

TEST BANK

Your Health Today

Choices in a Changing Society

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YOUR HEALTH TODAY

Choices in a Changing Society



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{Answers are at the End of Each Chapter}

Chapter 1

Student name: _____

- 1) Which of the following is/are considered a social determinant of health?
 - A) heredity
 - B) employment status
 - C) values
 - D) the physical environment

- 2) Which of the following describes the process in which one adopts patterns of behavior that lead to greater life satisfaction?
 - A) well-being
 - B) health
 - C) social determination
 - D) self-efficacy

- 3) According to the socioecological model of health and wellness, which of the following is/are a factor in a person's natural physical environment?
 - A) air quality
 - B) sanitation systems
 - C) access to health care services
 - D) housing

- 4) Which of the following represents a society that supports equal opportunity for all people to attain their full health potential?

- A) geography
- B) population health
- C) health disparities
- D) health equity

5) Which of the following statements about cells and genes is FALSE?

- A) The sequencing of bases within a gene is of little significance.
- B) Each cell contains 23 pairs of chromosomes.
- C) Our bodies are made up of about 260 different types of cells.
- D) Each chromosome contains hundreds to thousands of genes.

6) Deoxyribonucleic acid, or DNA, includes which of the following?

- A) a triple helix
- B) proteins
- C) a nucleus
- D) four bases

7) When a change occurs in a gene, it is called a(n)

- A) recessive gene.
- B) allele.
- C) mutation.
- D) chromosomal disorder.

8) Alternative forms of the same gene are called

- A) recessive genes.
- B) alleles.
- C) mutations.
- D) chromosomes.

9) Genetic disorders caused by multiple genes interacting with the environment are called

- A) polygenic.
- B) autosomal.
- C) ecological.
- D) multifactorial.

10) Genes turn on or off to regulate the activity of

- A) mutation.
- B) differentiation.
- C) RNA.
- D) multifactorial disorders.

11) What is the main purpose of creating a family health tree?

- A) to discover your personal health risks and strengths
- B) to identify environmental factors that influence your health
- C) to illustrate patterns of lifestyle habits in your family
- D) to estimate your life expectancy

12) Which of the following statements is true regarding family health trees?

- A) Basic information for each relative in the family health tree includes date of birth, major diseases, age, and cause of death.
- B) Results from genetic testing are required to create a family health tree.
- C) Lifestyle habit information should not be included.
- D) A family health tree traces a family's origin.

13) What information found in a family health tree indicates that a disease might have a genetic link?

- A) presence of a disease in family members with poor health habits
- B) onset of a disease at a late age
- C) appearance of a disease in one family member
- D) a family member with multiple cancers

14) The Stages of Change Model of health behavior change emphasizes that

- A) change happens as a process.
- B) people change only when faced with an illness.
- C) change occurs only when the environment supports it.
- D) changes are more effective when based on personal perceptions.

15) The aspect of personal health that is most within your control is

- A) genetic inheritance.
- B) human biology.
- C) environment.
- D) lifestyle.

16) Adam's sister lectures him daily about the threat his smoking poses to his health. She argues that, if he quits, he would improve both his health and his athletic performance. Adam knows his sister is right, but according to the Stages of Change Model, he will actually quit smoking when he reaches the

- A) precontemplation stage.
- B) contemplation stage.
- C) preparation stage.
- D) action stage.

17) Mackenzie resolves to start exercising three times a week when a membership at a local gym begins, in two weeks. In which stage of change in the Transtheoretical Model is Mackenzie operating?

- A) contemplation
- B) preparation
- C) precontemplation
- D) action

18) In which stage of change in the Transtheoretical Model does an individual intend to change a specific health behavior within the next six months?

- A) preparation
- B) contemplation
- C) precontemplation
- D) action

19) Which of the following statements best illustrates a sense of self-efficacy?

- A) I can do it.
- B) I can't do it.
- C) I must do it.
- D) I should do it.

20) Which of the following best illustrates a SMART goal?

- A) I will get more exercise in the new year.
- B) I will avoid situations in which I am tempted to eat junk food.
- C) I will make smart health choices in each major life activity.
- D) I will eat my meals on time and limit myself to one snack daily.

21) Which of the following best illustrates an action step?

- A) Working out will help me lose weight.
- B) Beginning next week, I will work out three days a week.
- C) My workouts will involve weight-lifting.
- D) I hope to start working out every day.

22) The basic definition of *health literacy* refers to one's ability to

- A) navigate the health care system successfully.
- B) obtain and successfully use health information.
- C) describe symptoms to a doctor.
- D) achieve maximum wellness.

23) Which of the following statements about health risks is FALSE?

- A) By definition a health risk involves the probability or likelihood of an event occurring.
- B) A health risk is the probability of exposure to a hazard that can result in negative consequences.
- C) All health risks can be avoided.
- D) Health risks include factors such as age, gender, family history, income, and education.

24) The purpose of making a clinical study *double-blind* is to

- A) reduce researcher bias.
- B) guarantee the results.
- C) disguise the study's sponsors.
- D) make the results depend on the outcomes of other studies.

25) Which of the following statements is true concerning medical research studies?

- A) Subjects are not randomly assigned to either a treatment group or control group.
- B) To be considered reliable, the same results must be obtained by no other researchers conducting the same study.
- C) Researchers assign participants to either a treatment group or control group according to the order in which participants register for the study.
- D) Clinical studies attempt to establish cause-and-effect relationships.

26) Of the following, the best type of website on which to research health issues is one that is sponsored by a(n)

- A) commercial health organization.
- B) drug company.
- C) educational institution.
- D) individual.

27) In what type of research do scientists use interviews, surveys, and measurements to study large groups of people?

- A) market research studies
- B) clinical studies
- C) basic medical research studies
- D) epidemiological studies

28) Which of the following best illustrates a public health measure?

- A) upgrading the local hospital's dialysis equipment
- B) preventing the spread of disease-carrying insects
- C) medical schools competing for research grants
- D) promoting a new surgical technique

29) What is the major goal of primary disease-prevention efforts?

- A) to detect diseases before they become symptomatic
- B) to treat a person for particular problems associated with a disease
- C) to find a cure for prevalent diseases
- D) to inhibit the development of diseases

30) Which of the following is NOT a specific national health objective of *Healthy People 2030*?

- A) Attain high-quality lives free of preventable disease, disability, injury, and premature death
- B) Create social and physical environments that promote good health for all.
- C) Achieve health equity, eliminate disparities, and improve the health of all groups.
- D) Focus on promoting health for older individuals.

31) *Healthy People 2030* places increased emphasis on "health determinants," which

- A) target and measure important public health issues.
- B) include both social and environmental determinants.
- C) are based on scientific studies.
- D) are defined as a person's internal sense of control.

32) Which public health issue is NOT listed as a priority in the *Healthy People* initiative?