

Name: _____

ACHIEVE

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Behavior & Health Case Study: Jacob

Part I. Background

Ever since the COVID-19 pandemic started, in March 2020, Jacob has struggled with keeping his weight under control. Jacob has never really been into exercising, but every day on his lunch break he used to take a walk. However, that all changed when his company switched to working from home. Jacob used to smoke every now and then when he and his coworkers would go out, but since he has been working from home, he has taken to smoking almost a whole pack of cigarettes a day to relieve his stress. He has also been constantly snacking on unhealthy foods and not getting the proper amount of rest. He stopped taking walks on his lunch break because he would sleep through his alarm and need to use his lunch hour to catch up on work.

It has been about a year since Jacob began working from home. He recently went to the doctor's office because he was having some joint pain and shortness of breath. Things that normally came easily to him have begun causing him some trouble, like going up the stairs. His doctor informed him that he had gained 40 pounds and was in need of medical testing because his blood pressure was extremely high.

Part II. Problem

Jacob is a 50-year-old man who has asthma. His doctors in the past have warned him of the dangers of smoking and have urged him to quit. Since the pandemic, Jacob has been smoking a lot more than in the past. His doctors are now worried that he may have developed a serious medical condition, COPD, that can lead to death. On top of this, he is now struggling to keep his blood pressure under control because of the weight he gained during quarantine.

Part III. Questions

1. List the unhealthy behaviors Jacob has been partaking in.
Type here.
2. How do you think these behaviors have led to the symptoms that Jacob has been experiencing (shortness of breath and joint pain)?
Type here.
3. How could Jacob change his behaviors to start living a healthier life?
Type here.
4. Jacob is worried that if he quits smoking, he will not be able to relieve his stress in any other way. List some other ways that you have learned you can relieve stress that don't put your health at risk.
Type here.