

Factors Affecting Health and Wellness

影响 Health 和 Wellness 的因素

Life Expectancy 预期寿命

Life expectancy is an estimate of how long a person is likely to live.

预期寿命是对一个人可能活多久的估计。

The average life expectancy has increased significantly in the last 50 years.

过去 50 年来，平均预期寿命显著增加。

Life span is the actual number of years a person lives.

寿命是一个人的实际寿命。

Morbidity and Mortality 发病率和死亡率

Morbidity describes the presence of a disease, disorder, or injury that affects the health of a population.

发病率描述了影响人群健康的疾病、紊乱或损伤的存在。

Mortality describes the number of deaths caused by a disease, disorder, or injury in a population.

死亡率描述了人口中因疾病、病症或伤害造成的死亡人数。

Quality of Life 生活质量

Quality of life is a person's level of satisfaction with various aspects of his or her life.

生活质量是一个人对其生活各个方面的满意度。

Two individuals can have the same disease but experience a very different quality of life.

两个人可能患有相同的疾病，但生活质量却截然不同。

What are four areas that can be studied to measure a person's quality of life?

可以通过研究哪四个领域来衡量一个人的生活质量？

Health and functioning.

健康和功能。

Psychological and spiritual.

心理和精神上的。

Social and economic.

社会和经济。

Family.

家庭。

What Causes Disease? 是什么原因导致疾病?

Problems often result from several causes or interaction among causes.

问题常常是由多种原因或原因之间的相互作用造成的。

Categories of causes:

原因的类别:

- Genetic 遗传性的
- Nutritional 营养上的
- Infectious 传染性的
- Traumatic 外伤性的
- Environmental 环境的
- Behavioral 行为的

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Myth or Fact? 虚构 (迷信) 还是事实?

Myth: Having a risk factor for a disease or disorder means that a person is guaranteed to develop that health problem.

迷信: 具有某种疾病或病症的危险因素意味着一个人肯定会出现该健康问题。

Fact: Having a risk factor for a disease or disorder does not mean that a person is guaranteed to develop that health problem.

事实: 具有某种疾病或紊乱的风险因素并不意味着一个人一定会出现该健康问题。

Fact: The more risk factors for a disease or disorder a person has, the greater the chance that he or she will develop the disease or disorder.

事实: 一个人患有某种疾病或病症的危险因素越多, 他或她患上该疾病或病症的机会就越大。

Behavioral Risk Factors

行为风险因素

Behavioral Risk Factors 行为风险因素

Choices and behaviors that increase a person's chance of developing a disease, an unhealthy condition, or an injury.

增加一个人患疾病、不健康状况或受伤机会的选择和行为。

May begin during youth and continue into adulthood.

可能从青年时期开始，一直持续到成年。

Unintended Injuries 意外受伤

Accidental deaths and injuries.

意外死亡和受伤。

Car crashes cause most of the injury-related deaths on record.

有记录以来，大部分与伤害相关的死亡都是由车祸造成的。

Ages 16-19 are more likely to be in a fatal accident than any other age.

16-19 岁的人比其他年龄段更有可能发生致命事故。

Other Risky Behaviors 其他危险行为

Injuries can also arise from other risky behaviors:

- Not wearing a helmet for some sports.
- Tobacco, alcohol, and drug use.
- Teen sexual activity.
- Excessive sun exposure.

其他可能造成伤害的危险行为：

- 进行某些运动时不戴头盔。
- 吸烟、饮酒和吸毒。
- 青少年的性活动。

- 过度阳光照射。

Nutrition and Physical Activity 营养和身体活动

Your health is influenced by:

- What you eat.
- How much you eat.
- Your level of physical activity.

你的健康受到以下因素的影响：

- 你吃什么。
- 你吃多少。
- 你的体力活动水平。

Obesity is a risk factor for many serious diseases.

肥胖是许多严重疾病的危险因素。

Myth or Fact? 虚构 (迷信) 还是事实?

Myth: Viewing of television, the Internet, movies, and computer games has no impact on health and wellness.

迷信：看电视、互联网、电影和电脑游戏对健康没有影响。

Fact: The more hours people watch television, the more likely they are to be overweight or obese.

事实：人们看电视的时间越长，超重或肥胖的可能性就越大。

Fact: The more hours people play video games, the more likely they are to be obese.

事实：人们玩电子游戏的时间越长，就越有可能肥胖。

Sleep 睡眠

Lack of sleep:

- Is associated with poor health.
- Reduces a person's resistance to disease.
- Impairs driving skills.
- Increases the risk for mental health problems.
- Teenagers need at least 9 hours of sleep each night.

睡眠不足：

- 与健康状况不佳有关。
- 降低人对疾病的抵抗力。
- 损害驾驶技能。
- 增加出现心理健康问题的风险。
- 青少年每晚至少需要 9 小时的睡眠。

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Genetic Risk Factors

遗传风险因素

Genes 基因

Segments of DNA that:

- Determine the structure and function of your cells.
- Affect development, personality, and health.
- Bundled in packages called chromosomes.

DNA 片段:

- 确定细胞的结构和功能。
- 影响发育、性格和健康。
- 捆绑在称为染色体的包裹中。

Genes and Disease 基因与疾病

The role of genes in disease development varies.

基因在疾病发展中的作用各不相同。

Genes specify how your immune system, which helps fight disease, is built.

基因指定了有助于抵抗疾病的免疫系统的构建方式。

Some inherited diseases are caused by a single gene.

有些遗传性疾病是由单一基因引起的。

Heart Disease, Cancer, and Genes 心脏病、癌症和基因

The causes of heart disease include genetic factors.

心脏病的原因包括遗传因素。

Genetic factors are associated with some types of cancer:

- Breast cancer.
- Colon cancer.
- Skin cancer.
- The leading cause of death in the US for adults is heart disease.

遗传因素与某些类型的癌症有关：

- 乳腺癌
- 结肠癌
- 皮肤癌
- 在美国，导致成年人死亡的主要原因是心脏病。

Mental Illness, Obesity, and Genes 精神疾病、肥胖和基因

Genes are involved in the development of some mental diseases and disorders.

基因与一些精神疾病和障碍的发展有关。

The tendency to become overweight and obese is rooted in genetics.

超重和肥胖倾向的根源来自于遗传。

Nutritional excesses or deficiencies are risk factors for many health problems.

营养过剩或缺乏是许多健康问题的危险因素。

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