

Lesson #1

Living a Healthy Life

Objectives

- Explain the difference between life expectancy and quality of life
- Describe factors that can affect quality of life
- Assess personal health and wellness related practices and behavior that reduce or prevent health risks

Journal Entry Question

- Write a few sentences about how old you think you'll live to and why

Class Discussion Notes

**What kind of things do
you think influence how
long a person lives?**

- genes/heredity
- lifestyle habits- eating healthy foods, being physically active, getting enough sleep
- exposure to risk or dangerous circumstances
- environment or where a person lives
- Stressors

Life expectancy is defined as the expected number of years of life remaining at any given age for a group of people. It's an estimate or prediction based on statistics and the average for that population. It's not an exact calculation and it does not hold true for all of the individuals in that group. A person's ***life span*** is the number of years he or she actually lives.

**To what age do you think
someone in the United States
who's 15 years old today will
live?**

According to statistics compiled by the center of disease control and prevention (CDC) someone living in the United States who's 15 years old right now could expect to live another 64 to 65 years(an average age of 78.5 years).

If you break down life expectancy by gender a 15 year old male today would live to 76 years old and a 15 year old female would live to be 81 years old.

Why do you think the average life expectancy is different for males and females?

Experts agree that differences in life expectancy of men and women can be linked to their behavioral choices.

• **Men are more likely to:**

- participate in risk-taking behaviors, such as driving fast or recklessly, or participating in high risk sports
- use tobacco and alcohol
- not seek medical attention when they need it

• **Women are more likely to:**

- have support systems to help them handle stress in their lives
- seek professional health care when sick or injured
- get routine health screenings, such as annual physicals and other tests

****It's important to remember that these are averages. A person of either gender can extend or lower individual life expectancy based on their types of behavior and health choices he or she makes.****

Life expectancy refers to the number of years a person can be expected to live. It measures the ***quantity*** or amount of time a person lives.

Something else to consider is ***quality*** of a person's life. ***Quality*** of life includes all of the things or aspects that a person's life enjoyable and meaningful.

**What do you think
contributes to a
person's quality of life?**

- caring relationships (with family, friends, peers, community)
- enjoyable and meaningful work
- leisure activities
- education/learning
- positive connection to culture
- well managed finances
- good physical health & fitness
- good emotional and mental health
- sense of meaning and worth
- personal values and beliefs
- creative interests and talents
- spiritual beliefs
- safety and security

For many people, **quality** of life is just as important as or even more important than **quantity**. If a person lives for many years, but can't enjoy life or contribute to the world in some way because of poor health, the **quality** of his or her life is compromised. Fortunately, many of the things that can improve your health and help you live a long life will also contribute in positive ways to **quality** of life.

You can't control all of the things that influence how long you live, but personal behaviors, health habits and lifestyle choices are often within your control. Using the “**Assessing My Health Habits**” survey in your packet you are going to assess your current health habits. Be as honest and accurate as you can. You will not be required to share your answers with others in the class.

Exit Ticket

- On a 3x5 card please do the following
 - on the front of the card write your name as well as class period. Under your name explain the difference between life expectancy and quality of life.
 - On the back of the card describe 1 factor that would affect a persons quality of life in a positive way and 1 factor that would affect it in a negative way