

Nutrition & Wellness for Life © 2012
Chapter 1: Making Wellness a Lifestyle—Glossary

diagnosis. The identification of a disease.

diet. All the foods and beverages a person consumes.

environmental quality. The state of the physical world a person is exposed to, including the condition of water, air, and food.

holistic medicine. An approach to health care that focuses on all aspects of patient care—physical, mental, and social.

hypothesis. A suggested answer to a scientific question, which can be tested and verified.

life expectancy. The average length of life of people living in the same environment.

mental health. The way a person feels about himself or herself, life, and the world.

nutrient. A basic component of food that nourishes the body.

nutrition. The sum of the processes by which a person takes in and uses food substances.

optimum health. A state of wellness characterized by peak physical, mental, and social well-being.

peer pressure. The influence people in a person's age and social group have on his or her behavior.

physical health. The fitness of the body.

premature death. Death that occurs due to lifestyle behaviors that lead to a fatal accident or the formation of an avoidable disease.

quality of life. A person's satisfaction with his or her looks, lifestyle, and responses to daily events.

risk factor. A characteristic or behavior that influences a person's chance of being injured or getting a disease.

scientific method. The process researchers use to find answers to their questions.

social health. The way a person gets along with other people.

stress. The inner agitation a person feels when he or she is exposed to change.

theory. A principle that tries to explain something that happens in nature.

wellness. The state of being in good health.