

Glossary

LEADING A HEALTHY LIFE

A

advocate to speak or argue in favor of something

H

health the state of well-being in which all of the components of health—physical, emotional, social, mental, spiritual, and environmental—are in balance

health literacy knowledge of health information needed to make good choices about your health

L

lifestyle disease a disease that is caused partly by unhealthy behaviors and partly by other factors

P

public health the study and practice of protecting and improving the health of people in a community

public service announcement (PSA) a message created to educate people about an issue

R

risk factor anything that increases the likelihood of injury, disease, or other health problems

S

sedentary not taking part in physical activity on a regular basis

V

value a strong belief or ideal

W

wellness the achievement of a person's best in all six components of health