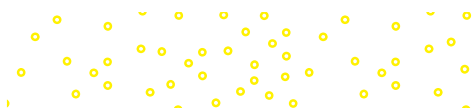


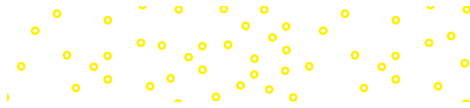
# Your Health Today

## Choices in a Changing Society

**Eighth Edition**







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## Choices in a Changing Society

**Eighth Edition**

**Michael Teague**

*University of Iowa*

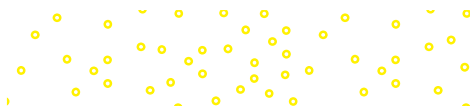
**Sara Mackenzie**

*University of Washington*

**David Rosenthal**

*Columbia University*

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YOUR HEALTH TODAY: CHOICES IN A CHANGING SOCIETY, EIGHTH EDITION

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## Dear Readers,

The story of this book began over 20 years ago when three friends—a health educator, a family physician, and a family therapist—had a conversation about their beliefs about teaching health. While our clinical and academic paths differed, we found that we shared a fundamental belief that, although the individual plays a role in the wellness process, society has a responsibility to promote the well-being of all individuals. Many personal health books at the time focused on personal responsibility for health. That is indeed a major part of health, but we wanted to emphasize a model where individuals make health decisions within the context of their relationships, cultures, communities, policies, and physical surroundings. What eventually came of that conversation was the decision to create a book that emphasizes putting personal health in context.

Since we started working on the first edition of what became *Your Health Today*, we have visited health educators across the country and learned from their many different approaches to teaching personal health. Recently we have also been confronted with a public health crisis (COVID-19) that has confirmed our focus on public and personal health. As always, we have tried to incorporate a range of those experiences, strategies, and resources into our revisions and our own personal health courses.

Like instructors who use our book, we too have been challenged through the years by the dynamic nature of health. The world is changing—interpersonally, financially, politically, and environmentally—so, what does that mean to personal health? How do students of the 21st century learn best, and where does their current understanding of personal health come from? What will be the health priorities of the future? What skills will today's students need 20 years from now to maintain a healthy lifestyle? Examining history and our own beliefs about those questions encouraged us to incorporate several health topics that are not traditionally covered (or covered only briefly) in other personal health books. As learners, we also believe that today's students generally do not need to memorize facts so much as learn how to access and assess health information, critically consider implications, and respond. In essence, our program fills the need for an approach to personal health that balances individual and cultural responsibility.

Our mission and passion for this endeavor has remained true years later. We continue to learn how to create small change in personal, professional, and community lives in an attempt to improve the health outcomes for all future generations. We hope that the eighth edition will challenge students to think of themselves as agents of change. Students can make personal changes in lifestyle behaviors that affect their own health, and they can also influence communities to make changes in response to social, political, and economic factors that affect the health of broader segments of the population.

*Michael Teague*  
*Sara Mackenzie*  
*David Rosenthal*



Courtesy of Maria Richter





University of Washington  
School of Public Health



Courtesy of Rebecca Sale



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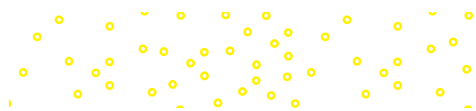
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Who knew so many things influence the choices you make?



(BJI/Blue Jean Images/Getty Images)



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(Susanne Walstrom/Getty Images)



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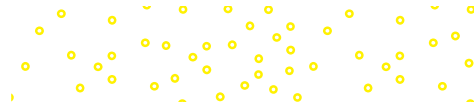
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Physical activity benefits your physical, cognitive, and emotional health.



(Adam Pretty/Getty Images)



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Many body types  
and sizes can be  
associated with  
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(WENN Ltd/ Alamy Stock Photo)

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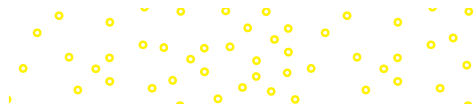
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Should recreational use of marijuana be legal?



(Yarygin/Shutterstock)

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How does hand-washing protect us from disease?



(princessdlaf/Getty Images)



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How does physical activity support cardiovascular health?



(Adam Hester/Getty Images)

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How loud is too loud?



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What can and can't be recycled?



(jonya/Getty Images)

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# Learn Without Limits

*Your Health Today* teaches personal health from a perspective of social responsibility. While each of us has a unique set of individual characteristics that shape our health, environmental factors have an impact on our well-being, too. *Your Health Today* incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond.


The student-focused features in the eighth edition of *Your Health Today* highlight current topics, illustrate concepts with new photos and graphs, and invite dialogue among personal health students. These features serve as entry points to classroom discussion, critical thought, and practical application of health concepts to students' lives. Many also have accompanying assignable online activities within Connect.

## Connect Is Proven Effective

 **connect**® **McGraw-Hill Connect**® is a digital teaching and learning environment that improves performance over a variety of critical outcomes; it is easy to use, and it is proven effective. Connect® empowers students by continually adapting to deliver precisely what they need, when they need it, and how they need it, so your class time is more engaging and effective. Connect for Personal Health offers a wealth of interactive online content, including health labs and self-assessments, video activities on timely health topics, and practice quizzes with immediate feedback.

New to this edition, Application-Based Activities help your student assess their own health and behavior. Twelve new self-assessments and five new Portfolio Health Profiles include privacy controls to protect student data.

## Personalized Learning

 **SMARTBOOK**® Available within Connect, **SmartBook**® makes study time as productive and efficient as possible by identifying and closing knowledge gaps. SmartBook identifies what an individual student knows and doesn't know based on the student's confidence level, responses to questions, and other factors. SmartBook builds an optimal, personalized learning path for each student, so students spend less time on concepts they already understand and more time on those they don't. As a student engages with SmartBook, the reading experience continuously adapts by highlighting the most impactful content a student needs to learn at that moment in time. This ensures that every minute spent with SmartBook is returned to the student as the most value-added minute possible. The result? More confidence, better grades, and greater success.

SmartBook is optimized for phones and tablets and accessible for students with disabilities using interactive features.



## Writing Assignment

McGraw-Hill's new Writing Assignment tool delivers a learning experience that improves students' written communication skills and conceptual understanding with every assignment. Assign, monitor, and provide feedback on writing more efficiently and grade assignments within McGraw-Hill Connect®. Writing Assignment gives students an all-in-one place interface, so you can provide feedback more efficiently.

Features include:

- Saved and reusable comments (text and audio).
- Ability to link to resources in comments.
- Rubric building and scoring.
- Ability to assign draft and final deadline milestones.
- Tablet ready and tools for all learners.

## Dietary Analysis Tool

NutritionCalc Plus is a suite of powerful dietary self-assessment tools that help students track their food intake and activity and analyze their diet and health goals. Students and instructors can trust the reliability of the ESHA database while interacting with a robust selection of reports. This tool is provided at no additional charge inside Connect for *Your Health Today*.

# Features of *Your Health Today*

**Action Skill-Builders** present manageable first steps in making meaningful behavior changes and show that a small change can make a big difference. Topics include moving toward healthier eating, getting a better night's sleep, overcoming barriers to physical activity, and discussing contraception.



**Consumer Clipboards** show students how to weigh information, evaluate product claims, and make savvy health-related choices in a world full of misinformation and gimmicks. Topics include getting the most out of menu labeling, evaluating online health information, and selecting a pair of running shoes.



**Public Health Is Personal** boxes highlight broader community factors that influence personal health. They ask students to consider how systemic factors and policies that might seem remote—free early childhood education, community-sponsored needle-exchange programs, or community walkability—can have a profound impact on individual health choices and priorities.



**Who's at Risk?** boxes highlight data that show inequities in health outcomes and trends among diverse groups of people: for example, causes of death by geographic region and race, drinking problems by gender, or illicit drug use by geographic region. Featuring graphs and visuals, these boxes invite students to consider and critically discuss systemic reasons for these trends.



**Life Stories** boxes feature lively and relatable stories that personalize chapter concepts and show how topics play out in real life. Among the topics covered are online genetic testing, unintended pregnancy, culture and eating habits, and sexual assault.



**Starting the Conversation** boxes are designed to invite meaningful classroom discussion. Each box poses a question, presents information to inform the discussion, and ends with two critical thinking questions. Topics in the eighth edition include the role of voting in affecting public policy, the reason asthma rates are rising, and proposals to lower the legal limit for driving under the influence.



**You Make the Call** features present the facts behind a contentious social issue, followed by the pros and cons of two opposing positions. Topics include health insurance access, marijuana legalization, vaccination requirements for college students, mandatory calorie counts on menus, and digital connectivity.



A **Personal Health Portfolio** activity accompanies each chapter and can be completed on paper or online. Each includes a self-assessment or journaling activity and self-reflection questions. Students explore their personal health strengths and challenges and reflect on how friends, family, culture, community, and policy influence their personal health decisions. Activities include developing a family health tree; monitoring sleep, food, and activity levels; and assessing personal levels of stress.

# Chapter-by-Chapter Changes—Informed by Student Data

Changes to the eighth edition include new research findings, updated statistics, and current hot topics that affect students' health choices and challenges. We have used inclusive language whenever possible. New pictures were added to chapters for relevance. Personal Health Portfolios were updated as necessary and remain as appendices at the end of chapters for convenient student access.

## Chapter 1: Self, Family, and Community

- Reorganized discussion of health equities and socioecological model. Heredity and creating a family health tree now make up the last section of the chapter.
- Updated discussion of population health and health equity, with international comparison.
- New discussion about a single-payer system for health care coverage.

## Chapter 2: Mental Health and Stress

- Updated references.
- Updated prevalence statistics about mental illness and health.
- Mention of ketamine as a potential treatment for anxiety disorders.
- New figure showing average stress levels in the United States in 2018.
- Added Web-based and virtual reality PTSD interventions.

## Chapter 3: Social Connections

- Updated references.
- New emphasis on the importance of social support.
- Expanded discussion of gender identities such as cisgender.
- New Action Skill-Builder box: Learning to be supportive of non-binary individuals.

## Chapter 4: Sleep

- New You Make the Call box on whether fatal or injurious accidents caused by sleep deprivation should be viewed as criminal acts in the judicial system.
- New Life Stories box on managing indoor and outdoor light for sleep.
- New Consumer Clipboard box on sleep-tracking apps.

- Added discussion of sleep and thyroid gland.
- Expanded Starting the Conversation box to address in more depth how caffeine crash affects students' academic work.

## Chapter 5: Nutrition

- New figure showing beverage nutrient ratings from the Beverage Guidance Panel.
- New Action Skill-Builder box on whether smoothies are really healthy.
- Added discussion of cell-cultured (plant-based) meat.
- New topic whether black pepper is healthy.
- New topic on gluten sensitivity's effects on the thyroid gland.
- New section on microwaving food and potential nutrient loss.
- New topic on the safety of professional/college concession food.
- New Starting the Conversation box on the future of food.

## Chapter 6: Fitness

- Added section on posterior muscle training to offset anterior/posterior muscle imbalance.
- Expanded discussion of neuromuscular fitness to explain slow, mindful movement.
- New Action Skill-Builder box on neuroplasticity training.
- New section on conscious movement, which combines t'ai chi and mindful exercise.
- New section on micro-workouts such as face gym, pump, and kegel.
- Extensive new section on the exercise recovery industry (e.g., float tanks and blood flushing).
- New Action Skill-Builder box on urine charts and hydration.
- New box on cold therapy for exercise recovery.
- New You Make the Call box on use of student fees to build elaborate campus recreation centers.

## Chapter 7: Body Weight and Body Composition

- Increased sensitivity to the role of language and bias in discussions of body composition.
- Updated and expanded discussion of the multifactorial effect of genes on body composition.

**xx Chapter-by-Chapter Changes—Informed by Student Data**

- Revised approach to types of diets that emphasize critical thinking about their characteristics and individual dieting goals.
- Increased emphasis on a holistic approach to body composition and health.
- New section on the role of gut microbiome and body composition.

**Chapter 8: Body Image**

- Continued focus on positive body image development and resiliency.
- Increased inclusion of gender identity and sexual identity formation.
- Updates on media role, incorporating social media and media literacy.
- Updated data on and discussion of body art and cosmetic surgery.

**Chapter 9: Alcohol and Tobacco**

- New section on safety of vaping.
- New section on pot-infused alcohol.
- Update on new alcohol fads, such as vodka eyeballing and vodka tampons.
- New section on whether Millennials and Generation Z are drinking less alcohol than previous generations.
- Update on law enforcement efforts to confront fake identification cards.

**Chapter 10: Drugs**

- Updated references and data.
- Updated information about uses of specific drugs.
- Description of use of ketamine for the treatment of depression.
- Updated and expanded You Make the Call box on marijuana legalization.

**Chapter 11: Sexual Health**

- New sections on intersex anatomy, orgasm gap, and sexual noncordance.
- A new Public Health Is Personal box on cybersexing as a public health issue.
- A new section on sex recission by Millennials and Generation Z.
- A new Action Skill-BUILDER box on dating apps and services as well as sexual predators.
- A new Starting the Conversation box on sex doll brothels.

**Chapter 12: Reproductive Choices**

- Reorganized presentation of contraceptives to emphasize long-acting reversible contraceptives.
- New Starting the Conversation box exploring access to reproductive health care.
- More inclusive language and data on sexual-minority and gender-minority reproductive health.
- New You Make the Call box exploring options to support early childhood development.

**Chapter 13: Infectious Diseases**

- New discussion of SARS-CoV2 and the COVID-19 disease pandemic.
- Updated Starting the Conversation box about influenza and COVID-19.
- Updated figure about the adult immunization schedule.
- Updated and expanded discussion of antibiotic resistance in both the chapter and the Public Health Is Personal box introducing the One Health model.
- Updated statistics and focus on prevention of HIV, including new sections on treatment as prevention (TasP), postexposure prophylaxis (PEP), and preexposure prophylaxis (PrEP).

**Chapter 14: Cardiovascular Disease, Diabetes, Chronic Lung Diseases, and Dementia**

- “Promoting Cardiovascular Health” focuses on the Life’s Simple 7, behaviors and factors that promote cardiovascular health.
- Updated data on and impact of chronic diseases.
- New section discussing dementia.

**Chapter 15: Cancer**

- Updated cancer diagnosis and death data.
- New Starting the Conversation box exploring the role of racism as it relates to cancer.

**Chapter 16: Injury and Violence**

- New section on electric scooter safety.
- New section on ride-sharing services and sexual assault.
- New Starting the Conversation box on whether the sexual assault investigation process is biased against men of color.
- More in-depth discussion of the moral and legal clarity of the #MeToo movement’s effects on sexual harassment.
- Updated discussion of children and vehicular heat stroke and the Hot Car Act.
- Revised personal health portfolio on injury.

**connect** **Chapter 17: Complementary and Integrative Medicine**

- Revisions throughout to reflect the National Center for Complementary and Alternative Medicine's name change to the National Center for Complementary and Integrative Health.
- New You Make the Call box exploring whether the U.S. government should regulate drug prices.

**connect** **Chapter 18: Environmental Issues**

- New You Make the Call box on whether plastic straws should be banned.
- Updated discussions of how ocean acidification and warming oceans affect sea life behavior and coral reef erosion.
- Updates on Trump administration's legislative actions on renewable and nonrenewable energy resources.

- Updated Personal Health Portfolio activity with more personal assessment instruments on carbon, water, and lifestyle footprints.
- New section on light pollution's effects on ecosystems and human biochemical rhythms, and how and why some communities are going dark.
- New in-depth discussion of climate change and wildfires, particularly pyro-C tornado vortex.
- Discussion of how climate change is affecting the polar vortex.
- New section on what the weather in U.S. towns will look like in 2080.
- More in-depth discussion of microplastic pollution in the world's oceans.
- Use of IPCC reports to update major environmental issues.

# Your Course, Your Way



**McGraw-Hill Create<sup>®</sup>** is a self-service website that allows you to create customized course materials using McGraw-Hill Education's comprehensive, cross-disciplinary content and digital products. You can even access third-party content such as readings, articles, cases, videos, and more.

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## Instructor Resources

Your Health Today offers an array of instructor resources for the personal health course:

**Instructor's manual.** The instructor's manual provides a wide variety of tools and resources for presenting the course, including learning objectives and ideas for lectures and discussions.

**Test bank.** By increasing the rigor of the test bank development process, McGraw-Hill has raised the bar for student assessment. Each question has been tagged for level of difficulty, Bloom's taxonomy, and topic coverage. Organized by chapter, the questions are designed to test factual, conceptual, and higher order thinking.

**Test Builder.** New to this edition and available within Connect, Test Builder is a cloud-based tool that enables instructors to format tests that can be printed and administered within a Learning Management System. Test Builder offers a modern, streamlined interface for easy content configuration that matches course needs, without requiring a download.

Test Builder enables instructors to:

- Access all test bank content from a particular title.
- Easily pinpoint the most relevant content through robust filtering options.
- Manipulate the order of questions or scramble questions and/or answers.
- Pin questions to a specific location within a test.
- Determine your preferred treatment of algorithmic questions.
- Choose the layout and spacing.
- Add instructions and configure default settings.

**PowerPoint.** The PowerPoint presentations highlight the key points of the chapter and include supporting visuals. All slides are WCAG compliant.

## Acknowledgments

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# Self, Family, and Community

# 1



## Ever Wonder...

- why it's so hard to break a bad habit?
- how much your parents' health predicts your own?
- how your neighborhood influences your health?