

## Chapter – 2

### Understanding Health

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#### I. Long Answer Questions

##### 1. What are the common health needs of adolescents?

**Ans.** Physical, emotional, and social health requirements are critical for a child's overall growth. Food and nutrition, immunity, and a healthy family and social climate are the basic health needs of children in the prenatal, postnatal, and childhood phases. Vaccine-preventable diseases such as measles, which remains India's leading killer, continue to claim the lives of children. A category of disease conditions such as diarrhoea, pneumonia, and fevers, which occur due to a lack of immediate care by the family and the lack of adequate health services, are the leading cause of mortality and morbidity among children.

##### 2. List all the dimensions of health and explain the emotional and spiritual dimensions briefly.

**Ans.** Similar belief systems can be found all over the world. Individuals will be able to explore and follow their own meaning, conviction, and sense of ultimate intent in life as a result of their spiritual beliefs. In general, people derive their meaning from a structure, while others create their own place of worship. People who have a sense of intent in life are said to be happier than those who do not. Spiritual wellbeing has a direct impact on emotional and mental health because finding a meaning in life will motivate you to work hard to achieve your objectives. Having a sense of purpose in life will also assist people in maintaining a healthy outlook on life and overcoming obstacles.

##### 3. What are MDGs, and SDGs? How are these important for the world?

**Ans.**

- The UN MDG Gap Task Force's report, "Taking Stock of the Global Partnership for Development," examines recent progress and challenges in the implementation of Millennium Development Goal 8, while also looking forward to the new sustainable development agenda that will be adopted by world leaders at the Sustainable Development Summit this month (September 25–27), and which will include the Millennium Development Goals.

- 'Transforming our world: the 2030 Agenda for Sustainable Development' is another name for the SDGs. There are 169 milestones in 17 Global Goals. SDGs also bring forward the MDGs' unfinished agenda in order to maintain the momentum that has been created. They are often intended to discuss the issues of inclusion, equity, and urbanization.

#### **4. What are the benefits of engaging in regular physical activity to the adolescents and the young?**

**Ans.** Adolescents are also unable to tell their parents, family members, or teachers about their issues. They are afraid, embarrassed, or shy about discussing their issues with them because they think they will become offended and unresponsive to their concerns. As a result, we must allow them to confide in someone they can trust regarding their personal concerns. Access to and provision of health care for different health conditions is one of the emerging health needs of teenagers. Healthcare staff may play a critical role in making programs more adolescent-friendly and motivating them to use them more often.

#### **5. Explain the physical and mental dimensions of health.**

**Ans. o.** The capacity of a human body to act properly is referred to as physical dimension. It includes workouts, good habits, a well-balanced diet, bone health, and BMI. We can keep our bodies safe by eating well, exercising regularly, and avoiding unhealthy behaviors like drug abuse. It is preferable to eat nutrient-dense foods and beverages that promote good health over those that harm it. Physical fitness refers to the ability to maintain a high quality of life that helps you to go about your everyday routine without feeling tired or stressed.

**o.** The cognitive dimensions of health, such as thought, reasoning, recalling, dreaming, and learning words, are referred to as mental health. In comparison to emotional processes, the cognitive component is concerned with perception, memory, judgment, and reasoning. It refers to a person's ability to think, process information, and act appropriately using their brain. It's our ability to learn new things, laugh at ourselves, and be creative. Our everyday lives are shaped in large part by our mental wellbeing. It aids in the development of the whole person.

#### **6. How can we get good mental health? Explain.**

**Ans.** "A state of full physical, mental, and social well-being, not simply the absence of illness or infirmity," according to the dictionary. Physical,

physiological, intellectual, emotional, and social health and wellness are now referred to as health. It is the capacity to adjust to and handle physical, emotional, and social difficulties over the course of one's life. It also refers to a person's ability to cope with stress, learn new skills, and sustain healthy relationships. It is generally accepted that biological, sociocultural, fiscal, and environmental factors all have an effect on one's health.

## **II. Short Answer Questions**

### **1. List some reasons due to which the adolescents do not utilise health services**

**Ans.** Children's health, nutrition, and education are critical to their overall growth as empowered members of society and responsible citizens of the country. The importance of health issues for all groups necessitates a multi-faceted approach, based on their age and the socioeconomic and educational status of their parents.

### **2. List important signs of stress and tension among the adolescents.**

**Ans.** Adolescents make up about a quarter of India's population. Adolescence, as you might know, is a time of transformation from childhood to adulthood, as well as a crucial period for the formation of self-identity. Physical, physiological, behavioral, and emotional changes are all related to the development of self-awareness.

### **3. What are the causes of lifestyle diseases?**

**Ans.** Lifestyle disease could have an effect on the population and health-care costs in the near future. Treatment for these non-communicable diseases can be costly. Receiving primary prevention and identifying early signs of these noncommunicable diseases may be important for the patients' health. If people do not change their lifestyle decisions, these lifestyle diseases are predicted to rise over time.

### **4. What are the benefits of setting positive health goals?**

**Ans.** Having positive health goals motivates us to pursue them with vigor and passion. For example, a student might decide, "Every day, I will miss dinner." This is a decision made with a pessimistic mindset. This kind of target does not prepare our minds for a healthier way of life. Rather, the target may be something like, "I will eat healthy food."

### **5. How much population of India is disabled currently?**

**Ans.** Following the Great Famine of 1315–1317 and the end of the Black Death in 1350, when the world population was near 370 million, it has continued to increase. Between 1955 and 1975, the world's population grew at its fastest rate of over 1.8 percent per year, peaking at 2.1 percent between 1965 and 1970.

### III. Fill in the Blanks

1. Health is commonly understood as a state of absence of \_\_\_\_\_ .

**Ans.** disease

2. The Millennium Development Goals (MDGs) helped in focusing global attention and resources towards basic \_\_\_\_\_ issues.

**Ans.** development

3. Health indicates a sound \_\_\_\_\_, and sound \_\_\_\_\_ .

**Ans.** Health indicates a sound body and sound mind.

4. \_\_\_\_\_ of health refers to the ability of individuals to interact with others in the socio-cultural environment.

**Ans.** Dimension

5. Health of the children is a critical concern for all societies, since it contributes to their \_\_\_\_\_ .

**Ans.** development .

6. Schools play a vital role in promoting the health and safety of young people and helping them to establish lifelong \_\_\_\_\_.

**Ans.** healthy behaviours .

7. \_\_\_\_\_ is a key determinant of energy expenditure, energy balance, and weight control.

**Ans.** Physical

8. The SDGs, known as 'Transforming our world: the 2030 Agenda for Sustainable Development' is a set of \_\_\_\_\_ Global Goals with \_\_\_\_\_ targets between them.

**Ans.** The SDGs, known as 'Transforming our world: the 2030 Agenda for Sustainable Development' is a set of 17 Global Goals with 169 targets between them.

#### **IV. State whether True or False**

**1. Health is influenced by biological, socio-cultural, economic, and environmental factors.**

**Ans.** Therefore the given statement is False.

**2. Lifestyle diseases are—Typhoid, Malaria, and Tuberculosis.**

**Ans.** Therefore the given statement is True.

**3. Mental health refers to the cognitive aspects of health that includes thinking, reasoning, remembering, imagining, and learning words.**

**Ans.** Therefore the given statement is False.

**4. Childhood is the stage during which the foundation of healthy life is laid.**

**Ans.** Therefore the given statement is False.

**5. Physical health and mental health are separable**

**Ans.** Therefore the given statement is False.

**6. Not everyone wants to look good and healthy.**

**Ans.** Therefore the given statement is False.

#### **V. Skill based Questions**

**1. Find out the status of anaemia among the boys and girls in your State. What schemes have been developed by your State and the Government of India to tackle anaemia?**

**Ans.** Economic deprivation is one of the major causes of malnutrition in India. Because of the population's low social status, their diet is often deficient in both quality and quantity. Women who are malnourished have a lower chance of having healthy infants. Individuals and culture suffer long-term consequences as a result of nutritional deficiencies.

**2. You have read about healthy diet in previous classes. Make a diet chart for an adolescent boy in the age group of 14–17 years.**

**Ans.** Access to and provision of health care for different health conditions is one of the emerging health needs of teenagers. Healthcare staff may play a critical role in making programs more adolescent-friendly and motivating them to use them more often.

**3. Make a project on lifestyle diseases. What are the major lifestyle diseases? Discuss how one can prevent the lifestyle diseases.**

**Ans.** Lifestyle disease could have an effect on the population and health-care costs in the near future. Treatment for these non-communicable diseases can be costly. Receiving primary prevention and identifying early signs of these noncommunicable diseases may be important for the patients' health. If people do not change their lifestyle decisions, these lifestyle diseases are predicted to rise over time.

**4. Find out the desired minimum levels of physical activities for children, adolescents, and adults in different age groups.**

**Ans.** Children's health, nutrition, and education are critical to their overall growth as empowered members of society and responsible citizens of the country. The importance of health issues for all groups necessitates a multi-faceted approach, based on their age and the socioeconomic and educational status of their parents.