

# HEALTH CARE

## **SKILL ASSESSMENT**

The following questions will help you identify the skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
1. Know whom to call and where to go for emergency medical care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Can take care of myself when I get colds, the flu, minor cuts, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Know how to use an oral thermometer to take my temperature and know when a fever is serious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Know which non-prescription medications to take for colds, fever, headache, diarrhea, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Know how to be sure that the tamper-proof seal has not been broken on a medication container.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Know how to get a medication prescription filled and follow the instructions on the label properly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Able to use prescription and non-prescription medication appropriately.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Understand why smoking is harmful to my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Keep my Medical Passport up to date and know my own medical history, as well as health risks specific to my racial/ethnic group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Know when a medical problem requires emergency room treatment instead of a scheduled appointment with the doctor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

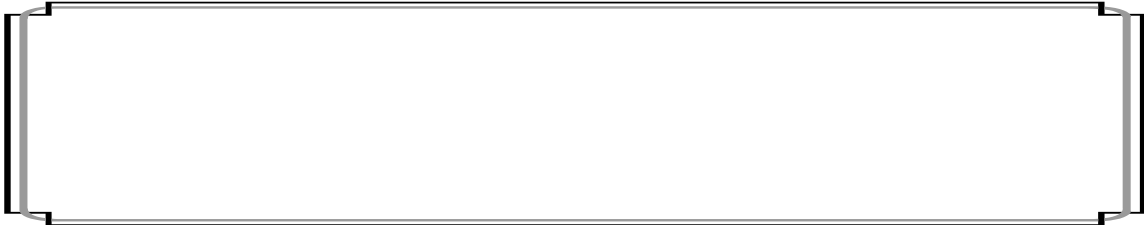
	<i>I do not know how to do this</i>	<i>I need to know more about this</i>	<i>I can do/ have done this</i>
<b>11.</b> Understand the importance of regular medical and dental care and have chosen a doctor and dentist for ongoing care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>12.</b> Know how and when to call a doctor or a dentist for an appointment for a checkup or for treatment of a medical or dental problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>13.</b> Know what medical insurance is, why it's necessary, and that it can be purchased individually or through many employers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>14.</b> Know that drug and alcohol abuse is very harmful to my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>15.</b> Know what first aid kit items I should have at home and know how to use them properly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>16.</b> Understand what sexually transmitted diseases are and how to prevent getting or spreading them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>17.</b> Know what the functions are of the various parts of the body, including sexual organs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>18.</b> Understand how pregnancy occurs and know how to prevent pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>19.</b> Know the importance of good nutrition and proper exercise in maintaining health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Why do you think it is important to take care of your health?

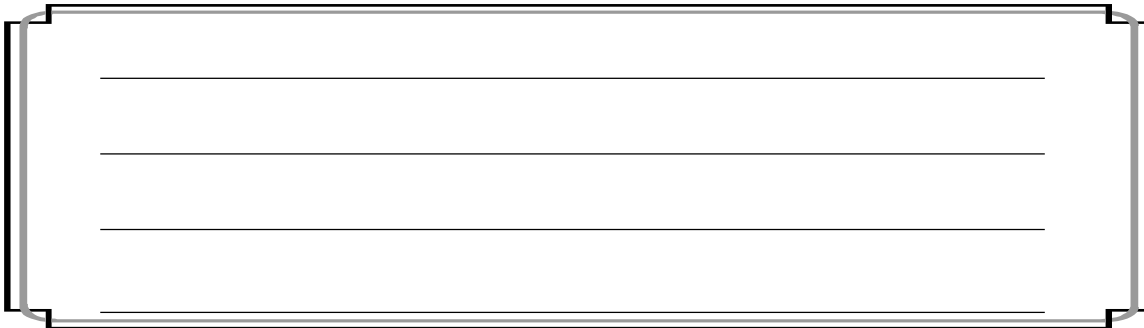


**C**onsider the following:

Thelma doesn't take care of her health. She eats a lot of fatty and sweet foods, doesn't like fruits or vegetables, and never exercises. When a friend tried to speak to her about her habits, Thelma stated that she is still young and that only old people have to take care of their health. What do you think? Is Thelma right?



What kinds of things do you think are important in taking care of your health?



## EXERCISE

Exercising regularly is an important part of keeping physically fit and can prevent certain health risks.


Test your knowledge of fitness by answering TRUE or FALSE to the following statements. (Answers are listed below.)

1. Exercising gives you more energy. \_\_\_\_\_
2. Exercising slows down the aging process. \_\_\_\_\_
3. Exercising regularly can give you more self-confidence. \_\_\_\_\_
4. Exercising is a very important part of a good weight loss program. \_\_\_\_\_
5. Even walking for twenty minutes twice a day will improve your physical fitness. \_\_\_\_\_

### Answers

1. TRUE. If you exercise on a regular basis, you feel more energetic and will be more fit.
2. TRUE. Exercising helps strengthen your body - your bones, muscles, ligaments, and tendons. It helps you improve your cardiovascular system so that your body works more efficiently while it strengthens your heart.
3. TRUE. Setting a goal for exercising three or four times per week and achieving that goal will give you a real sense of accomplishment as well as renewed confidence in yourself and your abilities. Your exercise schedule doesn't have to be like that of an Olympic star; it just needs to be a realistic and attainable goal that you can set for yourself and stick to.
4. TRUE. Exercise will not only help you burn calories, but it will keep your body in great shape as well.
5. TRUE. Even walking just twice a day for twenty minutes will improve your physical fitness.

Do you want to exercise regularly but find you have a hard time getting going or sticking with it? Use the activity chart below to help you plan your fitness schedule for a week. Use the comments section to record how things went.

Date	Time	Exercise/Activity	Comments
			

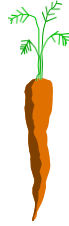
Exercise is not only healthy, but it can also be a lot of fun! Many communities offer a variety of free or low cost sports activities you can participate in. In addition, the YMCA offers access to their facilities and classes for a low fee.



**ACTIVITY**

Research your community for free or low cost exercise/sports opportunities which reflect your interest.

# NUTRITION



Good nutrition and a balanced diet are important to keep us healthy.

What kind of foods do you think are healthy and why?

<b>Food</b>	➔	<b>Reason</b>
<i>Vegetables</i>		<i>Vitamins, low calories</i>

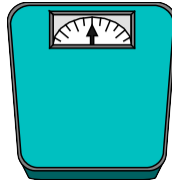
What kind of foods do you think are not so healthy? Why?

<b>Food</b>	➔	<b>Reason</b>

Test your knowledge of nutrition by answering TRUE or FALSE to the following statements. (Answers are below.)

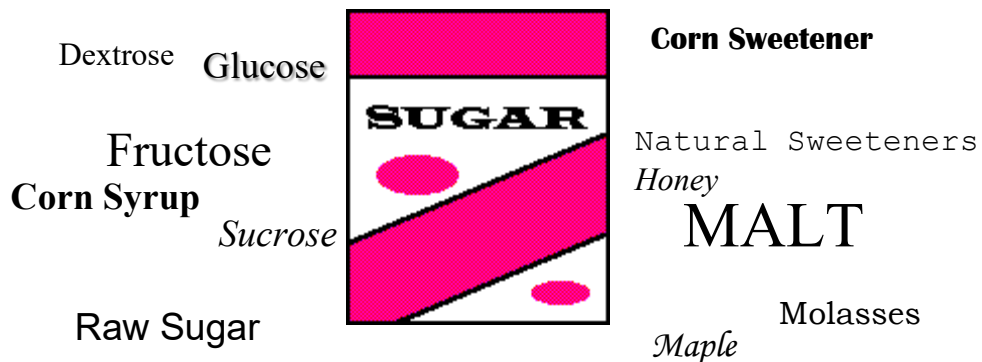
1. One cup of canned peas contains about 300 times more sodium (salt) than one cup of fresh peas. \_\_\_\_\_
2. One pound of body fat contains 3,500 calories. \_\_\_\_\_
3. One tablespoon of liquid honey has fewer calories than one tablespoon of whole granulated sugar. \_\_\_\_\_

4. All three types of fat (saturated, monounsaturated, and polyunsaturated) raise the level of cholesterol in the blood and can increase the risk of heart attack or stroke.  
\_\_\_\_\_
5. One cup of popcorn (without butter or margarine) has fewer calories than three potato chips. \_\_\_\_\_
6. A small order of French fries has the same amount of calories as a small ice cream cone. \_\_\_\_\_
7. You will have to walk one and one-half miles to burn off the number of calories in one regular donut. \_\_\_\_\_



**Answers:**

1. TRUE. Foods that contain preservatives or are processed have much more sodium than fresh foods. For example,
  - one cup of canned mushroom soup has 1,193 milligrams of sodium.
  - one cup of low fat cottage cheese has 921 milligrams of sodium
  - one fresh egg has 69 milligrams of sodium.
2. TRUE. Therefore, if you are trying to lose some weight and would like to lose one pound per week, you will have to either eat 3,500 fewer calories than you regularly eat or burn up 3,500 more calories through physical activity each week.
3. FALSE. One tablespoon of liquid honey has approximately 60 calories whereas one tablespoon of white sugar has about 46 calories. You should also be aware that sugar is an ingredient in many foods, including some you might never have suspected -- soups, spaghetti sauces, salad dressings, etc. Sugar appears under many different names on food product labels. Here are some of the most common:



4. FALSE. It is the saturated fats that raise the level of cholesterol in the blood. Red meats and dairy products contain a lot of saturated fats. Cholesterol is a kind of fat which our bodies produce. We actually need some cholesterol for our cells and to make hormones. Too much cholesterol, however, will stick to the walls of our arteries and eventually clog the flow of blood. That's when heart attacks or strokes can occur.

Monounsaturated fats do not affect the levels of cholesterol in the blood. Examples include olive and peanut oils. Polyunsaturated fats lower the level of cholesterol in the blood. Most vegetable oils are polyunsaturated. So when, you are planning meals, remember to choose polyunsaturated fats over saturated ones, and try not to eat too many foods containing saturated fats.

5. TRUE. One cup of popcorn (without butter or margarine) has only 25 calories while three potato chips have approximately 34 calories. If you are not sure which foods are high or low in calories, check a food calorie chart. What you learn may help you make better choices in planning what you'll eat for breakfast, lunch, dinner, and snacks.
6. FALSE. The order of French fries has approximately 220 calories while a small ice cream cone has 150 calories.

When you choose a snack or order at a fast food restaurant, be aware of what you'll be eating. Consider the nutritional value, the amount of fat, and the calories as well as your taste buds.

7. TRUE. A donut contains approximately 150 calories. If you walk for one and one half miles, you'll burn off approximately 150 calories.

How aware are you of all the things that you eat and drink during the day? To get a better idea of what your nutritional intake is, fill out the Daily Food Diary for one week. At the end of the week, review the diary with a friend, staff person, or foster parent.



## Daily Food Diary

Using the example below as a guide, fill out a daily food diary every day for a week.

### EXAMPLE:

<b>Time</b>	7:00 a.m.	11:00 a.m.		
<b>Food/Drink</b>	1 cup of coffee 1 donut	1 cup of hot chocolate 1 candy bar		
<b>Where</b>	kitchen	cafeteria		
<b>Mood</b>	tired	nervous		
<b>With Whom</b>	myself	Jack & Tia		

## Daily Food Diary

Day: \_\_\_\_\_

<b>Time</b>				
<b>Food/Drink</b>				
<b>Where</b>				
<b>Mood</b>				
<b>With Whom</b>				

## Daily Food Diary

Day: \_\_\_\_\_

<b>Time</b>				
<b>Food/Drink</b>				
<b>Where</b>				
<b>Mood</b>				
<b>With Whom</b>				

## Daily Food Diary

Day: \_\_\_\_\_

<b>Time</b>				
<b>Food/Drink</b>				
<b>Where</b>				
<b>Mood</b>				
<b>With Whom</b>				

### Daily Food Diary

Day: \_\_\_\_\_

<b>Time</b>				
<b>Food/Drink</b>				
<b>Where</b>				
<b>Mood</b>				
<b>With Whom</b>				

### Daily Food Diary

Day: \_\_\_\_\_

<b>Time</b>				
<b>Food/Drink</b>				
<b>Where</b>				
<b>Mood</b>				
<b>With Whom</b>				

**Now that you have kept track of your eating habits for one week, you can answer the following questions:**

Do you eat enough nutritional foods? \_\_\_\_\_

What kind of foods do you eat most often? \_\_\_\_\_

Do you eat mostly fruits and vegetables? Sweets? Fatty Foods? \_\_\_\_\_

Are there certain times of the day that you get cravings? If so, When? What kind of things could you do to curb them? \_\_\_\_\_

Do you eat when you are in certain moods - sad, bored, nervous, etc.? If so, what could you do instead of eating? \_\_\_\_\_

Do you eat more when you are alone or with certain friends? \_\_\_\_\_

Should you try to change your habits? If so, you might want to develop helpful strategies with your foster parent, social worker, or program staff.

**My strategies are:**

⇒

⇒

⇒

⇒

## EATING DISORDERS

In a recent Gallup survey, approximately 12% of teenage girls responding and 4% of the boys indicated symptoms of serious eating disorders. Anorexia, bulimia, and compulsive overeating are seriously affecting the physical and psychological well-being of countless young people who are preoccupied with gaining or losing weight.

### DEFINITIONS

**Anorexia:** In the obsessive pursuit of thinness, anorexics deliberately starve themselves and often become malnourished. Compulsive exercise, laxative, and/or diuretic abuse are characteristic. If anorexia is not properly treated, the disease can be fatal.

**Bulimia:** The bulimic compulsively eats and then, to prevent weight gain, purges through self-induced vomiting, use of laxatives, diuretics, strict dieting, fasting, vigorous exercise, or a combination thereof. This addictive binge-purge cycle is often done in secret and can progress from once or twice a week to multiple times a day. Without treatment, bulimia can be fatal due to cardiac arrest or kidney failure.

**Compulsive Overeating:** Compulsive overeaters are unable to control their food intake and repeatedly attempt to lose weight by dieting. While there may be some initial success at weight loss, the weight is ultimately gained back plus additional pounds. Fluctuations in weight and medical complications, such as hypertension and even diabetes, may be characteristic of this disease.

### **Common symptoms of eating disorders include:**

1. Constantly thinking about “feeling fat”
2. Intense fear of becoming fat or gaining weight
3. Feeling of loss of control while eating
4. Allowing your weight to determine your self-esteem
5. Feelings of guilt or shame after eating
6. Repeated and unsuccessful attempts to diet
7. Bingeing (eating large amounts of food in a short period of time)
8. Feeling self-conscious or embarrassed about eating (sneaking food or lying about eating habits)
9. Strict dieting
10. Fasting
11. Self-induced vomiting
12. Laxative and/or diuretic use

13. Compulsive exercising
14. Eating for emotional comfort, or to relieve stress or depression
15. Looking forward with pleasure and anticipation to the moments  
when you can eat alone
16. Eating when you're not even hungry
17. Eating sensibly in front of others and then making up for it when you're alone.

From materials developed by The Radar Institute, Los Angeles,  
California

**There's help for eating disorders. Ask a therapist, your doctor, socialworker or other trusted adult to make a recommendation.**