

**QUICK NOTES**

# Health and Lifestyle

Learn Difficult Concepts the Quick Notes Way

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pdf version 10/14/20

[Finding Care](#)  
[Child Safety](#)  
[Pregnancy](#)  
[Healthy Dieting](#)  
[Dealing With Stress](#)  
[Addition vs. Habit](#)  
[Benefits of Physical Activity](#)  
[Quitting Smoking Changes Your Body](#)  
[Better than Yesterday Videos](#)  
[Health Videos](#)

Please link to, use to educate, and share.

[Dangerous Life Choices](#)  
[Free Courses](#)  
[Depression e-books](#)  
[Healthcare Learning Materials](#)  
[Healthy Lifestyle](#)  
[Health Literacy](#)  
[Related Sites](#)  
[Longevity Calculator](#)  
 may spur healthier habits.  
**Print Your Own COVID -19 3C Poster**

## Prelude:

[Daily Habits That Changed My Life](#)

## Finding Care

### Addiction Groups

[Alcohol](#)

[Drugs](#)

[Treatment](#)

[Resources](#)

[Blog](#)

Other Sources

[Hospital Compare](#) from medicare.gov

[Florida Health Finder.gov](#)

[Search](#) is the oldest largest health care accrediting body.

**8/39/20** [AN EVIDENCE SUMMARY OF PAEDIATRIC COVID-19 LITERATURE](#)

1/6/20 [Child Flu Deaths Hit Record High](#)

[6 Flu Vaccine Myths](#)

[Flu Vaccine Side Affects](#)

Optimistic people are **more likely to live longer**. They increase by 70% greater odds of reaching the age of 85. Optimists may be better at regulating emotion and coping with stress.

**Just 37% of American adults got a flu shot** in the 2017-2018 flu season, the **lowest rate since 2010-2011**, Centers for Disease Control and Prevention **reports**. That could be why 49 million people got the disease and **a record 79,000 people died from it last season.**

[47,173 Americans killed themselves](#) in 2017. In one year the suicide count was nearly **seven** times greater than the number of American soldiers killed in the Afghanistan and Iraq wars between 2001 and 2018.

## Dealing With Stress Videos

[31 Days of Yoga](#)

[6 Tactics to Combat Work Stress](#)

[How to Stay Calm When You Know You'll Be Stressed](#)

## Child Safety

[Children Safety.org](http://Children Safety.org)

[Safe Kids.org](http://Safe Kids.org)

## Free Courses

[Staying Fit](#) a free self-paced Internet course

[Health Across the Lifespan:](#)

[Frameworks, Contexts, Measurements](#)

[Adolescent Health and Development](#)

[Health Issues for Aging Populations](#)

[Critical Analysis of Popular Diets and Dietary Supplements](#)

[Principles of Human Nutrition](#)

[Nutrition and Medicine](#)

## Free Depression e-books

[It Will Take a Political Revolution to Cure Depression Epidemic 2/18](#)

[5 Free e-books about Depression](#)

[Brighten Your Life](#)

[Be Your Own Therapist--Psychology Self-Help](#)

## 12 HEALTHY EATING HABITS THAT WORK

1. Eat food you enjoy.



2. Portion sizes are key.



3. Pack your lunch.



4. Choose protein and fiber.



5. Go Mediterranean.



6. Don't drink your calories.



7. Give yourself options.



8. Don't grocery shop hungry.



9. Get a good night's sleep.



10. Eat breakfast.



11. Avoid diet drinks.



12. Don't snack after dinner.



SOURCES: The American Journal of Clinical Nutrition, Obesity Society, US National Library of Medicine

BUSINESS INSIDER

## Life Science Health Tidbits

[What Sugar Does to Your Brain](#)

[Reduce Sugar Spikes  
with a low-carb toast and oatmeal breakfast](#)

[Herbal Sex Supplement Sent a  
Man's Blood Pressure Through the Roof](#)

[Rachael Rettner, Senior Writer 5/10/19](#)

[Wishful Thinking:](#)

[6 'Magic Bullet' Cures That Don't Exist](#)

**QUICK NOTES** **textbooksfree.org** **QN**  
 Learn Difficult Concepts The Quick Notes Way

Health and Life provided by [Open Learn](#)

[Caring in Hospitals](#)

[Care Relationships](#)

[Life Stories](#)

[The Boundaries of Care](#)

[The Beverage Vision](#)

[Diversity and Difference in Communication](#)

[Living with Death and Dying](#)

[Finding Information in Health and Lifestyle](#)

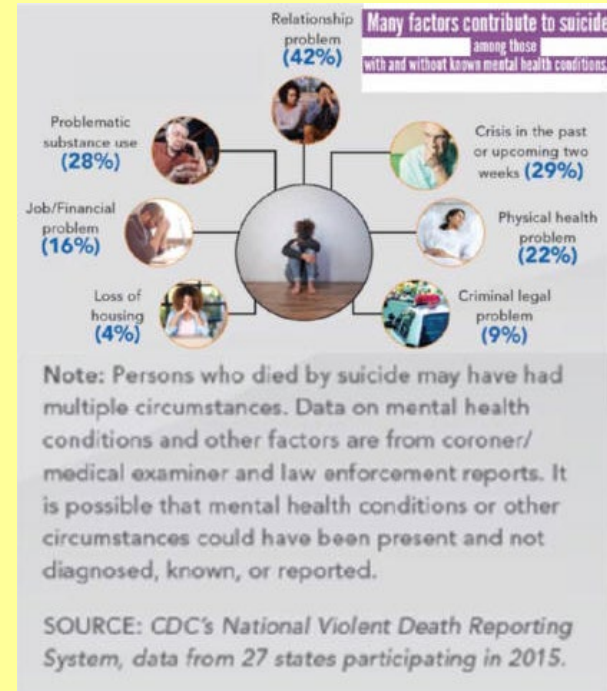
[Open Learn Search](#)

**Career Sites**

[Medical Assisting](#)

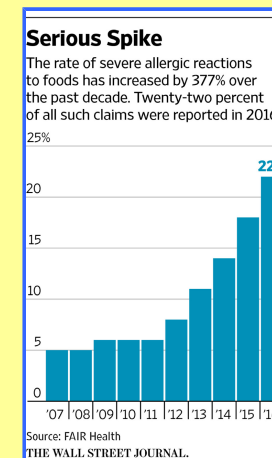
[Nursing](#)

## Suicides Up Substantially Since 1999



### [A Striking Rise in Serious Allergy Cases](#)

**Dangerous reactions to foods like peanuts, eggs and dairy increased by nearly five times over the past decade.**



## Related Sites

[Staying Fit](#) a free from [Stanford University](#)

[The Human Body: Anatomy, Facts & Functions](#) dictionary with video

[Child and Youth Well-Being](#)

[Meeting People](#)

[Personal Finance](#)

[Healthy Dieting](#) Interne Library

[Free Stuff for Students](#)

[Dieting Magazine](#)

[Biology/Health/Nursing Books](#)

## Quitting Smoking Changes Your Body

[What happens after you quit smoking? A timeline](#)

[Quit Smoking and Changes Your Body](#)

## In the News

[Some Doctors Now Question the Guidance on Finishing Antibiotics](#)

[Patients Take Big Risks When Stopping Statins](#)

[Patients Make More Medication Mistakes](#)

[When Children Can Benefit From Playing Videogames](#) 7/17

[Doctors Learn How to Give Patients the Worst News](#) 6/17

[Open Learn Collection](#)

**Suggestions Welcome**  
[antonw@ix.netcom.com](mailto:antonw@ix.netcom.com)

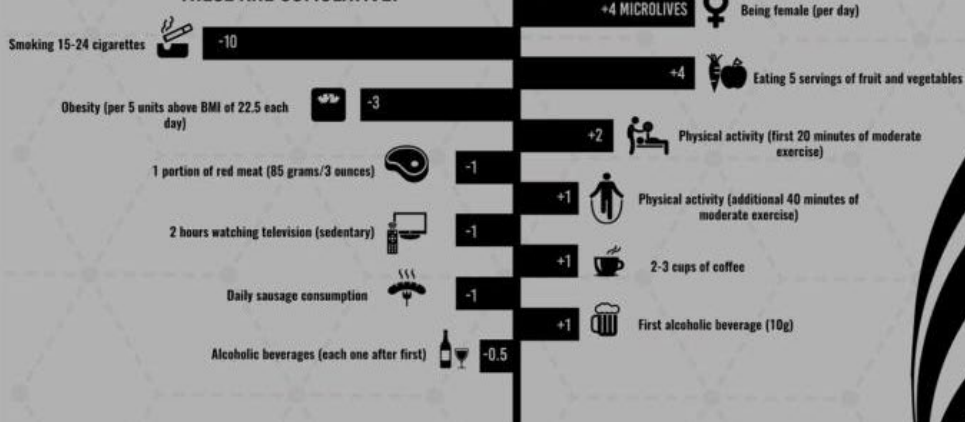
Thanks editor ! [Walter Antoniotti](#)

## Dangerous Lifestyles

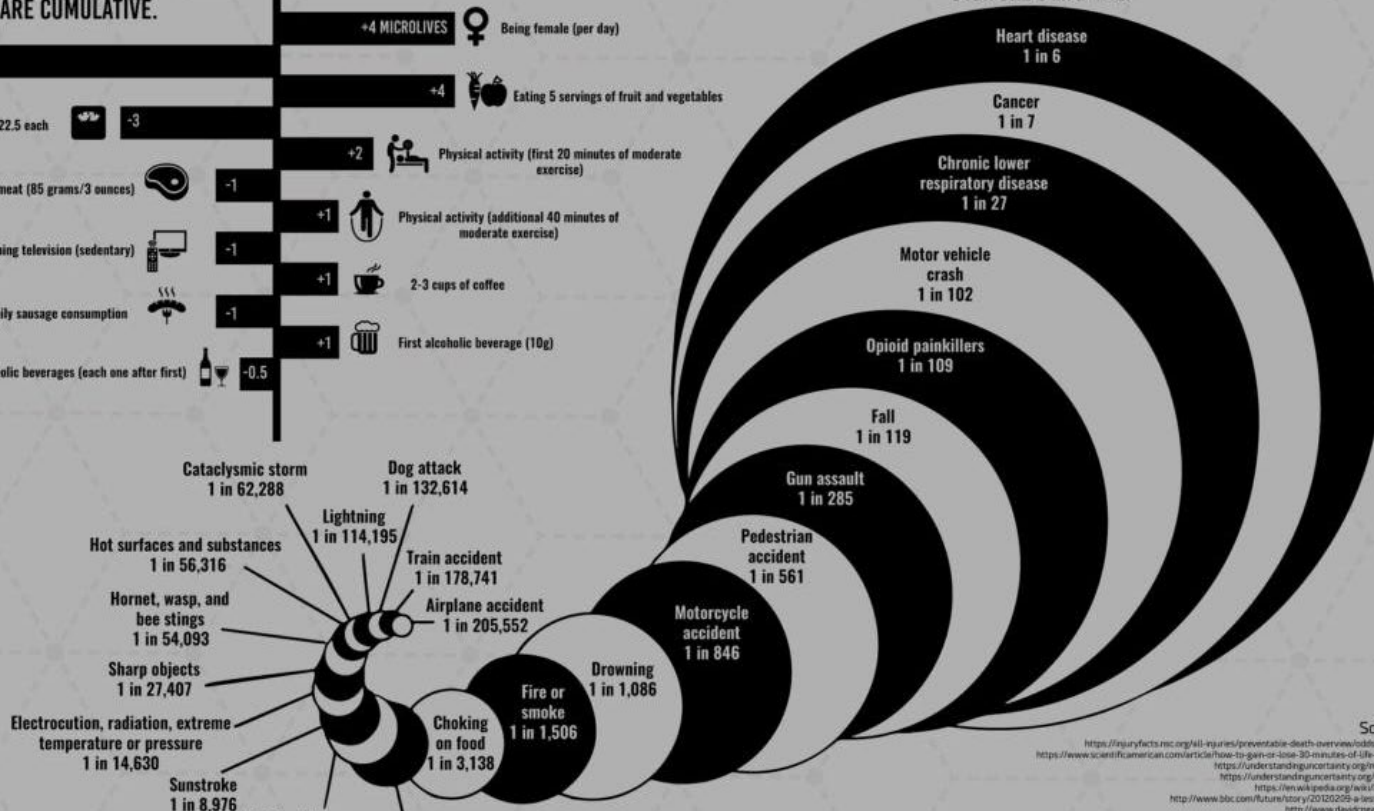
# How Likely You Are to Die From Different Activities and Behaviors



**A MICROLIFE IS A UNIT OF RISK REPRESENTING HALF AN HOUR CHANGE IN LIFE EXPECTANCY. THESE ARE CUMULATIVE.**



**ODDS OF DIFFERENT CAUSES OF DEATH OVER ONE'S LIFETIME:**



Sources:

<https://injuryfacts.nsc.org/all-injuries/preventable-death-overview/odds-of-dying/>  
<https://www.scientificamerican.com/article/how-to-gain-or-lose-30-minutes-of-life-everyday/>  
<https://understandinguncertainty.org/micromorts>  
<https://en.wikipedia.org/wiki/Micromort>  
<http://www.bbc.com/future/story/20120229-a-lesson-in-risk>  
<http://www.theguardian.com/science/2012/feb/29/micromort>



Accidental gun discharge  
1 in 8,305  
Bicycle accident  
1 in 4,050

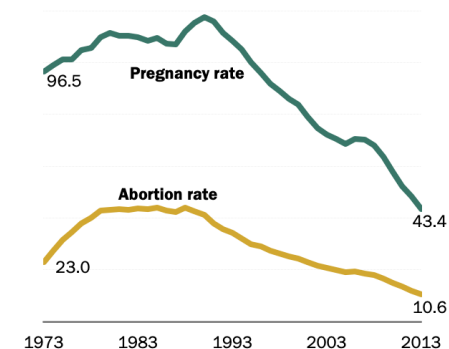
### Source

U.S. teen birth rate has fallen dramatically over time



### Abortion, pregnancy rates have declined among teenagers in the U.S.

Rates per 1,000 females ages 15-19



Note: Teens younger than 15 not shown. Pregnancy rate includes estimated number of pregnancies ending in miscarriage, abortion or stillbirth, in addition to those resulting in a live birth. Abortion rate only includes estimated number of reported legal abortions. Source: Guttmacher Institute published data.

PEW RESEARCH CENTER

### Top Benefits from Physical Activity

## Top Ten Benefits of Regular Physical Activity

In medicine, there is no magical cure-all. But if there were one, physical activity would be it. No other therapy provides as many health benefits!

1. Live longer and prevent many chronic diseases, such as high blood pressure, abnormal blood lipid profile, stroke, type 2 diabetes, metabolic syndrome, and colon and breast cancers.
2. Improves cardiorespiratory and

muscular fitness.



3. Raises your metabolism and helps you lose weight more easily

4. Reduce stress, anxiety, and depression and improve your mood.



5. Maintain brain function in older adults.

6. Helps with digestion and promotes regular bowel movements.



7. Increases bone density.

8. Age more gracefully by maintaining your looks and your agility.



9. Improves sleep quality.

10. Improves your overall quality of life.



Presented by:  | Natural Vitamins and Organic Nutritional Supplements

Source: [www.secondscount.org/heart-resources/heart-resources-detail?cid=f32ab674-f604-4483-a6fd-31081cf66065](http://www.secondscount.org/heart-resources/heart-resources-detail?cid=f32ab674-f604-4483-a6fd-31081cf66065)

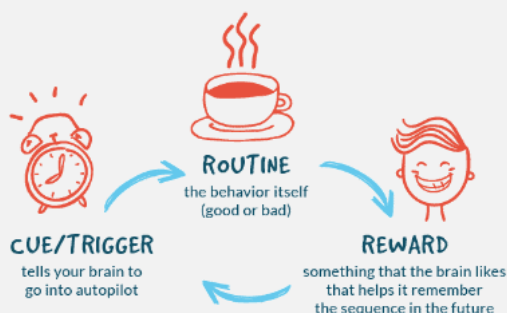
## Addition vs. Habit

[journeypureriver.com](http://journeypureriver.com) has assistance



### WHAT IS A HABIT?

Habits are formed based on rewards. Every habit starts with a pattern called a "habit loop." The three part process consists of:



### HOW LONG DO HABITS TAKE TO FORM?



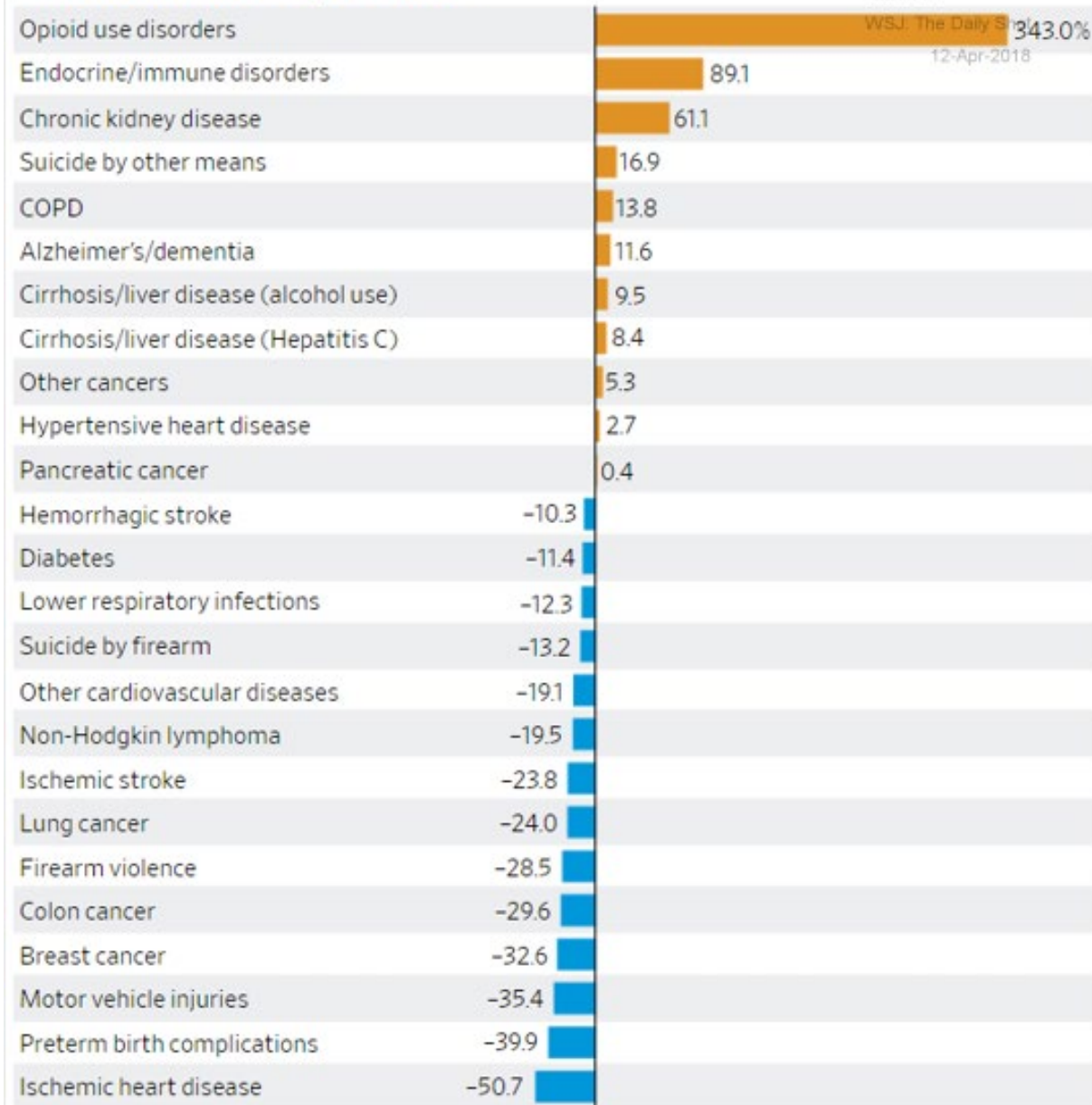
Individual times vary from 18 days to a whopping 254 days.

### HOW DO BAD HABITS GET ENCODED INTO THE BRAIN?

### Percentage change in the age-standardized death rate for the leading 25 causes of death in the U.S., 1990 to 2016


Posted on

WSJ, The Daily S 343.0%  
12-Apr-2018



Source: Institute for Health Metrics and Evaluation





**HABITS** exist because they provide a benefit.

**BAD HABITS** are encoded into the brain because they serve a biological or emotional function.

*In many cases, a bad habit is an outlet for stress - for example, biting your nails, pulling your hair, tapping your foot or clenching your jaw.*

Because bad habits provide some type of benefit, it is very difficult to eliminate them. This is why simplistic advice like "just stop" rarely works.


### WHEN DO HABITS BECOME ADDICTIONS?



Over time, the simple habit of having a drink after work can "rewire" the brain, making the brain believe that the harmful substances are actually beneficial and necessary to make it through certain situations (cues).



- Drugs and alcohol can cause different changes in the brain but, in general, they affect the "reward circuits" that tell the brain when something is pleasurable.
- The changes can make normal, pleasure-producing things seem less enjoyable, while reinforcing the need to use the addicting agent.
- Addictive drugs can release up to ten times more dopamine than natural rewards.



Addiction occurs after a person is unable to cope without the drug of choice. This often leads to withdrawal symptoms. Addicts will often do whatever it takes to get their fix.

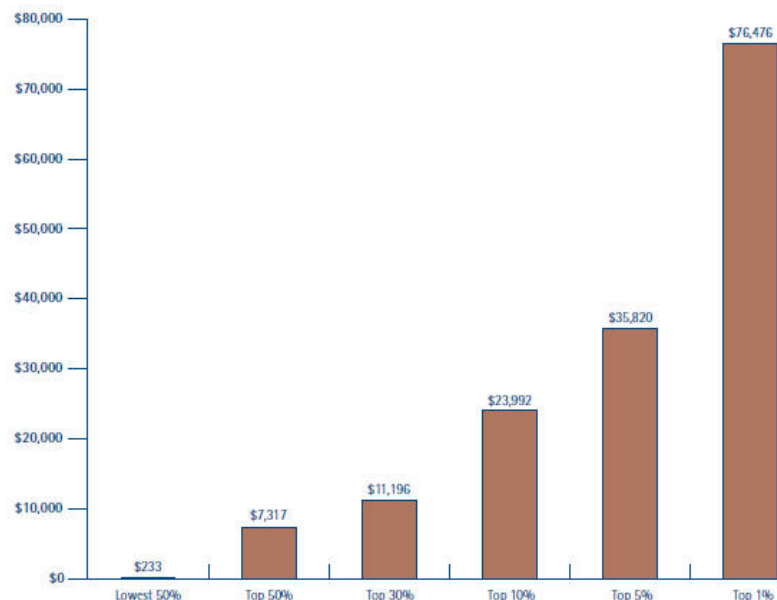
Sometimes, prolonged addiction can lead to relationship issues, tension within the family, job difficulties, financial problems and legal issues.

**18% of 15-24 year-olds** who've used alcohol in the last year



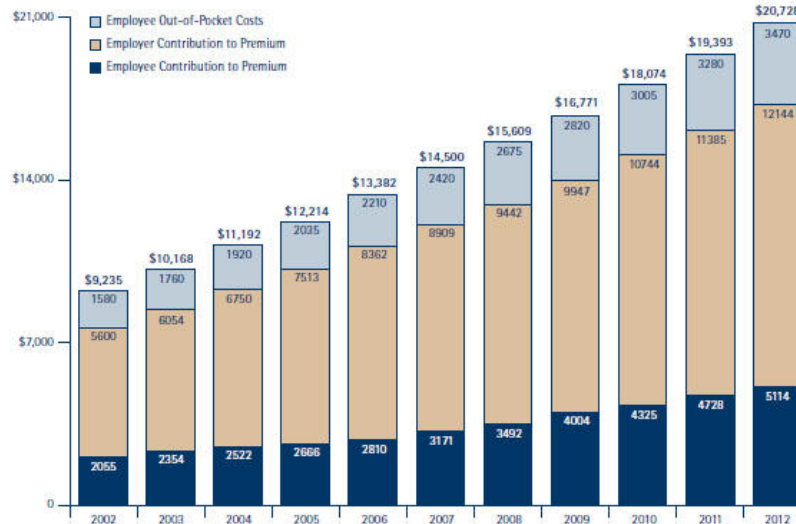
## Spending for Private Health Insurance in the United States

FIGURE 4. MEAN EXPENDITURE PER PERSON, FROM LOW TO HIGH SPENDING GROUPS, 2008



Source: NIHCM Foundation analysis of data from the 2008 Medical Expenditure Panel Survey, available at [http://www.mepsahrq.gov/mepsweb/data\\_stats/meps\\_query.jsp](http://www.mepsahrq.gov/mepsweb/data_stats/meps_query.jsp)

FIGURE 5. ANNUAL MEDICAL COSTS FOR AVERAGE FAMILY OF FOUR IN AN EMPLOYER-SPONSORED PPO PLAN, 2002-2012



NIHCM Foundation analysis of data presented in the annual Milliman Medical Index reports, 2005-2012. Values for component parts for 2002-2005 were estimated using component growth rates reported by Milliman.

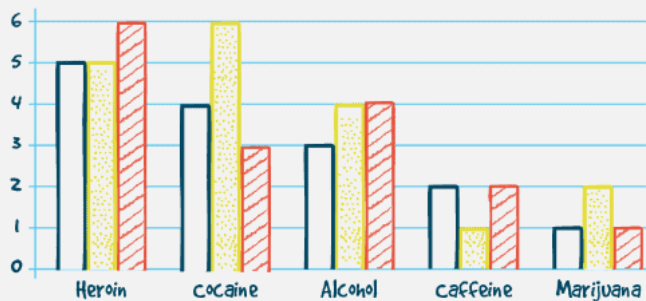
tension within the family, job difficulties financial problems and legal issues.

18% of 15-24 year-olds who've used alcohol in the last year experienced social, financial or legal harm as a result of substance abuse.



## How ADDICTIVE ARE THESE POPULAR DRUGS?

Addiction isn't cut and dry. There are many factors at play that can affect one's susceptibility to addiction which include, among other things, dependence, reinforcement and tolerance. Each drug is rated on a scale of 1-6 comparatively.



**DEPENDENCE** How difficult it is to quit. **REINFORCEMENT** A measure of the substance's ability to repeat use. **TOLERANCE** How much of the substance is needed to satisfy a craving

## THIS IS YOUR BRAIN ON DRUGS

Continuously using drugs that mimic dopamine over-stimulates the brain's reward system. With addiction, this reduces the number of dopamine receptors making the system less efficient and harder for the user to feel pleasure without their "fix."

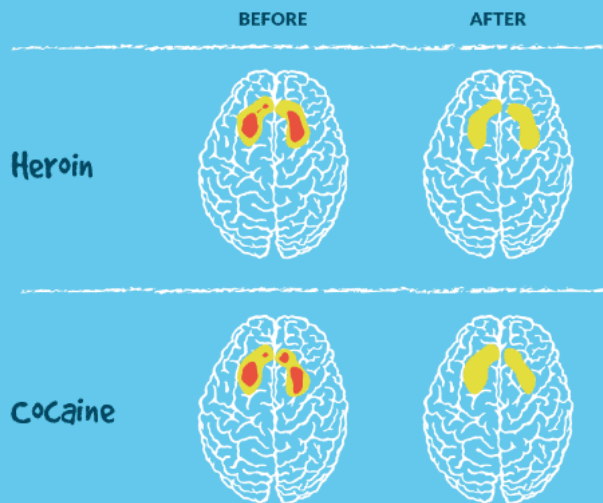
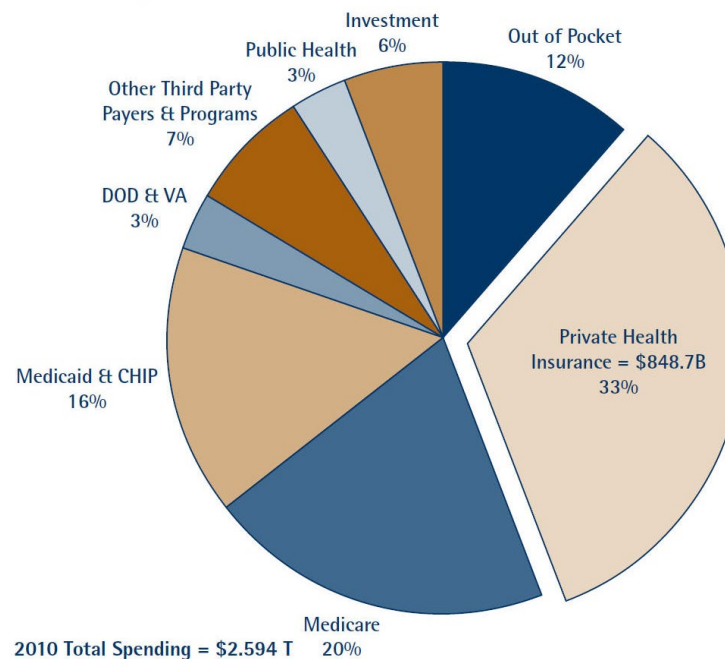


FIGURE 1. SPENDING FOR PRIVATE HEALTH INSURANCE PREMIUMS IN THE CONTEXT OF TOTAL NATIONAL HEALTH SPENDING, 2010



NIHCM Foundation analysis of data from the 2010 National Health Expenditure Accounts.

### Spending for Private Health Insurance in the United States

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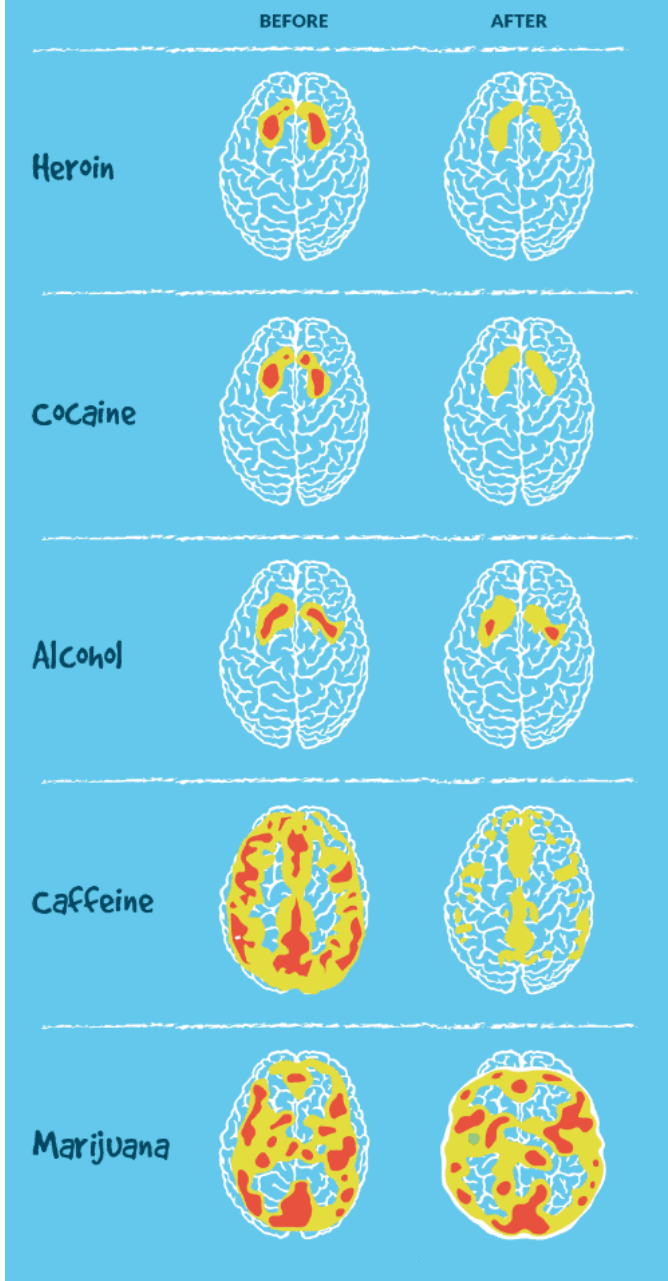
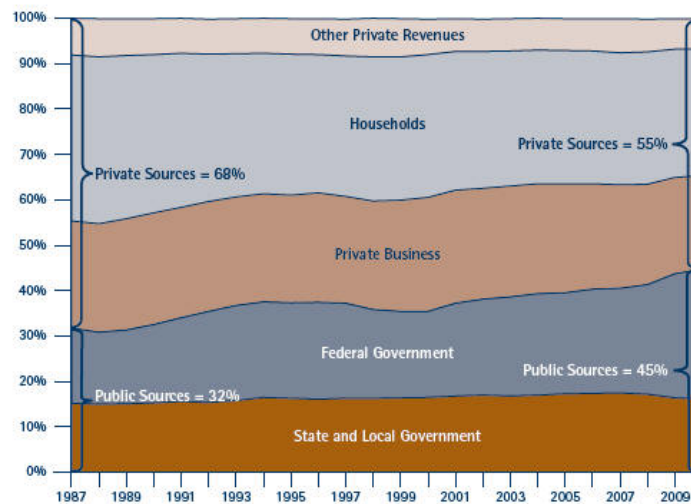
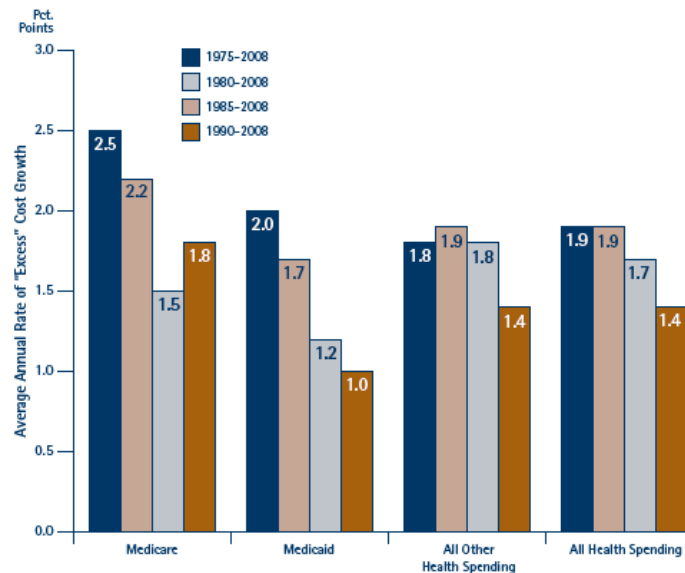


FIGURE 7. TRENDS IN SHARE OF NATIONAL HEALTH SPENDING FROM PUBLIC VS. PRIVATE SOURCES



NIHCM Foundation analysis of data from the National Health Expenditure Accounts.

FIGURE 4. EXCESS GROWTH IN HEALTH SPENDING, BY TIME PERIOD AND PROGRAM



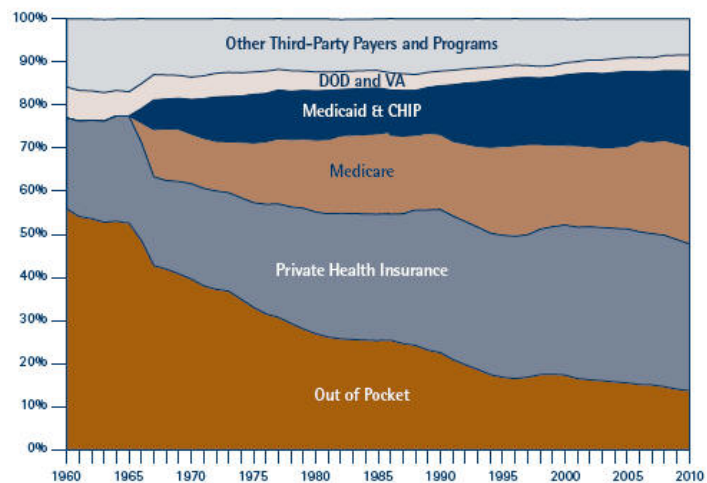
NIHCM Foundation analysis of information presented in CBO's "The Long-Term Budget Outlook," Revised August 2011.

SOURCES:  
CCSA.ca | sharleski@gg.com | drugwefacts.org | DEA Museum | Healthy Place | Help Guide  
JamesClear.com | Next Avenue | NPR | repositario.lspa.pt | Science Alert



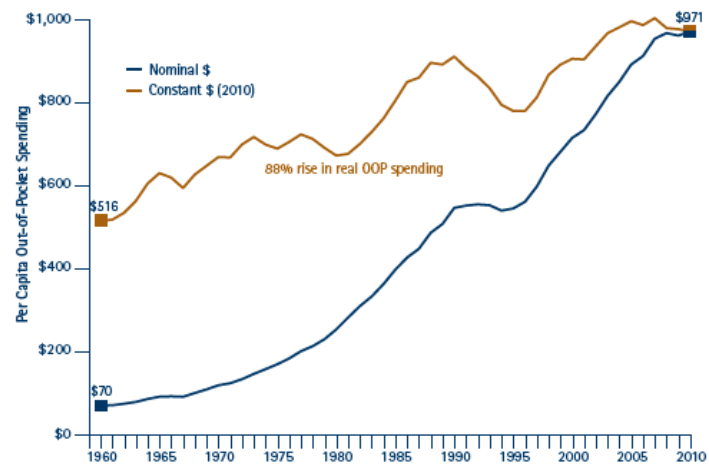
### us health care spending: the big picture - NIHCM

FIGURE 10. TRENDS IN SHARE OF PERSONAL HEALTH CARE PAID OUT OF POCKET VS. BY THIRD-PARTY PAYERS



NIHCM Foundation analysis of data from the National Health Expenditure Accounts.

FIGURE 9. TRENDS IN REAL AND NOMINAL OUT-OF-POCKET HEALTH CARE SPENDING



NIHCM Foundation analysis of data from the National Health Expenditure Accounts and Bureau of Labor Statistics.