

HTH 340 Study Guide for Exam # 1

Overview of Chronic Health

- What is chronic health?
- Concordant condition: illnesses that have the same conditions observed and processes and mechanisms; have similar management plans (Type II diabetes and hypertension)
- Discordant conditions: illnesses that are not directly related to each other in their pathogenesis or management (Type II diabetes and asthma)
 - Persistent and/or recurring health condition that is typically no-communicable (no infectious agent)
 - 3 months-1 year
- Why is chronic health important in the US?
 - % of US adults have one or more chronic health conditions
 - 75% of health care costs
 - \$2.25 TRILLION DOLLARS
 - In 2011, 2.2 million Virginians had at least 1 chronic condition (24.6 billion dollars)
 - Cause 50% of avoidable death in VA
- Causes of death in the US
 - Heart disease (192.9)
 - Cancer (185.9)
 - Chronic lower respiratory diseases
 - Accidents
 - Stroke
 - Alzheimer's disease
 - Diabetes
 - Influenza and pneumonia
 - Nephropathies
 - Suicide
- Risk factors for chronic health
 - Genetics
 - Environmental factors (including occupation)
 - Lifestyle factors**
 - Nutrition
 - Fruit: 36% of adolescents and 38% of adults eat less than 1 serving a day
 - Vegles: 38% adolescents and 23% adults eat less than 1 serving a day
 - 90% adults consume too much sodium
 - Physical activity
 - 52% adults in 2012 didn't meet recommendations for physical activity
 - 76% didn't meet recommendations for strength training
 - Virginia 2014 and national 2013 both over 2020 goal (under 25%)
 - Obesity
 - About 1/3 adults
 - 17% of 2-19 year olds

Ht Exam Study Guide

Jicheng Xie



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Reviewing **Ht Exam Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Ht Exam Study Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://staging.conocer.cide.edu/public/detail/Documents/Lone%20Star%20And%20The%20Land%20Barons.pdf>

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