

Community Health Worker

Key Vocabulary

At Risk Behaviors: behaviors that increase susceptibility to negative health outcomes.

Burnout: a state of physical and mental exhaustion caused by excessive stress.

Calorie: used to express the heat output of an organism and the fuel or energy value of food; a quantity of food capable of producing such an amount of energy.

Carbohydrate: any of a group of organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of humans. These compounds are produced by photosynthetic plants and contain only carbon, hydrogen, and oxygen, usually in the ratio 1:2:1.

Energy: broadly means the capacity of something, a person, an animal, or a physical system to do work and produce change.

Health: state of complex physical, mental, and social well being and not merely the absence of disease along with the ability to lead a socially and economically productive life.

Healthy Behaviors: steps, actions, and strategies individuals put in place to achieve optimum health. Healthy living is about taking responsibility and making smart health choices for today and for the future. Eating right, getting physically fit, emotional wellness, spiritual wellness, and prevention are all a part of creating a healthy lifestyle.

Health Promotion: the art and science of helping individuals discover the relationship between their core passions and optimal health, enhancing their motivation to strive for optimal health, and supporting them in changing their lifestyle to move toward a state of optimal health.

Health Seeking Behaviors: personal actions to promote optimal wellness, recovery, and rehabilitation.

Holistic: referring to treatment of both the mind and body.

Life Balance: the amount of time spent doing one's job compared with the amount of time spent with family and doing things one enjoys.

Lifestyle: the way a person lives.

Mindfulness: awareness and acceptance of the reality of the present moment or the ability to be fully present in the moment.

Nutrition: a science that examines the relationship between diet and health.

Obese: a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre-obese) when their BMI is between 25 kg/m² and 30 kg/m², and obese when it is greater than 30 kg/m².

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Personal Wellness: an active process of becoming aware of and making choices toward a more successful existence.

Power: the ability to make choices and influence outcomes.

Self-Care: self-management used to reduce stress.

Resilience: the positive capacity of individuals to cope with stress and catastrophe. It also includes the ability to bounce back to even balance after a disruption.

Strategies: a long term plan of action designed to achieve a particular goal.

Stress: the non-specific response of the body to any demand for change.

Stressor: an agent, condition, or other stimulus that causes stress to an organism.

Stress Management: the reduction of stress especially chronic stress often for the purpose of improving everyday functioning.

Wellness: the achievement of the highest level of health possible in each of several dimensions.