

# Correlation Guide

The *Annual Editions* series provides students with convenient, inexpensive access to current, carefully selected articles from the public press. **Annual Editions: Health 10/11** is an easy-to-use reader that presents articles on important topics such as *consumer health, exercise, nutrition*, and many more. For more information on *Annual Editions* and other *McGraw-Hill Contemporary Learning Series* titles, visit [www.mhhe.com/cls](http://www.mhhe.com/cls).

This convenient guide matches the units in **Annual Editions: Health 10/11** with the corresponding chapters in three of our best-selling McGraw-Hill Health textbooks by Hahn et al., Payne et al., and Insel/Roth.

| <b>Annual Editions: Health 10/11</b>             | <b>Focus on Health, 10/e by Hahn et al.</b>   | <b>Understanding Your Health, 11/e by Payne et al.</b>  | <b>Core Concepts in Health, 11/e by Insel/Roth</b>   |
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| <b>Unit 1:</b> Promoting Healthy Behavior Change | <b>Chapter 1:</b> Shaping Your Health   | <b>Chapter 1:</b> Shaping Your Health   | <b>Chapter 1:</b> Taking Charge of Your Health   |
| <b>Unit 2:</b> Stress and Mental Health          | <b>Chapter 2:</b> Achieving Psychological Health<br><b>Chapter 3:</b> Managing Stress   | <b>Chapter 2:</b> Achieving Psychological Health<br><b>Chapter 3:</b> Managing Stress   | <b>Chapter 2:</b> Stress: The Constant Challenge<br><b>Chapter 3:</b> Psychological Health   |
| <b>Unit 3:</b> Nutritional Health                | <b>Chapter 5:</b> Understanding Nutrition and Your Diet   | <b>Chapter 5:</b> Understanding Nutrition and Your Diet   | <b>Chapter 12:</b> Nutrition Basics  |
| <b>Unit 4:</b> Exercise and Weight Management    | <b>Chapter 4:</b> Becoming Physically Fit<br><b>Chapter 6:</b> Maintaining a Healthy Weight   | <b>Chapter 4:</b> Becoming Physically Fit<br><b>Chapter 6:</b> Maintaining a Healthy Weight   | <b>Chapter 13:</b> Exercise for Health and Fitness<br><b>Chapter 14:</b> Weight Management   |
| <b>Unit 5:</b> Drugs and Health                  | <b>Chapter 7:</b> Making Decisions About Drug and Alcohol Use<br><b>Chapter 8:</b> Rejecting Tobacco Use  | <b>Chapter 7:</b> Making Decisions About Drug Use<br><b>Chapter 8:</b> Taking Control of Alcohol Use<br><b>Chapter 9:</b> Rejecting Tobacco Use   | <b>Chapter 9:</b> The Use and Abuse of Psychoactive Drugs<br><b>Chapter 10:</b> The Responsible Use of Alcohol<br><b>Chapter 11:</b> Toward a Tobacco-Free Society     |
| <b>Unit 6:</b> Sexuality and Relationships       | <b>Chapter 12:</b> Understanding Sexuality<br><b>Chapter 13:</b> Managing Your Fertility  | <b>Chapter 14:</b> Exploring the Origins of Sexuality<br><b>Chapter 15:</b> Understanding Sexual Behavior and Relationships<br><b>Chapter 16:</b> Managing Your Fertility<br><b>Chapter 17:</b> Becoming a Parent | <b>Chapter 4:</b> Intimate Relationships and Communication<br><b>Chapter 5:</b> Sex and Your Body<br><b>Chapter 8:</b> Pregnancy and Childbirth                        |
| <b>Unit 7:</b> Preventing and Fighting Disease   | <b>Chapter 9:</b> Reducing Your Risk of Cardiovascular Disease<br><b>Chapter 10:</b> Living with Cancer and Chronic Conditions<br><b>Chapter 11:</b> Preventing Infectious Diseases | <b>Chapter 10:</b> Enhancing Your Cardiovascular Health<br><b>Chapter 11:</b> Living with Cancer<br><b>Chapter 12:</b> Managing Chronic Conditions<br><b>Chapter 13:</b> Preventing Infectious Diseases           | <b>Chapter 15:</b> Cardiovascular Health<br><b>Chapter 16:</b> Cancer<br><b>Chapter 17:</b> Immunity and Infection<br><b>Chapter 18:</b> Sexually Transmitted Diseases |

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| <b>Unit 8:</b> Health Care and the Health Care System | <b>Chapter 14:</b> Becoming an Informed Health Care Consumer | <b>Chapter 18:</b> Becoming an Informed Health Care Consumer | <b>Chapter 20:</b> Conventional and Complementary Medicine |
| <b>Unit 9:</b> Consumer Health                        | <b>Chapter 15:</b> Protecting Your Safety                    | <b>Chapter 19:</b> Protecting Your Safety                    | <b>Chapter 21:</b> Personal Safety                         |
| <b>Unit 10:</b> Contemporary Health Hazards           | <b>Chapter 16:</b> The Environment and Your Health           | <b>Chapter 20:</b> The Environment and Your Health           | <b>Chapter 19:</b> Environmental Health                    |