

1. alternative medicine	various methods and practices that are not recognised as being conventional or traditional approaches to medicine	18. health literacy	the ability to understand or interpret health information and use it to promote and maintain good health
2. binge drinking	the consumption of excessive amounts of alcohol in a short period of time	19. health-promoting schools	schools where all members of the school community work together to support improvements in student health
3. body image	the attitude or feelings we have about our body and the way we look or the way we think others see us	20. health-promoting workplaces	workplaces where policies, practices and activities are developed and implemented to improve the health and well-being of all workers
4. 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	21. health-promotion	activities aimed at enabling people to increase control over their health and prevent illness
5. built environment	buildings and spaces that are constructed within communities	22. heart disease	the term used for diseases of the heart and blood vessels
6. cardiovascular disease	disease that affects the heart or blood vessels	23. human papillomavirus (HPV)	a common sexually transmitted infection in both males and females; a small proportion of infections can lead to cervical cancer
7. chlamydia	a sexually transmitted bacterial infection that can be passed on through unprotected sex and can cause infertility	24. illicit drugs	drugs that are illegal to use, possess, produce or sell e.g. cannabis, ecstasy and amphetamines
8. chronic	persisting over a long time, such as a long-term disease or illness		
9. connectedness	the sense of belonging or attachment an individual feels towards people and places they are frequently in contact with		
10. diabetes mellitus	a chronic condition affecting the body's ability to take glucose from the bloodstream to use it for energy		
11. dynamic	the constant fluctuations that occur in our level of health		
12. 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		
13. environmental factors	things in the environment that can affect health in a positive or negative way		
14. equity	the allocation of resources according to the needs of individuals and populations, the goal being to achieve equality of outcomes		
15. fluoridated tap water	the controlled addition of fluoride to public drinking water to reduce tooth decay		
16. genetics	characteristics, features or hereditary diseases that are genetically linked and are passed on within a family		
17. health determinants	the individual, socioeconomic, sociocultural and environmental factors that can have positive or negative influence on the health of individuals or populations		