

1. individual factors	those factors unique to each person that can determine their level of health	18. perception	the way something is seen or viewed by an individual or group
2. inequality	the unequal distribution of illness or conditions throughout the population	19. physical health	the wellness of the body and the absence of chronic pain or discomfort
3. life expectancy	the average number of years of life remaining to a person at a particular age, based on current death rates	20. preventative medical approaches	approaches that use medical treatments or interventions to promote health
4. lifestyle approach	an approach to health promotion that aims to reduce or prevent the incidence of risk behaviours that contribute to poor health	21. protective behaviours	health behaviours that are likely to enhance a person's level of health
5. Medicare	Australia's government-funded health scheme that subsidises the cost of medical services for all Australians	22. public health	an approach to health promotion that involves establishing programs, policies and services that create environments that support health
6. mental health disorders	a group of mental illnesses in which a person experiences disturbances of mood or thought that lead to difficulties functioning normally; these include depression, anxiety disorders and schizophrenia		
7. mental or emotional health	a state of well-being where we can realise our abilities, cope with the normal stresses of life, work productively and make a contribution to the community		
8. modifiable health determinants	determinants that can be changed or controlled so they have a different level of influence on our health		
9. morbidity	the incidence or level of illness or sickness in a given population		
10. mortality	the number of deaths in a given population from a particular cause over a period of time		
11. non-government organisations (NGOs)	organisations that focus on a specific disease or health issue		
12. non-modifiable health determinants	determinants that cannot be changed or altered		
13. obese	having a body mass index of 30 or over		
14. osteoporosis	a musculoskeletal condition in which there is deterioration in the bone structure, leading to an increased risk of bone fracture		
15. Ottawa Charter for Health Promotion	a document that represents a global approach to health promotion by the World Health Organisation		
16. overweight	having a body mass index of 25 or over		
17. ozone depletion	the decline in the ozone layer present in the atmosphere that shields the Earth from harmful levels of ultraviolet radiation		