***Your Health Today, 7e* (Teague)**

**Chapter 1 Self, Family, and Community**

1) Which of the following describes the process in which one adopts patterns of behavior that lead to greater life satisfaction?

A) wellness

B) health

C) social determination

D) self-efficacy

Answer: A

Section: Your Health in Context

Topic: Wellness

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

2) Which of the following is considered a social determinant of health?

A) heredity

B) employment status

C) your values

D) the physical environment

Answer: B

Section: Your Health in Context

Topic: Health; Social Determinants of Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

3) According to the socioecological model of health and wellness, which of the following is a factor in a person's natural physical environment?

A) air quality

B) sanitation systems

C) access to health care services

D) housing

Answer: A

Section: Your Health in Context

Topic: Health; Socioecological Model of Health and Wellness

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

4) Which of the following depicts 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

Answer: D

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

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.

Answer: A

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

A) a triple helix

B) proteins

C) a nucleus

D) four bases

Answer: D

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

A) recessive gene.

B) allele.

C) mutation.

D) chromosomal disorder.

Answer: C

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

8) Alternative forms of the same gene are called

A) recessive genes.

B) alleles.

C) mutations.

D) chromosomes.

Answer: B

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

A) polygenic.

B) autosomal.

C) ecological.

D) multifactorial.

Answer: D

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

A) mutation.

B) differentiation.

C) RNA.

D) multifactorial disorders.

Answer: B

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: A

Section: Your Health and Your Family Health History

Topic: Genes and Mutations; Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

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.

Answer: A

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: D

Section: Your Health and Your Family Health History

Topic: Genes and Mutations; Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

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.

Answer: A

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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

A) genetic inheritance.

B) human biology.

C) environment.

D) lifestyle.

Answer: D

Section: Your Personal Health Choices

Topic: Health-Related Behaviors

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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.

Answer: D

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

17) Mackenzie resolves to start exercising three times a week when her 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

Answer: B

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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

Answer: B

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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.

Answer: A

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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.

Answer: D

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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.

Answer: B

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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.

Answer: B

Section: Your Personal Health Choices

Topic: Health Literacy

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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.

Answer: C

Section: Your Personal Health Choices

Topic: Health Literacy

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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.

Answer: A

Section: Your Personal Health Choices

Topic: Medical Research

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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 in order of when the participants register for the study.

D) Clinical studies attempt to establish cause-and-effect relationships.

Answer: D

Section: Your Personal Health Choices

Topic: Medical Research

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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.

Answer: C

Section: Your Personal Health Choices

Topic: Health Literacy

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: D

Section: Your Personal Health Choices

Topic: Medical Research

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: B

Section: Your Health and Your Community's Health

Topic: Public Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Apply

Accessibility: Keyboard Navigation

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

A) Detect diseases before they become symptomatic.

B) Treat a person for particular problems associated with a disease.

C) Find a cure for prevalent diseases.

D) Inhibit the development of diseases.

Answer: D

Section: Your Health and Your Community's Health

Topic: Disease Prevention

Learning Objective: Describe public and community health practices and policies.

Bloom's: Understand

Accessibility: Keyboard Navigation

30) Which of the following is NOT a specific national health objective of *Healthy* *People* *2020*?

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.

Answer: D

Section: Your Health and Your Community's Health

Topic: Public Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

31) *Healthy* *People* *2020* 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.

Answer: B

Section: Your Health and Your Community's Health

Topic: Public Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Understand

Accessibility: Keyboard Navigation

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

A) tobacco

B) oral health

C) health on school campuses

D) injury and violence

Answer: C

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Understand

Accessibility: Keyboard Navigation

33) In general, what can American ethnic minority populations expect concerning their health, as compared to the general population?

A) lower lifestyle risk factors

B) equal health benefits from medical advances

C) higher rates of cancer, infant mortality, and alcoholism

D) decreased exposure to carcinogens

Answer: C

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

34) Health is conceptualized as having several domains, such as physical, mental, social, and spiritual domains.

Answer: TRUE

Section: Your Health in Context

Topic: Health

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

35) Individual choice is the only factor governing a person's ability to live a healthy lifestyle.

Answer: FALSE

Section: Your Health in Context

Topic: Health; Socioecological Model of Health and Wellness

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

36) Health disparities occur when all people have the equal opportunity to attain their full health potential.

Answer: FALSE

Section: Your Health in Context

Topic: Health; Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

37) Factors such as income level, available health care services, and literacy are examples of social determinants of health.

Answer: TRUE

Section: Your Health in Context

Topic: Health; Social Determinants of Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

38) In the United States, poor health outcomes are associated with environmental pollution, low educational attainment, and poverty.

Answer: TRUE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

39) Of our 23 chromosome pairs, 22 are the same for women and men.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

40) The complete set of DNA is called a person's genome.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

41) In a person's complete set of DNA, one pair of genomes is labeled with an X or a Y rather than with a number. Females have two X genomes; males have an X and a Y genome.

Answer: FALSE

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

42) Genetic mutations can be beneficial or harmful—or neither—to one's health.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

43) If an individual receives a faulty, mutated copy of a gene from his or her mother, that person will most likely acquire a genetic disorder.

Answer: FALSE

Section: Your Health and Your Family Health History

Topic: Genes and Mutations; Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Apply

Accessibility: Keyboard Navigation

44) Most genetic disorders are caused by single-gene mutations.

Answer: FALSE

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

45) Multifactorial disorders are those caused by the interaction of both environmental and genetic factors.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

46) A family health tree is also called a *genogram* or a *genetic* *pedigree*.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

47) The most relevant information from a family health tree includes age and major diseases, as well as cause of death for deceased relatives.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

48) A pattern of illness on your family tree means that you will most likely be affected by that disease and should seek genetic counseling.

Answer: FALSE

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

49) When evaluating a family health tree, a family member who has a heart attack at age 70 raises more genetic concerns than a relative who develops colon cancer at age 28.

Answer: FALSE

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Apply

Accessibility: Keyboard Navigation

50) Sally's mother was diagnosed with Alzheimer's disease at age 50. Courtney's grandmother was diagnosed with Alzheimer's disease at age 82. Sally's mother's disease is more likely to have a genetic component.

Answer: TRUE

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics; Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Apply

Accessibility: Keyboard Navigation

51) One key difference between the Health Belief Model and the Stages of Change Model for understanding individual health behavior change is that the Health Belief Model acknowledges the role of perception, while the Stages of Change Model does not.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Stages of Behavior Change; Health Belief Model

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

52) The Stages of Change Model emphasizes that change happens not as a one-time event, but as a process.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

53) Adam is in the contemplation stage of the Transtheoretical Model when he decides that he will stop drinking alcohol at the beginning of next month.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

54) In the maintenance stage of the Transtheoretical Model for health behavior change, a new behavior has been in place for a minimum of two years.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

55) For some types of behaviors, the maintenance stage of the Stages of Change Model can be an ongoing, lifelong process.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

56) Activities such as developing social support systems and establishing goals and rewards help people to move through stages in the Stages of Change Model.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

57) A successful behavior change plan will include strategies for dealing with potential barriers to change.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

58) For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Discuss helpful strategies for health-related behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

59) A signed behavior change contract, with a family member or friend witnessing your new contracted commitment to change, is among the most effective tools for change.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

60) When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

61) SMART is an acronym for Specific, Measurable, Attainable, Realistic, and Time-bound goals.

Answer: TRUE

Section: Your Personal Health Choices

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

62) In assessing your health risks, it is important to ignore any emotional reaction you may experience.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Health Literacy

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

63) Scientists typically consider the results of a single study to be conclusive and definitive.

Answer: FALSE

Section: Your Personal Health Choices

Topic: Medical Research

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

64) The terms *disease* *prevention* and *health* *promotion* mean the same thing.

Answer: FALSE

Section: Your Health and Your Community's Health

Topic: Public Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

65) The slogan "a society in which all people live long, healthy lives" accurately expresses the general goals of *Healthy* *People* *2020*.

Answer: TRUE

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Understand

Accessibility: Keyboard Navigation

66) *Healthy* *People* *2020* includes a focus on health determinants.

Answer: TRUE

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

67) Three of the leading health indicators in the United States—according to *Healthy* *People* *2020*—are substance abuse, immunization, and mental health.

Answer: FALSE

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

68) *Community* implies as interdependence between people and/or organizations within a defined area.

Answer: TRUE

Section: Your Health and Your Community's Health

Topic: Community Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

69) *Hispanic* is considered one of the primary racial/ethnic groups in the United States by the U.S. Census Bureau.

Answer: FALSE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

70) The terms *ethnicity* and *race* can be used interchangeably.

Answer: FALSE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

71) Advances in medical technology, lifestyle improvements, and environmental protections have produced significant and equal health benefits for most American ethnic populations.

Answer: FALSE

Section: Your Health in Context

Topic: Social Determinants of Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

72) *Race* is a term used to describe a community based on common cultural origins and ancestry.

Answer: FALSE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

73) Compared to 16 other high-income countries ("peer countries"), the United States has the highest rates of obesity and diabetes.

Answer: TRUE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

74) In the United States, people in rural areas have a longer life expectancy than those in urban areas.

Answer: FALSE

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

75) The term \_\_\_\_\_\_\_\_ is generally defined as the active process of adopting patterns of behavior that can lead to improved health and life satisfaction.

Answer: wellness

Section: Your Health in Context

Topic: Wellness

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

76) \_\_\_\_\_\_\_\_ health is the study of health outcomes in or between groups of individuals such as college students.

Answer: Population

Section: Your Health in Context

Topic: Population Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

77) The dimensions of wellness include the physical, the emotional, the intellectual, the spiritual, the interpersonal or social, the environmental, and the \_\_\_\_\_\_\_\_.

Answer: occupational

Section: Your Health in Context

Topic: Wellness; Dimensions of Wellness

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

78) The \_\_\_\_\_\_\_\_ model of health and wellness addresses the interrelationships that influence your health.

Answer: socioecological

Section: Your Health in Context

Topic: Wellness; Health; Socioecological Model of Health and Wellness

Learning Objective: Define health; wellness; and the individual dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

79) Your health is affected by your \_\_\_\_\_\_\_\_ physical environment (including schools, sanitation, and transportation) and your natural physical environment (such as air and water quality).

Answer: built

Section: Your Health in Context

Topic: Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Understand

Accessibility: Keyboard Navigation

80) External environmental conditions that can be altered by social and health policies and programs are known as the social \_\_\_\_\_\_\_\_ of health.

Answer: determinants

Section: Your Health in Context

Topic: Health; Social Determinants of Health

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

81) The series of four bases arranged to form a distinct message, located at a certain location along a chromosome, is called a(n) \_\_\_\_\_\_\_\_.

Answer: gene

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

82) The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called deoxyribonucleic acid, or \_\_\_\_\_\_\_\_.

Answer: DNA

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

83) The two chains that DNA consists of are joined in a double \_\_\_\_\_\_\_\_ structure.

Answer: helix

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

84) Of our 23 \_\_\_\_\_\_\_\_ pairs, 22 are the same for men and women.

Answer: chromosome

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

85) Females have two \_\_\_\_\_\_\_\_ chromosomes; males have only one.

Answer: X

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

86) Changes that occur during the process of parents passing genes to their children are called \_\_\_\_\_\_\_\_.

Answer: mutations

Section: Your Health and Your Family Health History

Topic: Genes and Mutations; Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

87) A single-gene \_\_\_\_\_\_\_\_, such as whether earlobes are detached or attached, is determined by either a dominant or a recessive gene.

Answer: trait

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

88) A mutated gene that is not expressed when paired with a dominant or healthy gene is called \_\_\_\_\_\_\_\_.

Answer: recessive

Section: Your Health and Your Family Health History

Topic: Genes and Mutations

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Understand

Accessibility: Keyboard Navigation

89) A health condition caused by interactions among one or more genes and the environment is called a(n) \_\_\_\_\_\_\_\_ disorder.

Answer: multifactorial

Section: Your Health and Your Family Health History

Topic: Heredity/Genetics

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

90) An illustration of an individual's family genetic history is commonly referred to as a family health \_\_\_\_\_\_\_\_.

Answer: tree

Section: Your Health and Your Family Health History

Topic: Family Health History

Learning Objective: Explain how heredity and genetics can influence an individual's patterns of health and illness.

Bloom's: Remember

Accessibility: Keyboard Navigation

91) To understand why people make the health choices they do, the \_\_\_\_\_\_\_\_ Model uses the constructs of perceived susceptibility, seriousness of consequences, benefits of action, and barriers to action.

Answer: Health Belief

Section: Your Personal Health Choices

Topic: Health Belief Model

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

92) The Transtheoretical Model, one of the widely accepted frameworks for understanding individual health behavior change, is also referred to as the \_\_\_\_\_\_\_\_ Model.

Answer: Stages of Change

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

93) Often someone will have to try several times to make a change before it sticks. A backslide into a former health state is known as a(n) \_\_\_\_\_\_\_\_.

Answer: relapse

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

94) In the Transtheoretical Model, a person in the \_\_\_\_\_\_\_\_ stage intends to change a specific health behavior within the next six months.

Answer: contemplation

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

95) In the Transtheoretical Model, a sixth stage called \_\_\_\_\_\_\_\_ occurs when the new behavior is firmly entrenched in a person's lifestyle.

Answer: termination

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

96) The term \_\_\_\_\_\_\_\_ refers to an internal state in which a person feels competent to perform a task.

Answer: self-efficacy

Section: Your Personal Health Choices

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Outline how to apply models of health behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

97) If you participate in a \_\_\_\_\_\_\_\_ study, you have received a particular treatment, screening, or diagnostic test in order to identify whether a drug, product, or behavior produces a particular effect.

Answer: clinical

Section: Your Personal Health Choices

Topic: Medical Research

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

98) The \_\_\_\_\_\_\_\_ People initiative identifies significant preventable threats to health and sets national health objectives aimed at improving the quality of life for all Americans.

Answer: Healthy

Section: Your Health and Your Community's Health

Topic: Healthy People Initiative

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

99) The sense of identity that individuals draw from a common ancestry, as well as a common national, religious, tribal, language, or cultural origin, is referred to as \_\_\_\_\_\_\_\_.

Answer: ethnicity

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

100) Activities directed towards improving the health of people, or activities employing resources shared by members of a town or region, is known as \_\_\_\_\_\_\_\_ health.

Answer: community

Section: Your Health and Your Community's Health

Topic: Community Health

Learning Objective: Describe public and community health practices and policies.

Bloom's: Remember

Accessibility: Keyboard Navigation

101) The more accurate way to view race is as a(n) \_\_\_\_\_\_\_\_ category, rather than a biological one.

Answer: social

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation

102) Most ethnic and racial minority populations in the U.S. have significantly higher \_\_\_\_\_\_\_\_ risk factors, such as high-fat diets, lack of exercise, and more exposure to environmental toxins.

Answer: lifestyle

Section: Your Health in Context

Topic: Health Equity/Health Disparities

Learning Objective: Identify factors outside individual behavior that determine health.

Bloom's: Remember

Accessibility: Keyboard Navigation