

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
 - Vegies: 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

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