

NAME:

DATE:

Assessing Your Dimensions of Health

By completing the following assessment, you will have a clearer picture of health areas in which you excel and those that could use some work. Taking this assessment will also help you to reflect on components of health that you may not have thought about.

Answer each question, then total your score for each section and fill it in on the Personal Checklist at the end of the assessment for a better sense of your health profile. Think about the behaviors that influenced your score in each category. Would you like to change any of them?

Each of the categories in this questionnaire is an important aspect of the total dimensions of health, but this is not a substitute for the advice of a qualified health care provider. Consider scheduling a thorough physical examination by a licensed physician or setting up an appointment with a mental health counselor at your school if you need help making a behavior change. For each of the following, indicate how often you think the statements describe you.

Physical Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I am happy with my body size and weight. ____
2. I engage in vigorous exercises such as brisk walking, jogging, swimming, or running for at least 30 minutes per day, 3–4 times per week. ____
3. I do exercises designed to strengthen my muscles and increase endurance at least 2 times per week. ____
4. I do stretching, limbering, and balance exercises such as yoga, Pilates, or tai chi to increase my body awareness and control and increase my overall physical health. ____
5. I feel good about the condition of my body and would be able to respond to most demands placed upon it. ____
6. I get at least 7–8 hours of sleep each night. ____
7. I try to add moderate activity to each day, such as taking the stairs instead of the elevator and walking instead of driving whenever I can. ____
8. My immune system is strong, and my body heals itself quickly when I get sick or injured. ____
9. I have lots of energy and can usually get through the day without being overly tired. ____
10. I listen to my body; when there is something wrong, I try to make adjustments to heal it or seek professional advice. ____

Total score for this section: ____

Social Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. When I meet people, I feel good about the impression I make on them. ____
2. I am open and honest and get along well with others. ____
3. I participate in a wide variety of social activities and enjoy being with people who are different from me. ____
4. I try to be a “better person” and decrease behaviors that have caused problems in my interactions with others. ____
5. I get along well with members of my family. ____
6. I am a good listener. ____
7. I am open and accessible to a loving and responsible relationship. ____
8. I have someone I can talk to about my private feelings. ____
9. I consider the feelings of others and do not act in hurtful or selfish ways. ____
10. I try to see the good in my friends and do whatever I can to support them and help them feel good about themselves. ____

Total score for this section: ____

Emotional Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I find it easy to laugh, cry, show emotions like love, fear, and anger, and try to express these in positive, constructive ways. ____
2. I avoid using alcohol or other drugs as a means of helping me forget or cope with my problems. ____
3. When facing a particularly challenging situation, I tend to view the glass as “half full” rather than “half empty” and perceive problems as opportunities for growth. ____
4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways and try to resolve issues rather than stewing about them. ____
5. I try not to worry unnecessarily and to talk about my feelings, fears, and concerns rather than letting them become chronic issues. ____
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other calming activities. ____
7. I feel good about myself and believe others like me for who I am. ____
8. I try not to be too critical or judgmental of others and try to understand differences or quirks that I note in others. ____
9. I am flexible and adapt or adjust to change in a positive way. ____
10. My friends regard me as a stable, emotionally well-adjusted person whom they can trust and rely on for support. ____

Total score for this section: ____

Environmental Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I am concerned about environmental pollution and actively try to preserve and protect natural resources. ____
2. I buy recycled paper and purchase biodegradable detergents and cleaning agents, or make my own cleaning products, whenever possible. ____
3. I recycle paper, plastic, and metals; purchase refillable containers when possible; and try to minimize the amount of paper and plastics that I use. ____
4. I try to wash my clothes only when they are dirty to reduce water consumption and the amount of detergents in our water sources. ____
5. I read articles and studies on environmental concerns to keep up to date on what I can do to help. ____
6. I donate clothing that is in good condition rather than throwing it away. ____
7. I turn down the heat and wear warmer clothes at home in winter and use the air conditioner only when necessary or at higher temperatures in summer. ____
8. When shopping for food, I purchase organic, locally grown, or in-season fruits and vegetables whenever possible. ____
9. I use both sides of the paper when taking class notes. ____
10. I minimize the amount of time that I run the faucet when I brush my teeth, shave, or shower. ____

Total score for this section: ____

Spiritual Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I believe life is a precious gift that should be nurtured. ____
 2. I take time to enjoy nature and the beauty around me. ____
 3. I take time alone to think about what's important in life—who I am, what I value, where I fit in, and where I'm going. ____
 4. I have faith in a greater power, be it a supreme being, nature, or the connectedness of all living things. ____
 5. I engage in acts of caring and goodwill without expecting something in return. ____
 6. I sympathize/empathize with those who are suffering and try to help them through difficult times. ____
 7. I look forward to each day as an opportunity for further growth and challenge. ____
 8. I work for peace in my interpersonal relationships, in my community, and in the world at large. ____
 9. I have a great love and respect for all living things and regard all living creatures as important links in a vital chain. ____
 10. I go for the gusto and experience life to the fullest. ____
- Total score for this section: ____

Intellectual Health

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I carefully consider my options and possible consequences as I make choices in life. ____
 2. I learn from my mistakes and try to act differently the next time. ____
 3. I follow directions or recommended guidelines, avoid risks, and act in ways likely to keep myself and others safe. ____
 4. I consider myself a wise health consumer and check reliable information sources before making decisions. ____
 5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment. ____
 6. I have at least one hobby, learning activity, or personal growth activity that I make time for each week. ____
 7. I actively learn all I can about products and services before making decisions. ____
 8. I manage my time rather than let time manage me. ____
 9. My friends and family trust my judgment. ____
 10. I think about my self-talk (the things I tell myself) and then examine the evidence to see if my perceptions and feelings are sound. ____
- Total score for this section: ____

Personal Health Promotion/Disease Prevention

Although each of the six dimensions of health are important, there are some factors that don't readily fit in one dimension. As college students, you face some unique risks that others may not have. For this reason, we have added a section to this self-assessment that focuses on personal health promotion and disease prevention. Answer these questions and add your results to the Personal Checklist in the following section.

Point Scale: 1 = Never, 2 = Rarely, 3 = Some of the time, 4 = Usually or always

1. I know the warning signs of common sexually transmitted infections, such as genital warts (HPV), chlamydia, and herpes, and read new information about these diseases as a way of protecting myself. ____
2. If I were to be sexually active, I would use protection such as latex condoms, dental dams, and other means of reducing my risk of sexually transmitted infections. ____
3. I can have a good time at parties or during happy hours without excessive drinking. ____
4. When I have more than 1 or 2 drinks, I ask someone who is not drinking to drive my friends and me home. ____

5. I am careful to use the appropriate safety equipment and precautions whenever I participate in a physical activity that could potentially cause bodily harm. ____
 6. When I feel that I am getting sick, I slow down and take time to take care of myself so that I get better. ____
 7. If I were to get a tattoo or piercing, I would go to a reputable person who follows strict standards of sterilization and precautions against blood-borne disease transmission. ____
 8. I apply sunscreen, use products that contain a high SPF rating, and/or wear a hat and sunglasses whenever I engage in outdoor activities. ____
 9. I am careful not to mix alcohol or other drugs with prescription and over-the-counter drugs. ____
 10. I practice monthly breast/testicle self-examinations. ____
- Total score for this section: ____

Personal Checklist

Now, total your scores in each of the health dimensions and compare them to what would be considered optimal scores. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of this chapter?

	Ideal Score	Your Score
Physical Health	40	____
Social Health	40	____
Emotional Health	40	____
Environmental Health	40	____
Spiritual Health	40	____
Intellectual Health	40	____
Personal Health Promotion and Disease Prevention	40	____

What Your Scores in Each Category Mean

Scores of 35–40: Your answers show that you are aware of the importance of these behaviors in your overall health. More importantly, you are putting your knowledge to work by practicing good health habits that should reduce your overall risks. Although you received a very high score on this part of the test, you may want to consider areas where your scores could be improved for your behavior change project.

Scores of 30–34: Your health practices in these areas are very good, but there is room for improvement. Look again at the items in which you scored 1 or 2 points. What changes could you make to improve your score? Even a small change in behavior can help you achieve better health.

Scores of 20–29: Your health risks are showing! Find information about the risks you are facing and why it is important to change these behaviors. Perhaps you need help in deciding how to make the changes you desire. Assistance is available from this book, your professor(s), and student health services at your school.

Scores below 20: You may be taking unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. Identify each risk area and make a mental note as you read the associated chapter in your textbook. Whenever possible, seek additional resources, either on your campus or through your local community health resources, and make a serious commitment to behavior change. If any area is causing you to be less than functional in your class work or personal life, seek professional help.

In the sections that follow, you will find the information you need to help you improve your scores and your health. Remember that these scores are only indicators, not diagnostic tools.