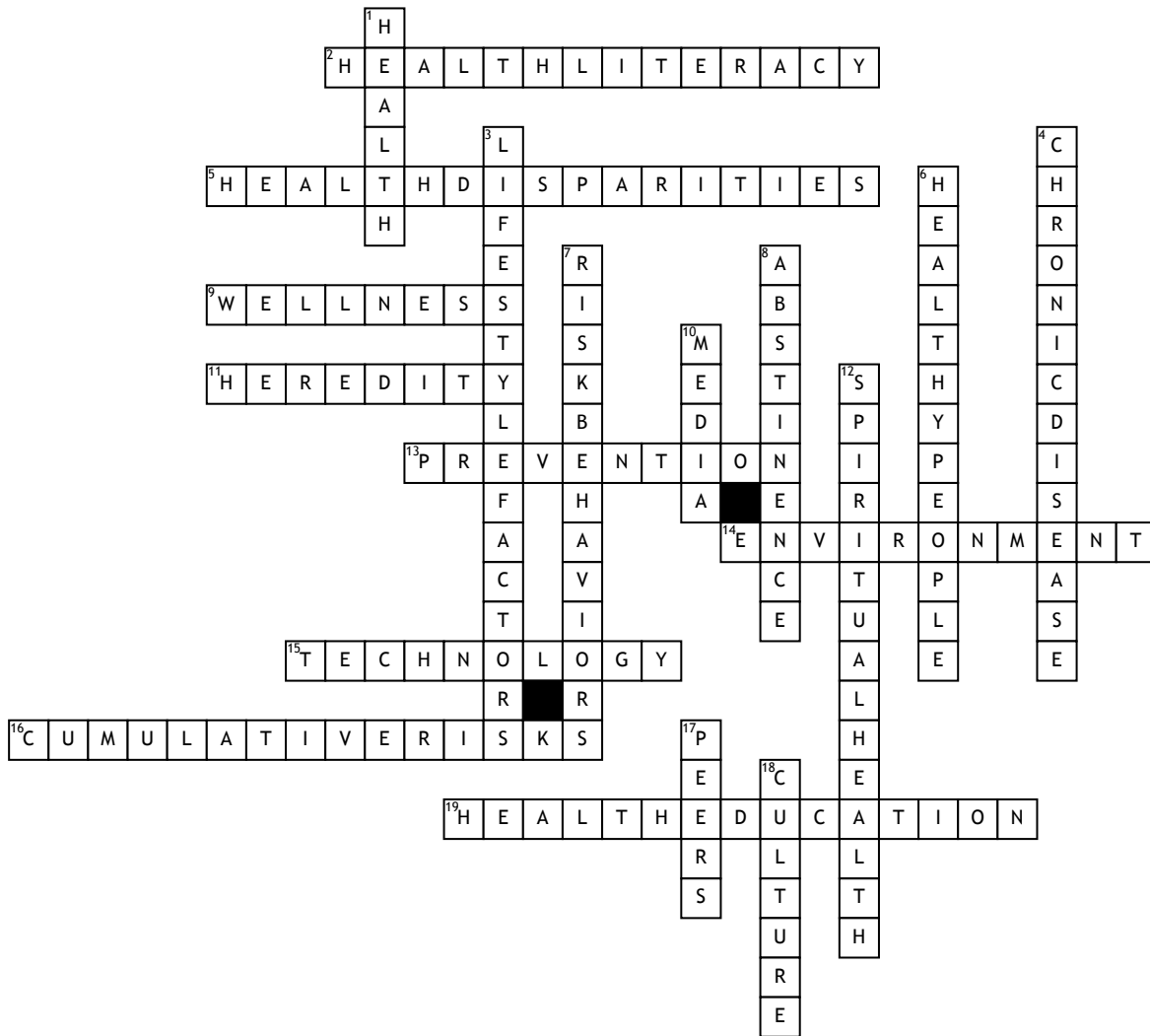


Health Chapter 1 Crossword



Across

2. a person's capacity to learn about and understand basic health information and services, and to use these resources to promote one's health and wellness

5. differences in health outcomes among groups

9. an overall state of well-being or total health

11. all the traits that were biologically passed on to you from your parents

13. taking steps to keep something from happening or getting worse

14. the sum of your surroundings

15. radio, television, and the Internet

16. related risks that increase in effect with each added risk

19. providing accurate health information and teaching health skills to help people make healthy decisions

Down

1. the combination of physical, mental, emotional, and social well-being

3. the personal habits or behaviors related to the way a person lives

4. an ongoing condition or illness such as heart disease, obesity, and cancer

6. a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States

7. actions that can potentially threaten your health or the health of others

8. a deliberate decision to avoid high-risk behaviors

10. various methods for communicating information

12. a deep-seated sense of meaning and purpose in life

17. people of the same age who share similar interests

18. collective beliefs, customs, and behaviors of a group