**Chapter 1 Taking Charge of Your Health**

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?

A) excessive alcohol consumption

B) inactive lifestyle

C) smoking

D) poor dietary habits

Answer: A

Section: Wellness as a Health Goal

Topic: Causes of Death; Chronic Diseases; Health Risk Behaviors

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

2) Which of the following is NOT considered one of the nine dimensions of wellness?

A) dietary wellness

B) emotional wellness

C) environmental wellness

D) cultural wellness

Answer: A

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

3) The nine dimensions of wellness

A) are entirely within people's control.

B) may affect each other.

C) ensure the separation of mind and body.

D) are static and unchangeable.

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Remember

Accessibility: Keyboard Navigation

4) Which contributes primarily to one's physical wellness, as opposed to one of the other dimensions?

A) taking advantage of training opportunities on the job

B) avoiding unprotected sex

C) avoiding debt

D) establishing an intimate relationship

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

Learning Objective: List factors that influence wellness.

Bloom's: Analyze

Accessibility: Keyboard Navigation

5) Trust, self-confidence, and the ability to understand and accept one's feelings are components of

A) emotional wellness.

B) interpersonal wellness.

C) intellectual wellness.

D) spiritual wellness.

Answer: A

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Remember

Accessibility: Keyboard Navigation

6) Adam's parents are recent immigrants from China. They are not concerned about their son's ability to adapt to college because he is curious, open to new ideas, and is eager to master new skills. These qualities are reflective of Adam's \_\_\_\_\_\_\_\_ wellness.

A) emotional

B) intellectual

C) interpersonal

D) cultural

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

7) Spiritual wellness is enhanced by having

A) a strong support network of family and friends.

B) a selfless concern for the well-being of others.

C) the ability to express oneself creatively.

D) an openness to new ideas.

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Apply

Accessibility: Keyboard Navigation

8) Interacting well with people of a different religion, ethnicity, or sexual orientation is an aspect of

A) interpersonal wellness.

B) spiritual wellness.

C) intellectual wellness.

D) cultural wellness.

Answer: D

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Remember

Accessibility: Keyboard Navigation

9) Financial wellness includes a person's ability to

A) find a job that has a retirement pension.

B) balance income and expenses.

C) avoid occupational hazards.

D) earn enough money to leave a regular occupation.

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Remember

Accessibility: Keyboard Navigation

10) What is the significance of APR and minimum monthly payment for credit cards?

A) The minimum monthly payment determines the APR.

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

C) APR and minimum monthly payment are the same thing.

D) Debit cards have a higher APR than credit cards.

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness; Consumer Health Skills

Learning Objective: List factors that influence wellness.

Bloom's: Analyze

Accessibility: Keyboard Navigation

11) Interpersonal wellness will be most affected by improving your

A) motivation to master new skills.

B) sense of belonging to something greater than yourself.

C) creativity.

D) support system of friends and family.

Answer: D

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Apply

Accessibility: Keyboard Navigation

12) Occupational wellness can be enhanced by all of the following EXCEPT

A) contributions to a retirement fund.

B) feeling valued by your employer.

C) enjoying social time with co-workers on lunch breaks.

D) attending on-site continuing education opportunities to learn new aspects of your job.

Answer: A

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Apply

Accessibility: Keyboard Navigation

13) You usually walk to and from the local soup kitchen where you volunteer every Saturday. You have found a new network of friends there and even when it's raining or not convenient, you never miss a shift. This routine enhances both your

A) intellectual and cultural wellness.

B) spiritual and physical wellness.

C) occupational and interpersonal wellness.

D) emotional and environmental wellness.

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Apply

Accessibility: Keyboard Navigation

14) Differentiate between self-acceptance and self-esteem.

A) There is no difference, they are synonymous.

B) Self-esteem is your personal satisfaction with yourself regardless of the views of others.

C) Self-acceptance is your personal satisfaction with yourself regardless of the views of others.

D) Self-acceptance is primarily related to the way you think others perceive you.

Answer: C

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Analyze

Accessibility: Keyboard Navigation

15) What is the role of genetics in determining life span?

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

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

C) Mortality is entirely determined by environmental and behavioral factors.

D) Mortality is unrelated to genetics.

Answer: A

Section: Wellness as a Health Goal

Topic: Causes of Death; Heredity/Genetics

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

16) Life expectancy declined in 2016 and 2017. The suspected reason for this is related to

A) increased exposure to toxic environmental substances.

B) an increase in deaths from factors related to obesity and drug use.

C) increased incidence of motor vehicle accidents due to the introduction of autonomous vehicles.

D) an upsurge in deaths from heart disease and stroke.

Answer: B

Section: Wellness as a Health Goal

Topic: National Health; Life Expectancy

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

17) Public health achievements over the past 100 years, are credited with changing the major causes of death from \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_.

A) infectious diseases; chronic diseases

B) accidents; drug overdoses

C) chronic diseases; infectious diseases

D) infectious diseases; drug overdoses

Answer: A

Section: Wellness as a Health Goal

Topic: Causes of Death; Public Health

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Understand

Accessibility: Keyboard Navigation

18) Evaluate the change in mortality over the course of the twentieth century.

A) Life span did not change significantly.

B) Life span increased at a very steady rate throughout the 100-year period.

C) Life span increased dramatically in the first 50 years and then more gradually in the second 50 years.

D) Life span increased gradually in the first 50 years and then very dramatically in the second 50 years.

Answer: C

Section: Wellness as a Health Goal

Topic: Causes of Death; Public Health

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Analyze

Accessibility: Keyboard Navigation

19) Which was the number one cause of death in 2016 in the United States?

A) accidents

B) malignant neoplasms

C) heart disease

D) diabetes mellitus

Answer: C

Section: Wellness as a Health Goal

Topic: Causes of Death; Public Health

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

20) Lifestyle factors that contribute to heart disease include

A) sex.

B) cigarette smoking.

C) family history of heart disease.

D) age.

Answer: B

Section: Wellness as a Health Goal

Topic: Causes of Death; Chronic Diseases; Risk Factors

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

21) The leading cause of death among Americans aged 15 to 24 is

A) accidents.

B) infectious diseases.

C) homicide.

D) suicide.

Answer: A

Section: Wellness as a Health Goal

Topic: Causes of Death; Public Health

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

22) The dominant focus of U.S. government health policies is

A) improving diversity among health care providers.

B) preventing unhealthy behaviors.

C) improving access to health care through provisions of the ACA.

D) preventing deaths from respiratory conditions such as asthma and COPD.

Answer: B

Section: Promoting National Health

Topic: Causes of Death; National Health; Public Policy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

23) A primary goal of *Healthy People 2020* is to

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

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

C) increase life expectancy beyond 100 years.

D) reduce the cost of health care.

Answer: B

Section: Promoting National Health

Topic: National Health; Public Policy; Healthy People Initiative

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Understand

Accessibility: Keyboard Navigation

24) Which of the following statements about the Affordable Care Act (ACA) is TRUE?

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

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

C) Plans on health exchanges are not regulated by the government.

D) Rehabilitative services are considered one of the ACA's 10 essential benefits.

Answer: D

Section: Promoting National Health

Topic: National Health; Public Policy

Learning Objective: Outline how to make informed health care choices.

Bloom's: Understand

Accessibility: Keyboard Navigation

25) Allan was born in and has lived his whole life in a rural area. Which is most likely to be true about him when compared to someone raised in an urban area?

A) He is less likely to wear his seatbelt when driving.

B) He is less likely to die of injury.

C) He is more likely to be physically active.

D) He is more likely to seek preventive care.

Answer: A

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Socioeconomic Status; Health Care Access

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

26) Income and education are correlated with health status. The relationship between the poverty rate and health status is a(n) \_\_\_\_\_\_\_\_ one and the relationship between education level and health status is a(n) \_\_\_\_\_\_\_\_ one.

A) direct; direct

B) inverse; direct

C) direct; inverse

D) inverse; inverse

Answer: B

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Socioeconomic Status; Educational Attainment

Learning Objective: List factors that influence wellness.

Bloom's: Analyze

Accessibility: Keyboard Navigation

27) Differentiate between the terms "sex" and "gender."

A) Sex refers to the biological and physiological characteristics that define men, women, and intersex people.

B) Sex refers to the act of intercourse and gender refers to the biological and physiological characteristics of men and women.

C) Gender encompasses men and women but does not account for intersex people.

D) Gender and sex are synonymous terms and refer to the same thing.

Answer: A

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Sex and Gender

Learning Objective: List factors that influence wellness.

Bloom's: Analyze

Accessibility: Keyboard Navigation

28) What risk factor for poorer health is more prevalent in adult women than in adult men?

A) tobacco use

B) alcohol use

C) poverty

D) delayed routine medical care

Answer: C

Section: Promoting National Health

Topic: National Health; Health Equity/Health Disparities; Sex and Gender

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

29) Which statement regarding the health of diverse population groups is correct?

A) Compared with non-Hispanic whites, blacks and Hispanics are less likely to get appropriate medication for heart conditions.

B) Rates of death related to smoking and alcohol are lower among American Indians than the general population.

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

D) Latinos tend to suffer from higher rates of suicide than the general population.

Answer: A

Section: Promoting National Health

Topic: Public Health; Health Equity/Health Disparities; Race and Ethnicity

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

30) Kent, who is African American, has decided to add exercise into his daily routine to prevent health issues. Based exclusively on his race/ethnicity, which chronic condition is the most likely health issue of particular concern that would be favorably affected by increased physical activity?

A) prostate cancer

B) diabetes

C) cystic fibrosis

D) Tay-Sachs disease

Answer: B

Section: Promoting National Health

Topic: Race and Ethnicity; Heath Equity/Heath Disparities

Learning Objective: List factors that influence wellness.

Bloom's: Analyze

Accessibility: Keyboard Navigation

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

A) lower rates of lung cancer.

B) higher rates of alcohol abuse.

C) lower rates of heart disease.

D) shorter life expectancies.

Answer: C

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Race and Ethnicity

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Understand

Accessibility: Keyboard Navigation

32) Gay, lesbian, bisexual, and transgender teens have higher rates of

A) asthma.

B) cancer.

C) diabetes.

D) drug use.

Answer: D

Section: Promoting National Health

Topic: Health Risk Behaviors; Health Equity/Health Disparities

Learning Objective: List factors that influence wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

33) Which of the Healthy People 2020 goals deserves the greatest amount of emphasis in the remaining time before 2020 in order to ensure that progress is made in all of the stated goal areas?

A) Increase proportion of people with health insurance.

B) Reduce proportion of obese adults.

C) Increase proportion of adults who meet federal guidelines for exercise.

D) Reduce proportion of adults who use cigarettes.

Answer: B

Section: Promoting National Health

Topic: National Health; Public Policy; Healthy People Initiative

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Analyze

Accessibility: Keyboard Navigation

34) Which is correct regarding health disparities between blacks and whites?

A) When comparing groups with similar earnings, disparities were eliminated or reduced in the areas of hypertension and diabetes.

B) When comparing groups with similar earnings, disparities remained unchanged, with higher rates of hypertension and diabetes seen in blacks.

C) Rates of hypertension and diabetes are higher among whites regardless of income level.

D) Rates of hypertension and diabetes are not different between blacks and whites regardless of income level.

Answer: A

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Race and Ethnicity

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Apply

Accessibility: Keyboard Navigation

35) The health determinant that we have LEAST control over is

A) diet.

B) exercise.

C) heredity.

D) stress.

Answer: C

Section: Factors that Influence Wellness

Topic: Chronic Diseases; Risk Factors

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

36) Which is NOT considered an environmental factor that affects health?

A) household cleaning products

B) amount of crime in your community

C) access to vaccinations and screening tests

D) radiation from sun exposure

Answer: C

Section: Factors that Influence Wellness

Topic: Risk Factors; Health Care Access; Environmental Factors

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

37) Differentiate between the underlying factors related to cystic fibrosis and those related to diabetes.

A) Both conditions are primarily the result of genetic errors.

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

C) Diabetes is primarily related to genetic errors whereas interaction of behavior and environment contribute significantly to cystic fibrosis.

D) Cystic fibrosis is the result of genetic errors whereas interaction of behavior and environment contribute significantly to diabetes.

Answer: D

Section: Factors that Influence Wellness

Topic: Heredity/Genetics; Environmental Factors

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Analyze

Accessibility: Keyboard Navigation

38) Which would be considered the initial step in improving wellness through lifestyle management?

A) Select a target behavior.

B) Ask your family for assistance.

C) Evaluate your current habits.

D) Seek guidance and assistance from local programs.

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

39) Which strategy is most likely to improve your success in changing an unhealthy behavior?

A) Identify as many unhealthy target behaviors as possible so you can work on them all simultaneously.

B) Ask family members to track your behavioral changes.

C) Reduce the number of activities you take on so that you can better focus on change.

D) Place your emphasis on a single target behavior you wish to change.

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Self-Efficacy

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Apply

Accessibility: Keyboard Navigation

40) What is a target behavior?

A) A habit that is the focus of your behavior change plan.

B) A friend's behavior that you identified needs to be changed.

C) A health condition such as diabetes.

D) A characteristic such as obesity.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

41) Which element is most likely to indicate a website's reliability of information?

A) the popularity of the website

B) the date of the post on the topic

C) the "About Us" link

D) the testimonials page of the website

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Consumer Health Skills

Learning Objective: Evaluate health and wellness information.

Bloom's: Apply

Accessibility: Keyboard Navigation

42) Which strategy is LEAST helpful in promoting a behavior change for better health?

A) Target multiple behaviors simultaneously.

B) Identify cues to behaviors.

C) Incorporate rewards for reaching goals.

D) Make slow, systematic changes in behavior.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

43) The belief in one's ability to be successful in the performance of a given task is termed

A) self-control.

B) self-efficacy.

C) self-esteem.

D) self-talk.

Answer: B

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

44) Sheila is 25 pounds overweight. All her relatives are also significantly overweight, and she sees this as the reason that she has been unable to be successful in losing weight despite having tried a variety of diets. Based on this information, you conclude that Sheila has

A) poor self-esteem.

B) a lack of self-confidence.

C) an external locus of control.

D) an internal locus of control.

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Analyze

Accessibility: Keyboard Navigation

45) Those with an internal locus of control believe that events turn out as they do based on

A) fate or luck.

B) heredity.

C) a "higher power."

D) their input and actions.

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

46) Visualizing yourself engaging in a new, healthier behavior is one of the best ways to

A) boost your self-efficacy.

B) improve your physical strength.

C) identify barriers to change.

D) externalize your locus of control.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control; Behavior Change Strategies

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

47) Which strategy is most likely to increase your chances of success in the pursuit of a new behavior?

A) Select a different behavior to change if you experience a temporary failure.

B) Utilize visualization techniques.

C) Rationalize temporary setbacks to minimize feelings of failure.

D) Stick with the program even during periods of high stress.

Answer: B

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control; Behavior Change Strategies

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

48) The precontemplation stage is characterized by

A) no acknowledgement of a need to change.

B) an outward modification of behavior.

C) thinking about making a change.

D) seeking outside support for the problem.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

49) Following your annual physical, you review your lab work and find that your cholesterol is elevated. Your physician tells you that this can increase your risk of heart disease and stroke and recommends exercise. You think that when the snow melts in about 4 months you'll take up a walking program. According to the transtheoretical model of change you are in the \_\_\_\_\_\_\_\_ phase.

A) denial

B) precontemplation

C) contemplation

D) action

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Identify stages of behavior change.

Bloom's: Analyze

Accessibility: Keyboard Navigation

50) Tania has recognized that her eating behaviors are not healthy. Her response to stress previously was to severely restrict her calorie intake, often eating only one small meal per day. Her weight had dropped to unhealthy levels. In order to address her unhealthy eating patterns, she made several changes in her daily routines and has consistently been eating better for the past 4 weeks. She is feeling much better. According to the transtheoretical model, Tania is in the \_\_\_\_\_\_\_\_ phase of behavior change.

A) preparation

B) action

C) maintenance

D) termination

Answer: B

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Identify stages of behavior change.

Bloom's: Analyze

Accessibility: Keyboard Navigation

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

A) choose a different behavior to change.

B) acknowledge defeat and give up.

C) give yourself credit for the progress you've made and avoid self-blame.

D) set an even more challenging goal so that you're motivated again.

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change; Relapse

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

52) Which is a key to successful behavior change?

A) begin with identifying all the behaviors to be changed

B) concentrate on several interrelated behaviors

C) refuse to tolerate temporary setbacks

D) anticipate problems and include rewards

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

53) Which is the recommended order of steps to create a personalized plan for change?

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

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

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

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

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Analyze

Accessibility: Keyboard Navigation

54) Entries made into a health journal about a behavior should note all of the following EXCEPT

A) how you felt at the time the behavior occurred.

B) what you were doing when the behavior occurred.

C) when and where the behavior occurred.

D) your SMART goals.

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

55) Janae has the goal of exercising at least 30 minutes a day, five days a week, in order to lose ten pounds within two weeks. According to the "SMART" criteria, which element should she reconsider?

A) the specificity

B) the target behavior

C) the time frame

D) the reality of committing to 5 days a week of exercising

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Goal Setting

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

56) Your chances of success in changing a behavior increase if you

A) set a very ambitious goal.

B) ignore related habits.

C) recruit support from friends or family.

D) focus solely on short-term benefits.

Answer: C

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

57) To help ensure success with a behavior change program, you should

A) establish a very broad goal.

B) involve the people around you.

C) avoid setting a firm deadline for completion.

D) reward yourself only when you reach your final goal.

Answer: B

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

58) Rewards included in health action plans should

A) be planned in advance.

B) be provided only when you reach your overall goal.

C) come in the form of food or alcohol.

D) be given only when someone notices your success.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

59) Which item is NOT generally included in a personal contract for behavior change?

A) setting a date to begin

B) stating your goal

C) identifying how you will measure progress

D) establishing consequences for failure to reach the goal

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Design and track a plan for personal behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

60) Which is a recommended strategy for maintaining behavior change?

A) assess stress levels

B) rationalize failures

C) avoid social influences

D) resist the urge to change techniques

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

61) Marta has a very general desire to be healthier. Which is the best first step for her to take in moving toward that goal?

A) start journaling about things that make her unhappy

B) identify community resources for help

C) choose two unhealthy behaviors and make goals for change

D) perform a self-assessment and consider discussing the results with a close friend or family member

Answer: D

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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.

62) Carla's frustration surrounding limitations to her time with her friends is affecting her \_\_\_\_\_\_\_\_ wellness.

A) spiritual

B) interpersonal

C) cultural

D) intellectual

Answer: B

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Remember

Accessibility: Keyboard Navigation

63) If Carla succeeds in improving her time management so she can spend more time with her friends, she will most likely see a corresponding improvement in her \_\_\_\_\_\_\_\_ wellness.

A) financial

B) physical

C) emotional

D) occupational

Answer: C

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

64) 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?

A) Closely monitoring and evaluating her schedule.

B) Focus on what motivated her to change her behavior.

C) Establish a reward she can give herself once she has succeeded.

D) Develop an external locus of control.

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Dimensions of Wellness; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

65) 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?

A) her belief that she is in control of her own life

B) her ability to resist rewards

C) her ability to persuade friends to do as she asks

D) her rigid application of a plan without allowing for alterations

Answer: A

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Locus of Control; Motivation

Learning Objective: Design and track a plan for personal behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

66) The key element of wellness is the absence of disease.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Wellness; Health

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

Bloom's: Remember

Accessibility: Keyboard Navigation

67) Self-confidence affects self-esteem.

Answer: TRUE

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

68) Strong friendships are a key component of your environmental wellness.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

69) Religion is a requirement for good spiritual health.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

70) It is NOT possible to have health in the absence of wellness.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Wellness; Health

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

Bloom's: Understand

Accessibility: Keyboard Navigation

71) Interpersonal wellness includes the ability to detect problems.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Understand

Accessibility: Keyboard Navigation

72) Prior to the twentieth century, infectious diseases were a primary cause of mortality.

Answer: TRUE

Section: Wellness as a Health Goal

Topic: Causes of Death; Public Health; Infectious Diseases

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

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: TRUE

Section: Wellness as a Health Goal

Topic: Causes of Death; Chronic Diseases; Public Health

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

Bloom's: Remember

Accessibility: Keyboard Navigation

74) Morbidity and mortality are synonymous.

Answer: FALSE

Section: Wellness as a Health Goal

Topic: Life Expectancy; Quality of Life

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

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: TRUE

Section: Promoting National Health

Topic: National Health; Healthy People Initiative; Health Equity/Health Disparities

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

76) 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.

Answer: FALSE

Section: Promoting National Health

Topic: Health Equity/Health Disparities; Sex and Gender

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

77) According to the National College Health Assessment II, obesity is a health factor that is reported to affect over 30% of students and ranks in the top 3 health issues affecting academic performance.

Answer: FALSE

Section: Promoting National Health

Topic: Health Risk Behaviors; Wellness Lifestyle Behaviors

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

78) According to the National Center for Health Statistics, significant progress on racial and ethnic health disparities have occurred over the previous 15 years. There is no longer a gap in life expectancy between whites and blacks.

Answer: FALSE

Section: Promoting National Health

Topic: National Health; Health Equity/Health Disparities; Race and Ethnicity

Learning Objective: List factors that influence wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

79) Factors such as education and economic status are **NOT** considered to be significant health determinants within *Healthy People 2020*.

Answer: FALSE

Section: Promoting National Health

Topic: National Health; Healthy People Initiative; Health Equity/Health Disparities

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

80) Attainment of a 4-year college degree is associated with an additional decade of life expectancy.

Answer: FALSE

Section: Factors that Influence Wellness

Topic: Risk Factors; Educational Attainment; Quality of Life

Learning Objective: List factors that influence wellness.

Bloom's: Apply

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Health Risk Behaviors; Barriers to Change

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

82) Access to adequate health care is needed to facilitate a behavior change.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Health Care Access; Barriers to Change

Learning Objective: Design and track a plan for personal behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

84) Motivation for behavior change is unaffected by social support.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Self-Efficacy; Locus of Control; Motivation

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Apply

Accessibility: Keyboard Navigation

86) Lapses into previous unhealthy behaviors should be considered as failures.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies

Learning Objective: Design and track a plan for personal behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Behavior Change Strategies; Goal Setting

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

89) Taking incremental steps toward a long-term goal by making small changes indicates you are now in the contemplation stage.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Design and track a plan for personal behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

90) Making adjustments to your original plan of action is a common part of the termination phase of behavior change.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Transtheoretical Model of Change; Stages of Behavior Change

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

91) Effective rewards and support for behavior change are a key element of SMART goal setting.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning; Goal Setting

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

92) You have just moved to a new town, started a new job, are settling in to a new apartment, and your beloved grandmother just passed away. This seems like the perfect time to institute a behavior change program.

Answer: FALSE

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

Accessibility: Keyboard Navigation

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

Answer: FALSE

Section: Being Healthy for Life

Topic: Wellness Lifestyle Behaviors

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

Bloom's: Understand

Accessibility: Keyboard Navigation

94) 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 doing to promote its development.

Answer: Answers will vary.

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Apply

Accessibility: Keyboard Navigation

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

Answer: Answers will vary. Should include a definition of each and then discussion of how emotional and interpersonal wellness are intertwined.

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness

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

Bloom's: Analyze

Accessibility: Keyboard Navigation

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

Answer: Answers will vary. Should include some aspect of budget awareness, understanding of responsible use of credit cards, contribution to employer sponsored retirement plans, paying off high interest rate debts, etc.

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness; Socioeconomic Status

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

Bloom's: Apply

Accessibility: Keyboard Navigation

97) Discuss the role that lifestyle choices play 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.

Answer: Answers will vary.

Section: Wellness as a Health Goal

Topic: Dimensions of Wellness; Wellness Lifestyle Behaviors

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

Bloom's: Analyze

Accessibility: Keyboard Navigation

98) Describe the four broad national goals of *Healthy People 2020*. Then choose one of the special population groups described in *Healthy People 2020* and identify two health issues of particular importance for that group.

Answer: Answers will vary.

Section: Promoting National Health

Topic: Healthy People Initiative; Health Equity/Health Disparities

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Analyze

Accessibility: Keyboard Navigation

99) Describe five strategies for critically evaluating health-related information.

Answer: Answers will vary.

Section: Reaching Wellness through Lifestyle Management

Topic: Consumer Health Skills

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Apply

Accessibility: Keyboard Navigation