

Definition of Terms

Cardiorespiratory Fitness: Fitness (good health) of the heart and lungs.

Cardiovascular Disease: Diseases that involve the heart and blood vessels (arteries and veins).

Coronary Heart Disease: A narrowing of the small blood vessels that supply blood and oxygen to the heart; the end result of the accumulation of plaques in the walls of the arteries that supply the muscle of the heart.

Hypertension: Also called high blood pressure, hypertension results when your blood pressure is continually elevated. Blood pressure is the force of your blood pushing against the walls of your arteries. High blood pressure usually has no symptoms, but it can cause serious problems such as heart disease, stroke, and kidney failure.

Incidence: Number of new cases of a condition or disease that arise during a specific period of time, such as a year.

Non-Insulin Dependent Diabetes Mellitus: Also called type 2 diabetes or NIDDM, non-insulin dependent diabetes mellitus is a long-term condition where the body is unable to properly regulate the amount of glucose (simple sugar) in the blood.

Morbidity: Total cases of a disease, or the severity or degree of a disease in a population.

Mortality: Death or death rate.

Prevalence: Total number of cases of a disease in the population at a given time.

Sedentary: Inactive.

Self-efficacy: Belief in one's capability to perform in a certain manner or attain a certain goal.

Sources:

U.S. National Library of Medicine and National Institutes of Health (2007). MedlinePlus. Retrieved May 17, 2007. From <http://medlineplus.gov/>.

Wikipedia (2007). Retrieved May 17, 2007. From http://en.wikipedia.org/wiki/Main_Page.



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