An Invitation to Health

Setting Goals and Changing Behaviors
How Do Undergraduates Students Rate Their Health?

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical health</td>
<td>52%</td>
<td>64%</td>
<td>43%</td>
</tr>
<tr>
<td>Emotional health</td>
<td>51%</td>
<td>57%</td>
<td>46%</td>
</tr>
<tr>
<td>Self-confidence (intellectual)</td>
<td>58%</td>
<td>66%</td>
<td>50%</td>
</tr>
<tr>
<td>Self-confidence (social)</td>
<td>49%</td>
<td>54%</td>
<td>46%</td>
</tr>
<tr>
<td>Self-understanding</td>
<td>51%</td>
<td>56%</td>
<td>48%</td>
</tr>
<tr>
<td>Spirituality</td>
<td>37%</td>
<td>35%</td>
<td>38%</td>
</tr>
</tbody>
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Based on a national survey of 289,452 students at 440 colleges and universities.

Health-Related Behavior Choices

Health-related behavior choices are the actions you take and decisions you make that affect your health

– Physical choices
– Mental choices
– Emotional choices
– Spiritual choices
– Social well-being choices
The Health Belief Model

- Health behaviors are influenced by:
  - Perceived susceptibility (risk of a problem)
  - Perceived seriousness of consequences
  - Perceived benefits of specific action
  - Perceived barriers to taking action

- All these considerations enter into your decision-making process when making health-related behavior change decisions
Factors that influence positive behavior

Predisposing Factors
- Knowledge
- Attitudes
- Beliefs
- Values
- Perceptions

Positive Change in Health Behaviors Incorporates

Enabling Factors
- Skills
- Resources
- Facilities
- Physical capabilities
- Mental capabilities

Reinforcing Factors
- Praise from others
- Rewards
- Encouragement
- Recognition
- Sense of achievement
Positive and Negative Behaviors that Influence Health and Wellness (evidence-based)

Independent Exerciser
Sugar Dominated Foods/Beverages
Choose Healthy Foods
Alcohol Abuse
Weight Control
Healthy Relationships/Safe Sex
Smoking
Medical Check-ups
Learn First Aid/CPR Skills

Environmental Sensitivity
High Fat/Cholesterol Diet
Personal Safety Awareness
Drug Abuse
Over-exposure to the Sun
Worry/Procrastination
Sedentary Lifestyle
Manage Stress
“Transtheoretical” or “Stages of Change Model”
“Transtheoretical” or “Stages of Change Model”

The *model* takes into account thinking, feelings, behaviors, relationships, and many other factors

- Change is a process that includes:
  - Precontemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance
  - Termination
Six stages of Lifestyle Change

- **Precontemplation**: Individuals have no intentions of making a change in the next six months.
- **Contemplation**: Individuals are aware they have a problem behavior and are considering changing within the next six months.
- **Preparation**: Individuals intend to change a problem behavior within the next month.
- **Action**: Individuals are modifying their behavior according to their plan but not consistently.
- **Maintenance**: Individuals have continued to work at changing their behavior and have avoided relapse for at least six months.
- **Adoption**: Often after two to five years behaviors can become so deeply ingrained that a person cannot imagine abandoning it.
Steps for Modifying a Health Behavior

- Accept responsibility for your own health and make a commitment to change.
- Identify area of change and behavior to modify.
- Write a “SMART” long-term goal.
- Determine your current stage of change.
- Select a process relevant to the stage of change.
- Develop a specific plan of action.
- Identify benefits.
- Identify positive enablers.
- Sign a behavior change contract.
- Create benchmarks.
- Assess accomplishments and revise, if necessary.
- Determine a strategy for positive reinforcement.
- Assess accomplishments and revise, if necessary.

SMART GOALS

- Specific short- term and long term
- Measurable
- Acceptable
- Realistic
- Time-specific