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## Preview:

## Health Exam Revision

### Topic 1 – Intro

**Health:** Positive state of physical, mental and social wellbeing; not simply the absence of injury or disease.

**Health Promotion:** Why do people adopt certain behaviours, i.e. Smoking.

**Health Psychology:** Includes goals such as: promoting and maintaining health; preventing and treating illness; identify the causes and diagnostic correlates of health, illness and related dysfunction; and to analyse and improve healthcare systems and health policy.

- During the 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> centuries death was due mainly to dietary and infectious diseases. Infectious disease continue to be a main cause of death today.

**Infectious Diseases:** acute illnesses caused by harmful matter or microorganisms, such as bacteria or viruses, in the body.

**Chronic Diseases:** degenerative illnesses that develop or persist over a long period of time. E.g. Heart disease, cancer, stroke.