Chapter 01

1. Simply defined, health means being sound in body, mind, and spirit.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.1 - Define health and wellness.
KEYWORDS:	Bloom's: Remember
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2. The World Health Organization defines *health* as the absence of disease or illness.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.1 - Define health and wellness.
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3. Life expectancy at birth in the United States has decreased to an all-time low.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
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4. Even more so than the elderly, young adults today are experiencing the greatest health deficits and most years lost to illness, disability, and premature death.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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5. More than 35 percent of undergraduates are considered overweight or obese, according to their body mass index (BMI).
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Health on Campus
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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6. High blood pressure and high cholesterol—two risk factors for heart disease—are rarely found among college students.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Health on Campus
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.6 - Describe the impact of habits formed in college on future health.
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7. Between 40 and 80 percent of people who try to kick bad health habits lapse back into their unhealthy ways within six weeks.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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8. To effect a lasting change in behavior, reinforcement must come largely from such external factors as rewards for meeting a goal.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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9. People typically cycle and recycle through the stages of behavioral change several times.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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10. People who believe their actions will make a difference in their health have an internal locus of control.
    a. True
    b. False

ANSWER:	True
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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11. Which term best describes the process of discovering, using, and protecting all the resources within our bodies, minds, spirits, families, communities, and environment?
    a. Protection
    b. Prevention
    c. Health
    d. Wellness
    e. Liberation

    ANSWER: c
    POINTS: 1
    REFERENCES: Health and Wellness
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.1.1 - Define health and wellness.
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12. Which dimension of health primarily includes your ability to think and learn from life experience?
    a. Environmental
    b. Emotional
    c. Psychological
    d. Intellectual
    e. Cultural

    ANSWER: d
    POINTS: 1
    REFERENCES: Health and Wellness
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.1.2 - Assess the current health status of Americans.
    KEYWORDS: Bloom's: Understand
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13. Which dimension of health focuses on an optimal state of physical, mental, and social well-being—not merely the absence of disease or infirmity?
    a. Physical
    b. Psychological
    c. Social
    d. Intellectual
    e. Environmental

ANSWER:	a
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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14. Which dimension of health refers to both the emotional and mental states of a person, that is, feelings and thoughts?
    a. Psychological
    b. Emotional
    c. Intellectual
    d. Social
    e. Environmental

ANSWER:	a
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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15. Which dimension of health refers to identifying one's own purpose in life, and to enjoying love, joy, and peace?
    a. Psychological
    b. Emotional
    c. Intellectual
    d. Spiritual
    e. Physical

ANSWER:	d
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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16. Which dimension of health focuses on the complex interrelationships between one person's health and the health of the community and environment?
    a. Psychological
    b. Environmental
    c. Cultural
    d. Social
    e. Occupational

ANSWER:	d
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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17. Which dimension of health focuses on the impact your world has on your well-being?
    a. Cultural
    b. Environmental
    c. Spiritual
    d. Psychological
    e. Social

ANSWER:	b
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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18. On average, life expectancy at birth for women is ____, and they can expect to spend approximately ____ of those years in good health.
    a. 75 years; 75 years
    b. 80 years; 57 years
    c. 72 years; 66 years
    d. 82 years; 70 years
    e. 85 years; 76 years

ANSWER:	d
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
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19. According to the text, what major factors have contributed to the decline in life expectancy in the United States?
    a. Elimination of racial disparities in health
    b. Greater acceptance of the transtheoretical model on college campuses
    c. More widespread use of e-cigarettes
    d. Lower rates of smoking
    e. Unintentional injuries and suicide

ANSWER:	e
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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20. What percentage of Americans gets enough physical activity?
    a. Less than 20 percent
    b. Less than 10 percent
    c. Nearly 50 percent
    d. Nearly 30 percent
    e. Only 5 percent

ANSWER:	c
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
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21. In the United States, _____ of college students are overweight or obese.
    a. one-quarter
    b. one-third
    c. one-half
    d. two-thirds
    e. three-quarters

ANSWER:	a
POINTS:	1
REFERENCES:	Health on Campus
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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22. Among the diseases taking the greatest toll on the well-being of Americans are _____, heart disease, diabetes, arthritis, and autoimmune disorders.
    a. intestinal disorders
    b. food allergies
    c. hypertension
    d. underweight
    e. airborne infectious diseases

ANSWER:	c
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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23. Which racial or ethnic group in the United States is most likely to develop cancer?
    a. Native Americans
    b. African Americans
    c. Alaska Natives
    d. Asian Americans
    e. Hispanics

ANSWER:	b
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.4 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Remember
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24. Although African Americans and Hispanics represent only about one-quarter of the U.S. population, they account for about two-thirds of adult cases and more than 80 percent of pediatric cases of which disease?
    a. Heart disease
    b. Hepatitis C
    c. AIDS
    d. Hepatitis B
    e. Diabetes

ANSWER:	c
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.4 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Remember
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25. Which two variables have the greatest impact on how our bodies functions, how long we live, and the symptoms, course, and treatment of the diseases that strike us?

    a. Genes and country of origin

    b. Marital and economic status

    c. Race and ethnicity

    d. Sex and gender

    e. Age and social status

ANSWER:	d
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
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26. The choices college students make today have a(n) _____ impact on how they feel.

    a. temporary but pronounced

    b. immediate and long-term

    c. low to moderate

    d. negligible but immediate

    e. variable and undefined

ANSWER:	b
POINTS:	1
REFERENCES:	Health on Campus
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.6 - Describe the impact of habits formed in college on future health.
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27. The best weapon against cancer and heart disease is ____.
    a. attitude
    b. knowledge
    c. prevention
    d. avoiding risk
    e. spiritual well-being

ANSWER:	c
POINTS:	1
REFERENCES:	The Future Starts Now
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.6 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Understand
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28. Which group is more likely to engage in risky behaviors?
    a. College-age men
    b. College-age women
    c. College dropouts
    d. Married college students
    e. College athletes

ANSWER:	a
POINTS:	1
REFERENCES:	The Future Starts Now
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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29. Which activity increases the likelihood of other risky behaviors, such as smoking cigarettes, using drugs, and having multiple sexual partners?

    a. Overstressing

    b. Heavy drinking

    c. Gambling

    d. Binge eating

    e. Succumbing to peer pressure

ANSWER:	b
POINTS:	1
REFERENCES:	The Future Starts Now
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
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30. Conrad intends to wait until he is married to have sex because he believes it is the right thing to do. Which factor is most influential in his behavior?

    a. Behavioral

    b. Reinforcing

    c. Predisposing

    d. Enabling

    e. Spiritual

ANSWER:	c
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.4 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Apply
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31. Which term refers to the belief that you are at risk for the negative consequences of your behavior?
    a. Predisposition
    b. Healthy belief model
    c. Reinforcement
    d. Susceptibility
    e. Severity

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Understand
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32. Which term refers to the belief that you might pay a very high price unless you change your behavior?
    a. Benefits
    b. Healthy belief model
    c. Enlightenment
    d. Susceptibility
    e. Severity

ANSWER:	e
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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33. Which term refers to the belief that a proposed change in behavior will be advantageous to your health?
    a. Benefits
    b. Healthy belief model
    c. Reinforcement
    d. Susceptibility
    e. Enlightenment

ANSWER:	a
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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34. Gloria has felt better since she received a gift membership to a health club and began attending group fitness classes. Which factor is most influential in her behavior?
    a. Predisposing
    b. Enabling
    c. Reinforcing
    d. Behavioral
    e. Social

ANSWER:	b
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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35. Morgan gives gold stars to her second-grade students who score high on reading tests. Which factor is most influential in her method?
    a. Reinforcing
    b. Enabling
    c. Behavioral
    d. Predisposing
    e. Social

ANSWER:	a
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Apply
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36. Which change model reflects the approach adopted by Alcoholics Anonymous?
    a. Moral model
    b. Enlightenment model
    c. Behavioral model
    d. Medical model
    e. Transtheoretical model

ANSWER:	b
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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37. Larry wavers between wanting to eat healthier and resisting the need to do so. Larry has reached which stage of change?
    a. Precontemplation
    b. Maintenance
    c. Preparation
    d. Contemplation
    e. Action

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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38. Brenda has decided to begin exercising in the coming weeks. She has developed an exercise program, has joined a nearby gym, and has a friend who has committed to be her exercise buddy. Brenda has reached which stage of change?
    a. Precontemplation
    b. Contemplation
    c. Preparation
    d. Action
    e. Maintenance

ANSWER:	c
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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39. Thomas is getting up earlier so he has enough time to walk to school rather than taking the shuttle. Thomas has reached which stage of change?

   a. Contemplation

   b. Preparation

   c. Action

   d. Maintenance

   e. Termination

ANSWER:	c
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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40. Mike overslept this morning, but he is not worried about lapsing into his old bad habits. Mike has reached which stage of change?

   a. Contemplation

   b. Maintenance

   c. Preparation

   d. Action

   e. Termination

ANSWER:	b
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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41. Which change model attributes being overweight to genetic factors and involves an expert to provide advice or treatment?
    a. Moral
    b. Enlightenment
    c. Behavioral
    d. Medical
    e. Compensatory

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Understand
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42. Which change process is the most popular and involves increasing your knowledge about yourself or about the nature of your problem?
    a. Environmental control
    b. Consciousness-raising
    c. Emotional arousal
    d. Self-reevaluation
    e. Social liberation

ANSWER:	b
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
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43. Whether at work, at lunch, or at the subway station, Joan spends as much time as possible in nonsmoking areas. Which change process is Joan illustrating?
    a. Emotional arousal
    b. Consciousness-raising
    c. Social liberation
    d. Self-reevaluation
    e. Countering

    ANSWER: c
    POINTS: 1
    REFERENCES: Making Healthy Changes
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.1.8 - Identify the stages of change.
    KEYWORDS: Bloom's: Apply
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44. On the side of the highway sits a crashed automobile with a sign in front of it that says, "Is sending that text worth killing a family of four?" This is an example of which process of change?
    a. Social liberation
    b. Self-reevaluation
    c. Emotional arousal
    d. Countering
    e. Consciousness-raising

    ANSWER: c
    POINTS: 1
    REFERENCES: Making Healthy Changes
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: INHB.HALE.18.1.8 - Identify the stages of change.
    KEYWORDS: Bloom's: Apply
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45. Bobby realizes he gambles too much and understands how he could use his time and money more wisely. Bobby exemplifies which process of change?
    a. Social liberation
    b. Consciousness-raising
    c. Emotional arousal
    d. Self-reevaluation
    e. Commitment

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Apply
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46. Which change model, rather than assigning blame, puts responsibility on people to acquire whatever skills or power they need to overcome their problems?
    a. Moral
    b. Enlightenment
    c. Behavioral
    d. Medical
    e. Compensatory

ANSWER:	e
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.4 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Understand
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47. Sheila buys herself a new dress after losing 12 pounds. This is an example of which process of change?
    a. Emotional arousal
    b. Consciousness-raising
    c. Self-reevaluation
    d. Rewards
    e. Social liberation

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Apply
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48. Which change model sees failure to take responsibility for smoking or excessive drinking as a sign of character weakness?
    a. Moral
    b. Enlightenment
    c. Behavioral
    d. Medical
    e. Compensatory

ANSWER:	a
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Understand
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49. Which process of change might include doling out your stash of candy to the neighborhood children?
    a. Self-reevaluation
    b. Rewards
    c. Environmental control
    d. Commitment
    e. Countering

ANSWER:	c
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Apply
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50. Frank is seeing a therapist to deal with work and family issues. Frank exemplifies which process of change?
    a. Environmental control
    b. Emotional arousal
    c. Countering
    d. Helping relationships
    e. Self-reevaluation

ANSWER:	d
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Apply
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51. _____ is a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health.

ANSWER:	Wellness
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.1 - Define health and wellness.
KEYWORDS:	Bloom's: Remember
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52. Any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living conducive to the health of individuals, groups, or communities is known as _____.

ANSWER:	health promotion
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.1 - Define health and wellness.
KEYWORDS:	Bloom's: Remember
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53. According to the text, _____ of Americans get a "failing grade" in healthy lifestyle habits.

ANSWER:	97.3 percent
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.3 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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54. _____ is part of a national public health initiative established by the U.S. Department of Health and Human Services for the creation of a society in which all people can live long, healthy lives.

ANSWER:	Healthy People 2020
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
KEYWORDS:	Bloom's: Remember
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55. The text points to the major areas of genetic variations, environmental influences, specific health behaviors, and _____ as significantly contributing to health disparities among Americans.

ANSWER:	poverty
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.4 - Describe the impact of habits formed in college on future health.
KEYWORDS:	Bloom's: Remember
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56. Measures an individual can take when participating in risky behavior to prevent injury or unwanted risks are known as _____.

ANSWER:	protection
POINTS:	1
REFERENCES:	Health on Campus
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS:	Bloom's: Remember
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57. A(n) _____ refers to a behavior or an attitude that a particular group expects, values, and enforces.

ANSWER:	social norm
POINTS:	1
REFERENCES:	The Future Starts Now
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Remember
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58. _____ factors encompass the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior.

ANSWER:	Predisposing
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Remember
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59. The skills, resources, and physical and mental capabilities that shape our behavior are examples of _____ factors.

ANSWER:	enabling
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
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60. Rewards, encouragement, and recognition that influence our behavior in the short run are examples of
_____ factors.

ANSWER:	reinforcing
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Apply
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61. The _____ is a model of behavior change that focuses on the individual's attitudes and beliefs.

ANSWER:	health belief model
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Remember
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62. The _____ is a model of behavioral change that focuses on the individual's decision making and includes a sequence of six stages of change.

ANSWER:	transtheoretical model
	trans-theoretical model
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Remember
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63. The belief in one's ability to accomplish a goal or change a behavior is known as _____.

ANSWER:	self-efficacy
	self efficacy
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Remember
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64. The term _____ refers to an individual's belief about the sources of power and influence over his or her life.

ANSWER:	locus of control
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Completion
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.8 - Identify the stages of change.
KEYWORDS:	Bloom's: Remember
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Match the items with the appropriate description.

a. holistic approach

b. Beliefs

c. HALE

d. precontemplation

e. prevention

f. health

g. transtheoretical model

h. gender

i. behavioral model

j. preparation

REFERENCES:	Health and Wellness
	Health in America
	Health on Campus
	Making Healthy Changes

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65. involves rewarding yourself for making positive changes

   ANSWER: i
   POINTS: 1

66. healthy life expectancy

   ANSWER: c
   POINTS: 1

67. the stage of change following contemplation

   ANSWER: j
   POINTS: 1

68. state of complete well-being

   ANSWER: f
   POINTS: 1

69. rooted in biology and shaped by environment and experience

   ANSWER: h
   POINTS: 1

70. predisposing factors more powerful than knowledge and attitude

   ANSWER: b
   POINTS: 1

71. first stage of change

   ANSWER: d
   POINTS: 1

72. more powerful than any medical treatment

   ANSWER: e
   POINTS: 1

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73. focuses on universal aspects of an individual's decision-making process

    ANSWER: g
    POINTS: 1

74. views health and the individual as a whole, rather than by part by part

    ANSWER: a
    POINTS: 1

75. What are the eight dimensions of health? How can each dimension be maintained?

ANSWER:	The eight dimensions of health, and how they can be maintained, are as follows: 1. Physical: eat nutritious food, exercise regularly, practice illness and accident prevention, and avoid harmful behaviors and substances. 2. Psychological: develop awareness and acceptance of feelings, express emotions appropriately, function independently, and develop coping mechanisms for stress. 3. Spiritual: identify basic purpose in life; learn how to experience love, joy, peace, and fulfillment; and practice devotion to others' needs. 4. Social: participate and contribute to community, live in harmony with others, develop positive interdependent relationships, and practice healthy sexual behaviors. 5. Intellectual: increase ability to think and learn from life experience, be open to new ideas, and increase capacity to question and evaluate all types of information. 6. Environmental: protect oneself from dangers in the air, water, and soil, as well as in products used. 7. Occupational and financial: in college, choose and prepare for a career consistent with your personal values and beliefs, ensure that after you leave college you are contributing your unique talents and skills to work that is rewarding, learn how to manage your money and safeguard your financial well-being. 8. Community: on campus, establish smoke-free areas, prohibit tobacco advertising and sponsorship of campus events, ensure safety at parties, and enforce alcohol laws and policies.
POINTS:	1
REFERENCES:	Health and Wellness
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
KEYWORDS:	Bloom's: Apply
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76. Give examples of specific new recommendations added to the national health agenda for Healthy People 2020.

ANSWER:	Examples of specific new recommendations added to the national health agenda for 2020 include: 1. Nutrition and weight status: prevent inappropriate weight gain in youths and adults 2. Tobacco use: increase smoking-cessation success by adult smokers 3. Sexually transmitted infections: increase the proportion of adolescents who abstain from sexual intercourse or use condoms if sexually active 4. Substance abuse: reduce misuse of prescription drugs 5. Heart disease and stroke: increase overall cardiovascular health in the U.S. population 6. Injury and violence prevention: reduce sports and recreation injuries
POINTS:	1
REFERENCES:	Health in America
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.2 - Assess the current health status of Americans.
KEYWORDS:	Bloom's: Apply
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77. Explain how an individual's locus of control can affect his or her behavior and health.

ANSWER:	If you believe that your actions will make a difference in your health, your locus of control is internal. If you believe that external forces or factors play a greater role, your locus of control is external. Hundreds of studies have compared people who have these different perceptions of control: • "Internals," who believe that their actions largely determine what happens to them, act more independently, enjoy better health, are more optimistic about their future, and have lower mortality rates. • "Externals," who perceive that chance or outside forces determine their fate, find it harder to cope with stress and feel increasingly helpless over time. When it comes to weight, for instance, they see themselves as destined to be fat.
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Essay
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Analyze
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78. Changes in six risk factors could prevent two out of every three deaths and one in three hospitalizations in the United States. What are these risk factors?

ANSWER:	The six risk factors are: 1. tobacco use 2. alcohol abuse 3. accidents 4. high blood pressure 5. obesity 6. gaps in screening and primary health care
POINTS:	1
REFERENCES:	The Future Starts Now
QUESTION TYPE:	Subjective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Remember
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79. According to the text, what are the three types of influences that shape behavior? Provide examples of each type.

ANSWER:	The three types of influences that shape behavior, with examples, are: 1. predisposing factors: knowledge, attitudes, beliefs, values, and perceptions 2. enabling factors: skills, resources, accessible facilities, and physical and mental capabilities 3. reinforcing factors: praise, rewards, encouragement, or recognition for meeting a goal
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Subjective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Apply
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80. What are the key components of the transtheoretical model? Briefly define each component.

ANSWER:	The key components of the transtheoretical model, briefly defined, are: 1. stages of change: the sequence of steps involved in making a change 2. processes of change: cognitive and behavioral activities that facilitate change 3. self-efficacy: the confidence people have in their ability to cope with challenge
POINTS:	1
REFERENCES:	Making Healthy Changes
QUESTION TYPE:	Subjective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	INHB.HALE.18.1.7 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS:	Bloom's: Apply
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