Student name:\_\_\_\_\_\_\_\_\_\_

1. According to the Centers for Disease Control and Prevention data on leading causes of death, which lifestyle factor is LEAST associated with an increased risk of death from diabetes mellitus?

excessive alcohol consumption

inactive lifestyle

smoking

poor dietary habits

1. Which of the following is NOT considered one of the nine dimensions of wellness?

dietary wellness

emotional wellness

environmental wellness

cultural wellness

1. The nine dimensions of wellness

are entirely within people's control.

are interrelated and may affect each other.

ensure the separation of mind and body.

are static and unchangeable.

1. Which behavior or practice would contribute to a person’s physical wellness?

participating in workplace training opportunities

avoiding unsafe casual sex

avoiding debt and impulse buying

establishing an intimate relationship

1. Trust, self-confidence, and the ability to understand and accept one’s feelings are components of

emotional wellness.

interpersonal wellness.

intellectual wellness.

spiritual wellness.

1. Which of the following qualities are components of emotional wellness?

trust

self-confidence

ability to understand and accept

All of these answers are correct.

1. Immigrant parents are unconcerned about their child’s ability to adapt to school because the child is curious, open to new ideas, and eager to learn new skills. Which wellness dimension BEST reflects the child’s qualities?

emotional

intellectual

interpersonal

cultural

1. Spiritual wellness is enhanced by having

a strong support network of family and friends.

a selfless concern for the well-being of others.

the ability to express oneself creatively.

an openness to new ideas.

1. The ability to interact well with people from different religions, ethnicities, or sexual orientations is an aspect of

interpersonal wellness.

spiritual wellness.

intellectual wellness.

cultural wellness.

1. Financial wellness includes a person's ability to

find a job that has a retirement pension.

balance income and expenses.

avoid occupational hazards.

earn enough money to leave a regular occupation.

1. What is the significance of annual percentage rate (APR) and the minimum monthly payment for credit cards?

The minimum monthly payment determines the APR.

The APR is reflected in the interest you pay on your balance with each monthly payment.

APR and minimum monthly payment are the same thing.

Debit cards have a higher APR than credit cards.

1. Which behavior or quality best demonstrates a person’s interpersonal wellness?

motivation to master new skills

creativity and capacity for love

the ability to cultivate a support system of friends and family

a sense of belonging to something greater than oneself

1. Occupational wellness can be enhanced by all of the following EXCEPT

contributing to a retirement fund.

being recognized and valued by the employer.

enjoying social time with coworkers on lunch breaks.

participating in continuing education opportunities at work.

1. Every Saturday, a couple walks to and from the local soup kitchen, where they volunteer. They have made new friends and never miss a shift, even when it’s raining or inconvenient. This routine improves their

intellectual and cultural wellness.

spiritual and physical wellness.

occupational and interpersonal wellness.

emotional and environmental wellness.

1. Self-acceptance differs from self-esteem in that it

means having a set of guiding beliefs, principles, or values that give meaning and purpose to their life.

is concerned with how a person perceives that others view them.

is a feeling of trust in one’s own abilities and qualities.

refers to personal satisfaction with oneself, regardless of other people’s opinions.

1. What is the role of genetics in determining life span?

The strongest correlation between genes and mortality is susceptibility to coronary artery disease.

Studies show that over 75% of the variability in life span can be traced to genetics.

Mortality is entirely determined by environmental and behavioral factors.

Mortality is unrelated to genetics.

1. According to data from the National Center for Health Statistics, which of the following was NOT one of the top three leading causes of death in 2020–2021?

stroke

heart disease

cancer

Covid-19

1. Public health achievements during the 20th century are credited with changing the major causes of death from\_\_\_\_\_\_\_\_ to\_\_\_\_\_\_\_\_.

infectious diseases; chronic diseases

chronic diseases; infectious diseases

accidents; drug overdoses

infectious diseases; drug overdoses

1. Life expectancy among Americans almost doubled from 1900 to 1980 due to all of the following measures EXCEPT

development of vaccines.

production of antibiotics.

purification of water.

availability of more immunotherapy drugs.

1. Which was the number one cause of death in 2020–2021 in the United States?

accidents

malignant neoplasms

heart disease

diabetes mellitus

1. Which of the following statements about obesity and life expectancy is FALSE?

Researchers have identified obesity as a cause of recent declines in life expectancy.

Rates of obesity among children have recently stabilized at about 10%, or 1 in 10 children.

Developing obesity as a younger age is associated with greater obesity-related health effects due to longer exposure to excess body fat.

Obesity is associated with multiple of the U.S. leading causes of death, including Covid-19.

1. To address the obesity epidemic, health promotion advocates proposed a solution to

change food pricing to promote healthful options.

include daily physical education classes in schools.

control advertising of unhealthy foods targeting children.

All of these answers are correct.

1. Which lifestyle factor would contribute to the development of heart disease?

sex

cigarette smoking

family history

age

1. The leading cause of death among Americans aged 15 to 24 is

accidents.

infectious diseases.

homicide.

suicide.

1. The dominant focus of U.S. government health policies is

improving diversity among healthcare providers.

preventing unhealthy behaviors.

improving access to healthcare through provisions of the Affordable Care Act (ACA).

preventing deaths from respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD).

1. A primary goal of *Healthy People 2030* is to

shift the focus to environmental factors instead of social factors in determining health.

increase the proportion of adults who meet federal guidelines for exercise.

increase life expectancy beyond 100 years.

reduce the cost of health care.

1. Which statement about the Affordable Care Act (ACA) is TRUE?

Being a student disqualifies a person from being eligible for Medicaid.

"Catastrophic" health plans are available but will have a higher premium.

The majority of people can avoid a penalty if they choose not to get a health plan.

Rehabilitative services are recognized as one of the policy’s 10 essential benefits.

1. On average, compared to people living in urban areas, people living in rural areas are

less likely to wear a seatbelt when driving.

less likely to die of an injury-related cause.

more likely to be physically active.

more likely to seek preventive health care.

1. Income and education are correlated with health status. The relationship between the poverty rate and health status is\_\_\_\_\_\_\_\_, while the relationship between education level and health status is\_\_\_\_\_\_\_\_.

direct; direct

inverse; direct

direct; inverse

inverse; inverse

1. As used in the discussion of health issues for diverse populations, the concept of sex differs from that of gender in that sex refers to

the act of intercourse.

an individual’s internal sense of self.

behaviors learned by a person according to prevailing cultural norms.

the biological and physiological characteristics that define men, women, and intersex people.

1. Which gender-related wellness risk factor impacts women more than men?

rising rates of injury deaths

higher rates of smoking

more drinking episodes

lower earnings despite doing similar work

1. Which statement regarding the health of diverse population groups is TRUE?

Compared with white people, Black and Hispanic people are less likely to get appropriate medication for heart conditions.

Rates of death related to smoking and alcohol use are lower among American Indians and Alaska Natives than the general population.

Rates of diabetes and asthma are lower among Pacific Islanders than the general population.

Latinos on average have higher rates of suicide than the general population.

1. Compared to the general population, which of the following diseases is of special concern for many groups of American Indians and Alaska Natives?

stroke

heart disease

cancer

diabetes

1. Compared to the general population, African American people have lower rates of

osteoporosis.

asthma.

high blood pressure.

stroke.

1. Early screening for\_\_\_\_\_\_\_\_ may be recommended for African American men due to significantly elevated risk for the condition.

osteoporosis

suicide

prostate cancer

skin cancer

1. On average, Latinos have lower rates of\_\_\_\_\_\_\_\_ compared to the general population.

heart disease

obesity

diabetes

gallbladder disease

1. When compared to the overall U.S. population, Asian Americans have

lower rates of lung cancer.

higher rates of alcohol abuse.

lower rates of coronary heart disease.

shorter life expectancies.

1. Which of the following statements about persons with disabilities are TRUE?

Many people with disabilities do not have access to health care services.

People with disabilities are more likely to have obesity, heart disease, diabetes, and to smoke, compared with the general population.

One in every four people in the United States has some form of disability, and the rate is rising, particularly among younger generations.

All of these answers are correct.

1. Which of the following statements about patterns related to health disparities is FALSE?

When patients share equal status regarding education and income, there are no racial/ethnic differences in treatments for heart disease or organ transplantation.

An estimated 250,000 deaths per year in the United States can be attributed to low educational attainment.

People in urban areas are more likely to have health insurance than people living in rural areas.

Health disparities among LGBT individuals may be due to discrimination and denial of their civil and human rights.

1. Which of the following is a goal from *Healthy People 2030*?

Reduce the current use of any tobacco product by adults.

Maintain the proportion of people with health insurance.

Increase the proportion of adults with hypertension.

Increase the proportion of adults who are obese.

1. Which of the following health determinants does a person have the LEAST control over?

diet

exercise

heredity

stress

1. Which is NOT considered an environmental factor that affects health?

household cleaning products

amount of crime in your community

access to vaccinations and screening tests

radiation from sun exposure

1. Which statement would BEST differentiate the underlying factors related to cystic fibrosis from those related to diabetes?

Both conditions are primarily the result of genetic errors.

Both conditions are due primarily to the interaction of behavior and environment.

Diabetes is primarily related to genetic errors, whereas the interaction of behavior and environment contributes significantly to cystic fibrosis.

Cystic fibrosis is the result of genetic errors, whereas the interaction of behavior and environment contributes significantly to diabetes.

1. Which action would be considered the initial step in improving wellness through lifestyle management?

selecting a target behavior

asking a family member for assistance

evaluating one’s current habits.

seeking guidance and assistance from local programs

1. Which strategy would MOST likely contribute to success in changing a person’s unhealthy behavior?

identifying many unhealthy target behaviors and working on them all simultaneously

asking family members to track the behavioral changes

adding only the short-term costs of behavior change that they identified and letting go of past failures

emphasizing a single target behavior they wish to change

1. What is a target behavior?

a habit or mannerism that is the focus of your behavior change plan

a friend's behavior that you identified needs to be changed

a health condition such as diabetes

a characteristic such as obesity

1. A person can prevent procrastination when creating their own personal behavior change program by

specifying important dates.

stating their goal.

listing down the steps they will take to measure their progress.

having someone to sign as a witness and actively help them with the program.

1. Which element is MOST likely to indicate the reliability of the information on a website?

the popularity of the website

the date of the post on the topic

the “About Us” link

the testimonials page of the website

1. Which strategy is LEAST helpful in promoting a behavior change for better health?

Target multiple behaviors simultaneously.

Identify cues to behaviors.

Incorporate rewards for reaching goals.

Make slow, systematic changes in behavior.

1. The belief in one's ability to be successful in the performance of a given task is referred to as

self-control.

self-efficacy.

self-esteem.

self-talk.

1. A person who is 25 pounds overweight also has significantly overweight relatives and views this as the reason that they have been unable to successfully lose weight despite trying a variety of diets. Based on this information, you can conclude that this person has

poor self-esteem.

a lack of self-confidence.

an external locus of control.

an internal locus of control.

1. Individuals with an internal locus of control believe that events turn out as they do based on

fate or luck.

heredity.

divine power.

their own input and actions.

1. Visualizing one’s self engaging in a new, healthier behavior is one of the best ways to

boost self-efficacy.

improve physical strength.

identify barriers to change.

externalize locus of control.

1. Which strategy is MOST likely to improve a person’s chances of success while attempting to change a behavior?

select a different behavior to change in the event of temporary failure

utilize visualization techniques

rationalize temporary setbacks to minimize feelings of failure

stick with the program even during periods of high stress

1. The precontemplation stage is characterized by

no acknowledgment of a need to change.

an outward modification of behavior.

thinking about making a change.

seeking outside support for the problem.

1. Following an annual physical, a patient reviews the lab work and finds out that their cholesterol level is elevated. The physician explains that this can increase the risk of heart disease and stroke and recommends exercise. The patient plans to start a walking program when the snow melts in roughly four months. The patient is in which phase of the transtheoretical model of change?

denial

precontemplation

contemplation

action

1. A person noticed that their eating behaviors were unhealthy. Their response to stress in the past was to severely restrict calorie intake, frequently eating only one modest meal each day, and their weight had plummeted to dangerously low levels. They made numerous changes to address poor eating habits and have been eating better for the past four weeks. They are a lot happier now. Which phase of the transtheoretical model of behavior change is the person in?

preparation

action

maintenance

termination

1. Relapses sometimes occur when trying to change a behavior. If this happens, the best strategy is to

choose a different behavior to change.

acknowledge defeat and give up.

give oneself credit for the progress made and avoid self-blame.

set an even more challenging goal to become more motivated.

1. Which action is a key to successful behavior change?

beginning with identifying all the behaviors to be changed

concentrating on several interrelated behaviors

refusing to tolerate temporary setbacks

anticipating problems and providing rewards

1. Which set of actions is the recommended sequence to develop a personalized plan for change?

identify patterns, monitor behavior, establish action plan, set goals, make a personal contract

establish action plan, set goals, monitor behavior, identify patterns, make a personal contract

make a personal contract, set goals, establish action plan, monitor behavior, analyze data

monitor behavior, identify patterns, set goals, establish action plan, make a personal contract

1. Entries made into a health journal about a behavior should note all of the following EXCEPT

how you felt at the time the behavior occurred.

what you were doing when the behavior occurred.

when and where the behavior occurred.

“SMART” goals development.

1. A young person has the goal of exercising at least 30 minutes a day, five days a week, in order to lose 10 pounds within two weeks. According to the “SMART” criteria, which element should they reconsider?

the specificity

the target behavior

the time frame

the reality of committing to five days a week of exercising

1. The chance to succeed in modifying a behavior would increase if a person

set a very ambitious goal.

ignored related habits.

recruited support from friends or family.

focused solely on short-term benefits.

1. To help ensure success with a behavior change program, a person should

establish a very broad goal.

involve the people around them.

avoid setting a firm deadline for completion.

give themselves a reward when the final goal is attained.

1. Rewards included in health action plans should

be planned in advance.

be provided only when the overall goal has been reached.

come in the form of food or alcohol.

be given when someone recognizes the person’s success.

1. Which item is NOT generally included in a personal contract for behavior change?

setting a date to begin

stating the goal

identifying how to measure progress

establishing consequences for failure to reach the goal

1. Which is a recommended strategy for maintaining behavior change?

Assess stress levels.

Rationalize failures.

Avoid social influences.

Resist the urge to change techniques.

1. A teenager has a genuine desire to become healthier. Which is the BEST first step for the teenager to take in moving toward that goal?

Begin journaling about things that trigger unhappiness.

Identify community resources for help.

Choose two unhealthy behaviors and make goals for change.

Perform a self-assessment and discuss the results with a close friend or family member.

1. Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel that she has let her friends down because she has had to miss several activities they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She is frustrated that she cannot spend more time with her friends without giving up her other activities.

* + 1. Carla's frustration surrounding limitations to her time with her friends is affecting her\_\_\_\_\_\_\_\_ wellness.

spiritual

interpersonal

cultural

intellectual

* + 1. If Carla succeeds in improving her time management and spending more time with her friends, she will most likely see a corresponding improvement in her \_\_\_\_\_\_\_\_ wellness.

financial

physical

emotional

occupational

* + 1. Carla wants to make a plan to spend more time with her friends. Which strategy is most likely to enhance the success of her plan?

closely monitoring and evaluating her schedule

focusing on what motivated her to change her behavior

establishing a reward she can give herself once she has succeeded

developing an external locus of control

* + 1. Which of Carla's characteristics would most help her succeed in balancing her time so that she can study, be active on campus, and have fun with her friends?

her belief that she is in control of her own life

her ability to resist rewards

her ability to persuade friends to do as she asks

her rigid application of a plan without allowing for alterations

1. The key element of wellness is the absence of disease.

* true
* false

1. Self-confidence affects self-esteem.

* true
* false

1. Strong friendships are a key component of a person’s environmental wellness.

* true
* false

1. Religion is a requirement for good spiritual health.

* true
* false

1. It is not possible to have health in the absence of wellness.

* true
* false

1. Interpersonal wellness includes the ability to detect problems.

* true
* false

1. Prior to the 20th century, infectious diseases were a primary cause of mortality.

* true
* false

1. Poor lifestyle choices are a primary factor in American mortality in the 21st century.

* true
* false

1. Morbidity and mortality are synonymous.

* true
* false

1. One goal being developed for *Healthy People 2030* is to eliminate health disparities among Americans.

* true
* false

1. Gender differences in rates of chronic diseases are reflected in the fact that men have higher risk of Alzheimer’s disease and women are at a greater risk of depression.

* true
* false

1. Deaths from opioid overdose and alcohol abuse increased during the Covid-19 pandemic.

* true
* false

1. According to the National Center for Health Statistics, significant progress to reduce racial and ethnic health disparities has been made over the past 15 years and there is no longer a gap in life expectancy between white people and Black people.

* true
* false

1. Education and economic status are among the factors considered significant health determinants within *Healthy People 2030*.

* true
* false

1. The attainment of a four-year college degree is associated with an additional decade of life expectancy.

* true
* false

1. Deeply rooted behaviors like addiction can never be changed through independent self-management techniques alone.

* true
* false

1. A detailed cost-benefit analysis of a behavior change is recommended in the precontemplation stage of change.

* true
* false

1. Motivation and commitment to change behavior increase with an external locus of control.

* true
* false

1. Motivation for behavior change is unaffected by social support.

* true
* false

1. The role of visualization in behavior change is to increase your external locus of control.

* true
* false

1. Lapses into previous unhealthy behaviors should be considered failures.

* true
* false

1. A health journal should address only the specific target behavior rather than the circumstances around that behavior.

* true
* false

1. Most people are more likely to be motivated toward behavior change by long-term goals such as the avoidance of disease in the future.

* true
* false

1. In the maintenance phase of behavior change, a person has exited the cycle of change and is no longer tempted to revert to their old behavior.

* true
* false

1. Making adjustments to an original plan of action is a common part of the termination phase of behavior change.

* true
* false

1. Effective rewards and support for behavior change are a key element of “SMART” goal setting.

* true
* false

1. A person has just moved to a new town, started a new job, and is settling into a new apartment when they learn that their grandmother has passed away. This may be the perfect time to institute a behavior change program.

* true
* false

1. Making a successful change in a physical health behavior has the additional benefit of improved self-efficacy.

* true
* false

1. Behavior choices and actions have no impact beyond the health and wellness of the individual making the change.

* true
* false

1. Select five of the nine dimensions of wellness discussed in the text and, for each dimension, list three behaviors or habits that you would consider engaging in to promote its development.

1. Explain and give an example of the interrelationship between emotional wellness and interpersonal wellness. Clearly distinguish between the two and then demonstrate their interrelationship.

1. Discuss three ways in which a new graduate with a limited income can improve their financial wellness in the first year out of school.

1. Discuss the role of lifestyle choices in determining quality of life. Give at least three examples of healthy lifestyle choices and explain how they promote quality of life and specifically affect the individual dimensions of wellness.

1. Describe the four broad national goals of *Healthy People 2030*. Then choose one of the special population groups described in *Healthy People 2030* and identify two health issues of particular importance for that group.

1. Describe five strategies for critically evaluating health-related information.

**Answer Key**Test name: chapter 1

A

A

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