Key Terms

Adequate Prenatal Care
Prenatal care initiated by the fourth month of pregnancy and 80% or more of recommended visits received.

Age-adjusted Rate
A rate of morbidity or mortality in a population that is statistically modified to eliminate the effect of age differences in a population.

Air Quality Index (AQI)
An index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you.

Behavioral Risk Factor Surveillance System (BRFSS)
A telephone (landline and cellphone) survey that collects data on health-related risk behaviors, chronic health conditions, and use of preventive services from U.S. residents 18 years of age and older.

Binge Drinking
Adult males having 5 or more drinks on one occasion, and adult females having 4 or more drinks on one occasion.

Bipolar Disorder
A mental health condition that causes mood swings that include emotional highs (mania) and lows (depression). In some cases, mania may trigger a break from reality (psychosis).

Birth Rate
The total number of live births per 1,000 females in a population in a year. The birth rate among females of child-bearing age (15 to 44yrs) is also called the general fertility rate.

Bisexual
An orientation that describes a person’s emotional, romantic, and/or sexual attraction to men, women, and other genders. Sometimes used interchangeably with “pansexual.”

Body Mass Index (BMI)
A common measure of body fat calculated from a person’s weight and height. In adults, a BMI between 18.5 and 24.9 is considered healthy. A BMI of 25 to 29.9 is overweight, and a BMI of 30 or more is obese. A child’s (ages 2 to 19 years) BMI is calculated using a height and weight calculation, and the category is determined by plotting the BMI value on a gender and age specific growth chart.

Built Environment
Human-made surroundings in which people live, work, and play.

Cardiovascular Disease
A group of diseases that affect the heart or blood vessels. The most common disease, coronary artery disease, involves narrowed or blocked arteries that can lead to life-threatening events such as heart attack, stroke, or heart failure.

Cancer
Diseases in which abnormal cells divide without control and are able to invade other parts of the body.

Census Tract
Small, subdivisions of a county used by the U.S. census to provide a geographic boundary in which to collect statistical data. The average population size of a census tract is 4,000 people but it can range between 1,200 and 8,000 people.

Chronic Disease
A health condition that takes many months or years to develop and is long-lasting in its effects.

Chronic Lower Respiratory Disease (CLRD)
Diseases that affect the lungs and airways such as asthma and chronic obstructive pulmonary disease (COPD). Forms of COPD include emphysema and chronic bronchitis.

Communicable Disease
Diseases that spread from one person to another or from an animal to a person. The spread happens by an airborne viruses or bacteria, blood, or other bodily fluids.

Death Rate (Mortality Rate)
A measure of the frequency of death in a defined population during a specified interval of time.

Focus Group
A small-group discussion guided by a trained leader. It is used to learn more about opinions on a designated topic to guide future action.

Food Desert
Urban neighborhoods and rural towns without ready access to fresh, healthy, and affordable food. Instead of supermarkets and grocery stores, these communities may have no food access or are served only by fast food restaurants and convenience stores that offer few healthy, affordable food options.

Food Insecurity
The disruption of food intake or eating patterns because of lack of money or other resources.

Gay
An orientation that describes a person’s emotional, romantic and/or sexual attraction to the same gender (usually men to men).

Healthy People 2020
A framework of national health objectives used to track progress towards national goals of improved health and reduced health threats.

Heavy Drinking
Adult males having more than 2 drinks per day and adult females having more than 1 drink per day.

Hispanic/Latino Ethnicity
A person of Latin-American or Spanish descent.

HIV vs. AIDS Diagnosis
Human immunodeficiency virus (HIV) is the virus that can lead to acquired immunodeficiency syndrome (AIDS). AIDS is the final stage of HIV infection. People at this stage of HIV have badly damaged immune systems and are vulnerable to infections and infection-related cancers.

Hypertensive Disease or Hypertension
Blood pressure that is consistently too high or blood pressure that is above 130/80.
Key Terms (continued)

Illicit Fentanyl vs. Fentanyl Analog
Fentanyl is a powerful opioid that was originally created in a pharmaceutical lab for pain management among those with serious illnesses. Illicit fentanyl refers to the same substance when it is created in an illegal lab for sale on the black market. Fentanyl analogues are substances that are similar to fentanyl but have small differences in their chemical makeup. These can be up to 100 times stronger than fentanyl.

Infant Mortality
The death of an infant before his or her first birthday.

Infant Mortality Rate
The number of infant deaths (less than 1 year of age) per 1,000 live births.

Lesbian
An orientation that describes a woman who is emotionally, romantically and/or sexually attracted to other women.

LGBTQ
Lesbian, Gay, Bisexual, Transgender, and Queer (or Questioning).

Life Expectancy
Number of years that a person is expected to live from a given age.

Low Birth Weight (LBW)
A baby weighing less 2,500 grams or 5 pounds, 8 ounces at birth.

Medicaid
A government program that provides health insurance to low-income and disabled individuals.

Medicare
A government program that provides health insurance to individuals age 65 and over.

Mental Illness
A wide range of conditions that affect your mood, thinking and behavior. Examples include depression, anxiety, schizophrenia, eating disorders, and addictive behaviors.

Misuse vs. Abuse
Misuse refers to the use of a substance for a purpose other than its intended use. Abuse refers to the harmful or hazardous use of substances, including drugs and alcohol, that can lead to dependence or repeated use.

Morbidity
A term used to refer to an illness or illnesses in a population.

Mortality
A term used to refer to death or deaths in a population.

National School Lunch Program (NSLP)
A federally assisted meal program operating in public and nonprofit private school residential child care institutions to offer nutritionally balanced, low-cost or free lunches to children each school day.

Percent
A ratio “out of 100.” Example: 75% means 75 per 100.

Poverty Level
The minimum income that an individual or family needs to obtain the necessities to live (such as food, water, and shelter) within a given country.

Preconception
The period of time before becoming pregnant.

Prediabetes vs. Diabetes
Prediabetes is a serious condition where blood sugar levels are elevated but are not yet high enough to be considered diabetes. Diabetes refers to a group of diseases that result in blood sugar levels that are too high and harmful to health.

Preterm
A birth occurring before 37 weeks of pregnancy have been completed.

Race vs. Ethnicity
Race refers primarily to the external physical differences between males and females assigned at birth. Gender is an individual’s inner sense of being male, female or something in between.

Shingles
An infection that causes a painful rash. Shingles is caused by the same virus that is responsible for chickenpox.

Social Determinants of Health
The conditions in the environment in which people are born, live, work, play, worship, and age that affect a wide range of health and quality-of-life outcomes.

Socioeconomic Status
Social standing or class of an individual or group often measured as a combination of education, income, and occupation.
**Key Terms (continued)**

**Supplemental Nutrition Assistance Program (SNAP)**
Program that offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities.

**Transgender**
A person whose personal identity and gender do not correspond with their sex assigned at birth.

**Trimester**
A full-term pregnancy is 40 weeks. Pregnancy is divided into three trimesters: first trimester (0 to 13 weeks), second trimester (14 to 26 weeks), and third trimester (27 to 40 weeks).

**Women, Infant, and Children (WIC) Program**
Federal program that provides nutritious foods, breastfeeding support and nutrition education to low-income pregnant, postpartum, and breastfeeding women, and infants and children until 5 years of age who are found to be at nutritional risk.

**Years of Potential Life Lost (YPLL)**
An indicator that measures the potential years of life lost to those who die before a specified age.

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

(World Health Organization, 1948)