progresión El aumento gradual en la sobrecarga necesaria para lograr mejor condición física.

Protective factors/factores protectores

Condiciones que protegen a una persona de las consecuencias negativas de una exposición a situaciones arriesgadas.

Proteins/proteínas Elementos nutritivos que ayudan a construir y mantener las células y tejidos.

Psychoactive drugs/drogas psico-activas

Substancias químicas que afectan el sistema central nervioso y alteran la actividad del cerebro.

Psychological dependence/dependencia psicológica

Una condición en la cual una persona cree que se necesita una droga para sentirse bien o funcionar normalmente.

Psychosomatic response/respuesta psicósomática

Una reacción física que es resultado del estrés en vez de una enfermedad o herida.

Psychotherapy/psicoterapia Una terapia a través del diálogo entre el paciente y un profesional de la salud mental.

Puberty/pubertad El periodo de tiempo en el cual una persona comienza a desarrollar ciertos rasgos que son característicos de su sexo.

Public health/salud pública Un esfuerzo comunitario para la protección y el fomento de la salud de la población.

Pulp/pulpa Un tejido que contiene los vasos sanguíneos y los nervios de un diente.

R

Radon/radón Un gas inodoro y radioactivo.

Random violence/violencia aleatoria Violencia cometida sin una razón en especial.

Rape/violación Cualquier tipo de acto sexual que tiene lugar contra la voluntad de una persona.

Recovery/recuperación El proceso de aprender a vivir una vida sin alcohol.

Recycling/reciclar El procesamiento de la basura de tal manera que pueda ser utilizada nuevamente en alguna forma.

Reflex/reflejo La respuesta espontánea del cuerpo a estímulos.

Refusal skills/habilidad de negarse Estrategias de comunicación que ayudan a decir no cuando uno está a punto de participar en actividades arriesgadas, no saludables o que van en contra de sus valores.

Rehydration/rehidración La restauración de líquidos perdidos por el cuerpo.

Relationship/relaciones Las conexiones que una persona tiene con otros.

Relaxation response/respuesta de relajamiento Un estado de calma que puede ser alcanzado cuando una o varias técnicas de relajación son practicadas regularmente.

Remission/remisión El periodo de tiempo cuando los síntomas desaparecen.

Repetitive motion injury/Daño por movimiento repetido El daño a los tejidos causado por movimientos prolongados y repetitivos.

Reproductive system/aparato reproductor El conjunto de órganos que permiten la reproducción.

Resiliency/fuerza moral La habilidad de adaptarse eficazmente y recuperarse después de una decepción, dificultad o crisis.

Respiration/respiración El intercambio de gases entre el cuerpo humano y el medio ambiente.

Resting heart rate/ritmo cardíaco en descanso El número de latidos del corazón que se producen cuando la persona se encuentra en estado pasivo.

Retina/retina Membrana sensitiva a la luz y en la cual las imágenes son proyectadas por la córnea.

Rheumatoid arthritis/artritis reumatoide Una

enfermedad caracterizada por la destrucción debilitadora de las articulaciones debido a la inflamación.

Risk behaviors/comportamiento arriesgado

Acciones que pueden poner en peligro su salud o la de otras personas.

Road rage/violencia al conducir Acciones causadas cuando un conductor maneja en forma peligrosa usando su vehículo como un arma.

Role/función La participación de una persona en una relación.

Role model/modelo de conducta Alguien cuyo éxito o comportamiento sirve de ejemplo para otros.

S

Sclera/esclerótica La parte blanca del ojo.

Scoliosis/escoliosis Una desviación lateral, o de lado a lado, de la columna.

Scrotum/escroto Un saco externo de piel que se extiende afuera del cuerpo y que contiene los testículos.

Sebaceous glands/glándulas sebáceas Estructuras dentro de la piel que producen una secreción aceitosa llamada sebo.

Sedentary lifestyle/estilo de vida sedentario Un estilo de vida que incluye poca actividad física.

Self-actualization/realización personal El esfuerzo realizado para lograr lo mejor de uno mismo.

Self-control/dominio de sí mismo La habilidad de una persona para controlar sus emociones.

Self-defense/defensa propia Cualquier estrategia para protegerse a sí misma de un daño.

Self-directed/auto-dirigido La habilidad para tomar decisiones correctas acerca de su comportamiento en la ausencia de adultos para imponer las reglas.

Semen/semén Un líquido espeso que contiene los espermatozoides y otras secreciones del aparato reproductor masculino.

Separation/separación Cuando una pareja de personas casadas decide vivir aparte uno del otro.

Severe weather/clima severo Condiciones climáticas severas o peligrosas.

Sex characteristics/características sexuales Los rasgos relacionados con el sexo de una persona.

Sexual abuse/abuso sexual Cualquier contacto sexual que es realizado a la fuerza o contra el consentimiento de una persona.

Sexual assault/agresión sexual Cualquier ataque sexual intencional en contra de otra persona.

Sexual harassment/acoso sexual Cualquier conducta sexual no solicitada y desagradable que se dirige a otra persona.

Sexual violence/violencia sexual Cualquier acto sexual no solicitado que es dirigido a una persona y que incluye acoso sexual, agresión sexual y violación.

Sexually transmitted diseases (STDs)/enfermedades transmitidas sexualmente Enfermedades que se transmiten a través del contacto sexual entre dos personas.

Sexually transmitted infections (STIs)/infecciones transmitidas sexualmente Infecciones que se transmiten a través del contacto sexual entre dos personas.

Shock/choque Una falla en el sistema cardiovascular que no permite una circulación suficiente de sangre a los órganos vitales del cuerpo.

Short-term goal/Objetivo de corto plazo Un objetivo que se puede alcanzar en un corto periodo de tiempo.

Sibling/hermano Un hermano o hermana.

Side effects/efecto secundario Cualquier reacción inesperada a una medicina.

Sidestream smoke/humo indirecto El humo que proviene de una colilla de cigarrillo, pipa o cigarro.

Sinusitis/sinusitis La inflamación de los tejidos nasales.

Skeletal muscles/músculos del esqueleto Músculos unidos a los huesos y que producen el movimiento del cuerpo.

Smog/smog Una neblina de color amarillo-café que se produce cuando la luz solar reacciona con la contaminación ambiental.

Smoke alarm/alarma de humo Una alarma que se active por la presencia del humo.

Smokeless tobacco/tabaco sin humo Tabaco que es olfateado a través de la nariz, mantenido en la boca, y masticado.

Smooth muscles/músculos lisos Músculos que actúan sobre el forro de los tubos y órganos internos.

Sobriety/sobriedad Vivir sin consumir alcohol.

Specialist/especialista Un médico entrenado para tratar una determinada clase de pacientes y condiciones médicas.

Specificity/especificidad Una clase especial de actividades y ejercicios para mejoran partes especiales de la condición física que están relacionadas con la salud.

Sperm/espermatozoides Células reproductoras masculinas.

Spousal abuse/abuso conyugal Violencia doméstica dirigida hacia el esposo o esposa.

Sprain/torcedura El daño a los ligamentos que circundan una articulación.

Stalking/acecho El seguimiento, acoso, o amenaza repetido que un individuo hace a otro para atemorizarlo o dañarlo.

Stereotype/estereotipo Una creencia exagerada y sobresimplificada que se extiende a todo un grupo, como un grupo étnico o religioso o a un sexo.

Sterility/esterilidad La incapacidad de reproducirse.

Stillbirth/aborto La expulsión de un feto muerto por el cuerpo de la madre después de la semana número veinte.

Stimulant/estimulante Una droga que acelera el funcionamiento del sistema central nervioso, el corazón y otros órganos.

Strain/esguince Una condición resultante del daño de un músculo o tendón.

Stress/estrés La reacción del cuerpo o la mente a los cambios y demandas de la vida diaria.

Stress management/manejo del estrés Los medios para hacer frente o superar los efectos negativos del estrés.

Stress-management skills/habilidades para superar el estrés Habilidades que ayudan a una persona a manejar el estrés de una manera saludable y efectiva.

Stressor/estresante Cualquier cosa que produce el estrés.

Stroke/accidente cerebrovascular Una condición en la cual un vaso sanguíneo se bloquea impidiendo el flujo de la sangre al cerebro.

Substance abuse/abuso de sustancias Cualquier uso inapropiado o excesivo de sustancias químicas con propósitos no médicos.

Suicide/suicidio El acto de tomar su propia vida.

Suppression/supresión El acto de restringirse o retenerse.

Sweat glands/glándulas sudoríparas Estructuras dentro de la dermis que secretan el sudor por conductos hasta los poros en la superficie de la piel.

Symptomatic stage/estado sintomático El estado en el cual una persona afectada por el VIH presenta síntomas resultantes de una reducción severa de las células inmunológicas.

Synergistic effect/efecto sinérgico La interacción entre dos medicinas que resultan en un efecto más fuerte que si se toman por separado.

Syphilis/sífilis Una enfermedad de transmisión sexual bacteriana que ataca muchas partes del cuerpo y es causada por una bacteria llamada espiroqueta.

T

Tar/alquitrán Un líquido espeso, pegajoso y oscuro que se forma al quemarse el tabaco.

Tartar/sarro La sustancia dura y con forma de corteza que se forma en los dientes cuando la placa se endurece.

Tendon/tendón Un tejido fuerte que une los músculos a los huesos.

Tendonitis/tendinitis La inflamación de un tendón.

Testes/testículos Dos glándulas pequeñas que producen los espermatozoides.

Testosterone/testosterona Hormona sexual masculina.

Thyroid gland/tiroides Glándula que produce las hormonas que regulan el metabolismo, el calor del cuerpo, y el crecimiento de los huesos.

Tinnitus/acúfeno Una condición en que se oye un timbre, un zumbido, un silbido, un bisbiseo, un rugido, u otro sonido en el oído en la ausencia de sonido externo.

Tolerance/tolerancia La habilidad de aceptar puntos de vista diferentes y permitir que otras personas se expresen sin mostrar desaprobación.

Tolerance/tolerancia Una condición en la que el cuerpo se acostumbra a los efectos de los medicamentos.

Tornado/tornado Una tormenta en forma de torbellino que cae desde el cielo a la tierra y que produce la destrucción al pasar.

Toxin/toxina Una sustancia que mata células o que interfiere con su funcionamiento.

Trachea/traquea Vía respiratoria.

Training program/programa de entrenamiento Un programa formal de preparación física para participación en un deporte o cualquier otra actividad física.

Transitions/transiciones Cambios críticos que ocurren en todas las etapas de la vida.

Trichomoniasis/tricomoniasis Una enfermedad de transmisión sexual causada por un protozoo microscópico que tiene como resultado las infecciones de la vagina, de la uretra, y de la vejiga.

Tuberculosis/tuberculosis Una infección bacteriana contagiosa que comúnmente afecta los pulmones.

Tumor/tumor Una masa de tejidos anormales que no tiene ningún papel natural en el cuerpo.

U

Umbilical cord/cordón umbilical Una estructura igual a una sogá que conecta el embrión a la placenta de la madre.

Unconditional love/amor incondicional Amor sin limitaciones ni exigencias.

Unconsciousness/inconsciencia Una condición en la cual una persona no está consciente del ambiente que lo rodea.

Underweight/bajo peso Una condición en la que una persona pesa menos de lo que debería pesar de acuerdo con su estatura.

Unintentional injury/daños no intencionales Daños que resultan de situaciones inesperadas o accidentes.

Universal precautions/precauciones universales Acciones tomadas para prevenir la expansión de enfermedades, tratando la sangre o cualquier otro líquido corporal como si estuviera contaminado.

Urban sprawl/expansión urbana La expansión de la ciudad (casas, centros comerciales, negocios, y escuelas) a tierras no urbanizadas.

Ureters/uréter Cada uno de los dos canales que conjuntan los riñones y la vejiga.

Urethra/uretra El canal que conduce desde la vejiga hasta afuera del cuerpo.

Urethritis/uretritis La inflamación de la uretra.

Urine/orina Líquido compuesto de desechos.

Uterus/útero Un órgano muscular y con forma de pera dentro del cuerpo femenino.

V

Vaccine/vacuna Una preparación de agentes patógenos muertos o debilitados introducidos en el cuerpo para estimular el sistema de defensas.

Vagina/vagina Un conducto muscular y elástica que va desde el útero hasta la parte externa del cuerpo de una mujer.

Values/valores Las ideas, creencias y actitudes consideradas importantes que guían la vida de una persona.

Vector/vector Un organismo, como por ejemplo un insecto, que lleva y transmite agentes patógenos a personas y otros animales.

Vegan/vegetariano estricto Vegetariano quien come exclusivamente alimentos de origen vegetal.

Vegetarian/vegetariano Una persona que come principalmente o solamente alimentos que provienen de las plantas.

Vehicular safety/seguridad vehicular Usar el sentido común, un buen criterio y obedecer las reglas de la carretera.

Veins/venas Vasos sanguíneos que llevan la sangre al corazón.

Venom/veneno Una sustancia venenosa secretada por serpientes, arañas u otra criatura viviente.

Verbal abuse/abuso verbal Usar palabras para maltratar o dañar a otras personas.

Violence/violencia Cualquier amenaza o acto físico para dañar o maltratar a una persona o propiedad.

Virus/virus Material genético que invade las células vivas para reproducirse.

Vitamins/vitaminas Sustancias que ayudan a regular las funciones vitales del cuerpo inclusive la digestión, la absorción de líquidos y el metabolismo de otros elementos nutritivos.

W

Warm-up/precalentamiento Una actividad que prepara los músculos para el ejercicio.

Warranty/garantía Una promesa escrita, en la cual una empresa o compañía se compromete a reparar un producto o devolver el dinero si éste no funciona bien.

Wastewater/agua de desperdicio Agua sucia que proviene de casas, comunidades, granjas, e industrias.

Weight cycling/ciclo de peso La situación repetida de subir y bajar de peso corporal.

Wellness/bienestar El estado de buena salud.

Western blot (WB)/Western Blot La prueba para confirmar el SIDA mas usada en los Estados Unidos.

Withdrawal/síndrome de abstinencia Es una condición en alguien con farmacodependencia que se presenta al quitársele el medicamento.

Workout/entrenamiento La parte de un programa de actividad física en la que los ejercicios se realizan al más alto nivel.

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