

Morbidity

↳ illness rate: One can live a long life but an illness can occur at young age

Mortality

↳ Death, life span

Health

↳ State of being at a specific time in life

Wellness

↳ On going process of living a healthy lifestyle (balancing)

Disease

↳ Specific virus

Illness

↳ same virus but can have different effects on different people

Prevention

↳ Doing something to maintain optimal health

Intervention

↳ Actions to stop/slow down disease

Types of Prevention

Primary

↳ Stop health problems before they start

Secondary

↳ Early intervention, reduce symptoms, slow progression

Tertiary

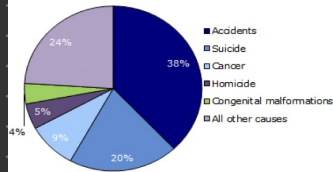
↳ Treatment & rehabilitation, limit effects of disease

Benefits of Achieving Optimal Health

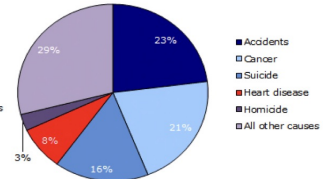
- Quality of life
- Strong immunity
- More self-confidence

Chart 1 Percentage distribution for the 5 leading causes of death in Canada, 2012

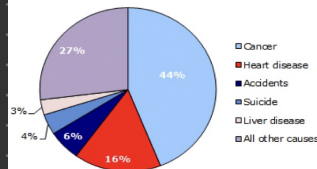
Age group: 1 to 24 years
Number of deaths = 2,695



Age group: 25 to 44 years
Number of deaths = 7,488



Age group: 45 to 64 years
Number of deaths = 40,858



Age group: 65 years and over
Number of deaths = 193,737

