

LIFE COURSE HEALTH

What does that mean?
What does it have to do with me?

WHAT IS LIFE COURSE HEALTH?

TUNE

It is a way of understanding how ALL parts of a persons life NOW have an effect on their future health.



YOUR HEALTH CAN BE INFLUENCED BY A COMBINATION OF FACTORS.

TUNE

Biological

Your physical and genetic make up

Psychological

Your mental and emotional state



Behavioral



Your actions, attitudes and perceptions

Social

Family, friends, income, education, neighborhood

Family health history

Your physical condition

Medical conditions

Vaccinations



BEHAVIORAL CHOICES THAT AFFECT YOUR HEALTH

TUNE

Diet

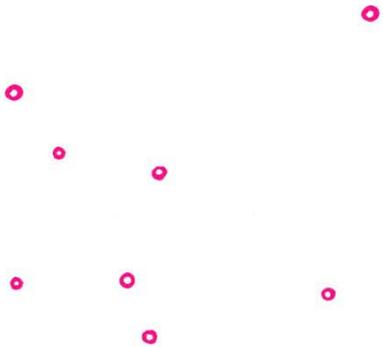
Nutrition

Exercise

Amount of sleep

Alcohol, tobacco, drugs

Infections/STD's



PSYCHOLOGICAL SITUATIONS THAT AFFECT YOUR HEALTH

TUNE

Stress

Attitude

Depression

Domestic violence



YOUR SOCIAL SITUATION AFFECTS YOUR HEALTH

TUNE

Family

Friends

Relationships

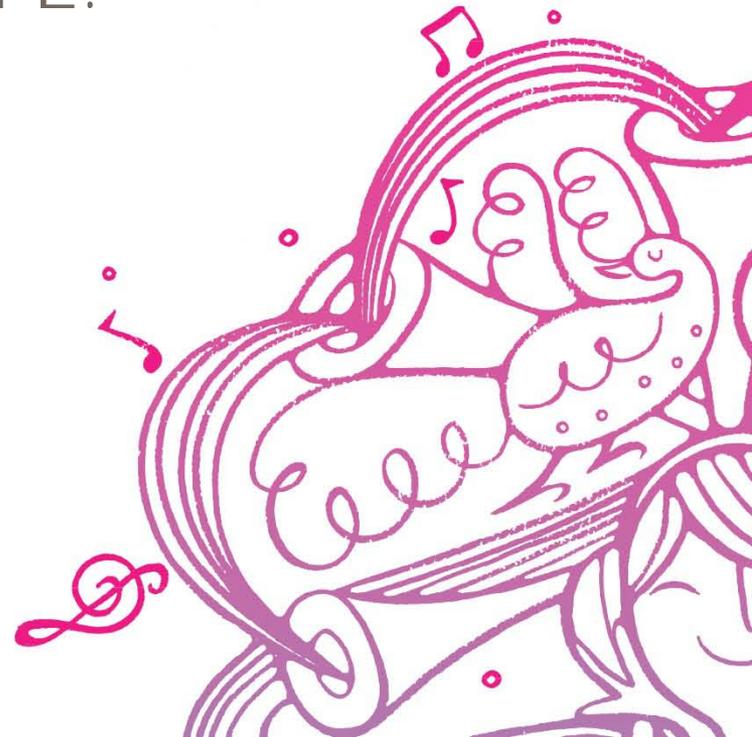
School

Your neighborhood

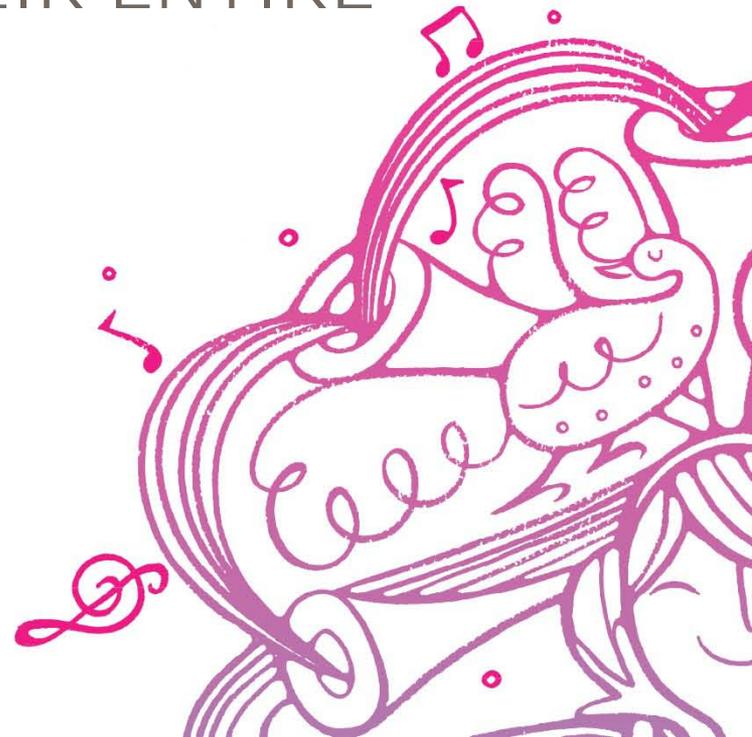
Income



GIVE SOME EXAMPLES OF HOW THE CHOICES YOU MAKE NOW WILL IMPACT YOUR HEALTH LATER IN LIFE.

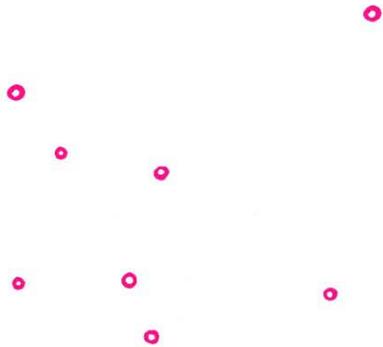


LIFE COURSE HEALTH LOOKS AT THE ENTIRE PERSON AND THEIR HEALTH HABITS THROUGHOUT THEIR ENTIRE LIFE.



THERE ARE PROTECTIVE AND RISK FACTORS THAT BEGIN AT BIRTH AND BUILD UP OVER TIME.

 MORE EMPHASIS NEEDS TO BE PLACED ON PROTECTIVE FACTORS AT AN EARLIER AGE.



Circumstances that make it harder to be healthy and make healthy choices:

- ✓ Poor housing
- ✓ Unsafe neighborhood
- ✓ Substance abuse
- ✓ Depression
- ✓ No healthy foods available
- ✓ Communication barriers
- ✓ Lack of money for food

Circumstances that promote healthy behaviors:

- ✓ Acceptable housing
- ✓ Eating good meals as a family
- ✓ Adequate medical care and health insurance
- ✓ Healthy relationships
- ✓ School programs



WHAT I DO TODAY WILL AFFECT ME
AND ALSO THE FUTURE GENERATION

TUNE



Your Mother's/Father's Life



Your Life



Next Generation



IT IS IMPORTANT TO BE VERY HEALTHY
YEARS BEFORE YOU START A FAMILY

TUNE

WHAT ARE SOME WAYS YOU CAN
BE HEALTHY BEFORE YOU HAVE
A FAMILY?



*THE ULTIMATE GOAL IS TO HAVE ALL
PREGNANCIES- EVEN UNPLANNED ONES-
HEALTHY FOR BOTH PARENT AND CHILD

IF EACH INDIVIDUAL WOMAN AND MAN IN AMERICA:

- Maintained a healthy weight
- Ate nutritious food
- Exercised regularly
- Used alcohol in moderation as adults
- Didn't use tobacco
- Followed medical advice

MANY HEALTH PROBLEMS COULD
BE AVOIDED!



REMEMBER...THE CHOICES YOU MAKE NOW
AFFECT YOUR HEALTH IN THE FUTURE.

AND MAY ALSO AFFECT THE HEALTH OF
YOUR FUTURE FAMILY.

