Definition: **health** from *Stedman's Medical Dictionary for the Health Professions and Nursing*

1. The state of an organism when it functions optimally without evidence of disease or abnormality.
2. A state characterized by anatomic, physiologic, and psychological integrity; ability to perform personally valued family, work, and community roles; ability to deal with physical, biologic, psychological, and social stress; a feeling of well-being; and freedom from the risk of disease and untimely death.
3. Complete physical, mental, and social well-being, not just the absence of disease, as defined by the World Health Organization. **Etymology:** [A.S. *health*]

**Summary Article: health**

From *The Hutchinson Unabridged Encyclopedia with Atlas and Weather Guide*

Term to define state of well-being or absence of illness. Health may be used by people to mean different things, and could be said to mean the ‘absence of significant illness’. It is a term that is used when considering how to improve people's lives and live longer.

**Factors in health** Studies show that several important factors contribute to poor health. One of these is genetic, in other words the genes that are inherited. It has been shown that the chance of a person suffering an illness is greater if their close relations suffer that illness. For example, heart disease can run in families. But some factors are under one's own control. These are lifestyle factors.

Regular, moderate exercise is shown to improve health. Smoking is bad for health in several ways – increasing the risk of developing many diseases of the air passages as well as other parts of the body. Diet can also influence health. Excess alcohol can be damaging and a high-fat diet can increase the risk of heart attack later in life. However, as with many aspects of health, the effects of these factors is not clear cut and can affect people in different ways.

**essays**

What would you expect to find in the diet of sprinters, gymnasts, and marathon runners?

What would you expect to find in a balanced diet and how will this help to maintain a healthy body?

**Disease-causing pathogens**

**Prevention of food poisoning**

**Bacteria and viruses in the body**

**Personal Safety**

**Sporting performers** have many different types of body shape. Using Sheldon's somatotyping, identify which type would be suited to sumo wrestling, basketball, and swimming

**Heart disease**

[https://search.credoreference.com/content/topic/health](https://search.credoreference.com/content/topic/health)
APA


Chicago


Harvard


MLA


https://search.credoreference.com/content/topic/health