

alternative medicine

various methods and practices that are not recognised as being conventional or traditional approaches to medicine

binge drinking

the consumption of excessive amounts of alcohol in a short period of time

body image

the attitude or feelings we have about our body and the way we look or the way we think others see us

body mass index
(BMI)

the most common method of determining whether a person's weight fits into a healthy weight range; weight in kilograms divided by height in metres squared

built environment

buildings and spaces that are constructed within communities

cardiovascular
disease

disease that affects
the heart or blood
vessels

chlamydia

a sexually transmitted
bacterial infection that can be
passed on through
unprotected sex and can
cause infertility

chronic

persisting over a long
time, such as a long-
term disease or illness

connectedness

the sense of belonging or
attachment an individual feels
towards people and places
they are frequently in contact
with

diabetes mellitus

a chronic condition affecting
the body's ability to take
glucose from the bloodstream
to use it for energy

dynamic

the constant fluctuations
that occur in our level of
health

empowerment

an awareness in individuals of
the choices they have and the
decisions they can take in life to
protect themselves and
promote their health

environmental
factors

things in the
environment that can
affect health in a positive
or negative way

equity

the allocation of resources
according to the needs of
individuals and populations, the
goal being to achieve equality of
outcomes

fluoridated tap
water

the controlled addition
of fluoride to public
drinking water to reduce
tooth decay

genetics

characteristics, features or hereditary diseases that are genetically linked and are passed on within a family

health determinants

the individual, socioeconomic, sociocultural and environmental factors that can have positive or negative influence on the health of individuals or populations

health literacy

the ability to understand or interpret health information and use it to promote and maintain good health

health-promoting schools

schools where all members of the school community work together to support improvements in student health

health-promoting workplaces

workplaces where policies, practices and activities are developed and implemented to improve the health and well-being of all workers

health-promotion

activities aimed at enabling people to increase control over their health and prevent illness

heart disease

the term used for diseases of the heart and blood vessels

human papillomavirus (HPV)

a common sexually transmitted infection in both males and females; a small proportion of infections can lead to cervical cancer

illicit drugs

drugs that are illegal to use, possess, produce or sell e.g. cannabis, ecstasy and amphetamines