

Choosing Health, 3e (Lynch)

Chapter 1 Health in the 21st Century

1) The current life expectancy at birth in the United States is

- A) 67.7 years.
- B) 72.7 years.
- C) 78.8 years.
- D) 82.7 years.

Answer: C

Diff: 2 Page Ref: 4

Section: 1.0

Skill: Remembering

Learning Obj.: 1.3

2) The four keys to good physical health include all of the following except

- A) not smoking.
- B) following healthy eating habits.
- C) practicing relaxation techniques.
- D) exercising regularly.

Answer: C

Diff: 2 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

3) Which of the following statements best defines the term disease as we understand it today?

- A) It is a subjective state in which a person feels ill.
- B) It is an alteration of a perception of feeling ill.
- C) It is an imbalance of the body's internal fluids.
- D) It is an alteration in body structure or biochemistry that causes the body's regulatory mechanisms to fail.

Answer: D

Diff: 3 Page Ref: 2

Section: 1.1

Skill: Understanding

Learning Obj.: 1.1

4) Intellectual health is characterized by

- A) being physically active.
- B) an openness to new ideas and skills and a capacity to think critically.
- C) the ability to perceive reality accurately.
- D) satisfying interactions with friends and family.

Answer: B

Diff: 2 Page Ref: 3

Section: 1.1

Skill: Understanding

Learning Obj.: 1.2

5) Psychological health is a broad category that encompasses all of the following except

- A) having healthy relationships.
- B) being physically fit.
- C) having autonomy.
- D) continually growing as a person.

Answer: B

Diff: 2 Page Ref: 3

Section: 1.1

Skill: Understanding

Learning Obj.: 1.2

6) Recall Corey's Student Story in the chapter. Corey is the student who has a large scar from surgery to correct a skeletal condition. Based on his story, he is

- A) at the low end of the wellness continuum.
- B) at the high end of the wellness continuum.
- C) moving in a negative direction in the wellness continuum.
- D) in a diseased state.

Answer: B

Diff: 3 Page Ref: 11

Section: 1.4

Skill: Applying

Learning Obj.: 1.2

7) One public health initiative that has contributed to improvements in healthy behaviors and an increase in life expectancy in the United States is

- A) Healthy People 2020.
- B) Decreased outreach programs across ethnic groups.
- C) Requiring fewer vaccinations for school aged children.
- D) Increased physical education classes in the US.

Answer: A

Diff: 3 Page Ref: 6

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

8) The leading cause of death in 15-24 year olds in the United States is

- A) heart disease.
- B) accidents/unintentional injuries.
- C) cancer.
- D) suicide.

Answer: B

Diff: 1 Page Ref: 4

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

9) One of the two primary initiatives of Healthy People 2020 is to explore

- A) strategies to increase awareness about immunizations.
- B) strategies to decrease substance abuse.
- C) strategies to achieve health equity for all people.
- D) techniques to improve mental health.

Answer: C

Diff: 2 Page Ref: 6

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

10) The highest rates of hypertension are found in this ethnic population.

- A) Asian Americans
- B) Caucasian Americans
- C) African Americans
- D) Native Americans

Answer: C

Diff: 2 Page Ref: 6

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

11) Which of the following statements is true regarding college students' health behaviors?

- A) Unhealthy eating habits and physical inactivity are common for college students.
- B) Research shows that students underestimate how many of their peers regularly use of alcohol, tobacco, and drugs.
- C) Over 50% reported their health as fair to poor.
- D) Over 50% meet the national recommendations for moderate physical activity.

Answer: A

Diff: 3 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

12) The Healthy Campus initiative is

- A) a federal initiative to facilitate broad, positive health changes in the U.S. population.
- B) an initiative that allows colleges to focus on goals that are most relevant to their population.
- C) a mandatory high school program focused on decreasing alcohol and drug abuse.
- D) a program outlining college campus progress towards meeting Healthy People 2020 goals.

Answer: B

Diff: 2 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

13) Which of the following statements best reflects the relationship between college achievement and student health?

- A) Stress has a positive effect on college achievement.
- B) Exercising regularly significantly decreases academic performance because it decreases study time.
- C) Tobacco use can increase academic performance since nicotine is a stimulant drug.
- D) Negative health behaviors and illness can decrease academic performance.

Answer: D

Diff: 3 Page Ref: 7

Section: 1.3

Skill: Analyzing

Learning Obj.: 1.3

14) The most common health problem reported by students in a recent nationwide study was

- A) allergies.
- B) bronchitis.
- C) strep throat.
- D) sinus infection.

Answer: A

Diff: 2 Page Ref: 7

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

15) According to a recent nationwide study on student health, most students describe their health as

- A) very good or excellent.
- B) good.
- C) fair.
- D) poor.

Answer: A

Diff: 1 Page Ref: 7

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

16) All of the following are true regarding college students and chronic illness risks except
A) college students experience lower rates of chronic illness than the adult population as a whole.

B) over 50% of all college students meet the American Heart Association's recommendations for physical activity.

C) the majority of students report being at a healthy weight.

D) college students often engage in behaviors that increase the risk of developing chronic illnesses.

Answer: B

Diff: 3 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

17) Commonly, college students exhibit behaviors that may lead to chronic disease in adulthood, including

A) Students maintain a healthy body weight.

B) Less than half of college students meet national recommendations for physical activity.

C) Students are less likely to binge drink and engage in recreational drug use.

D) Students develop healthy sleep habits over the course of their college years.

Answer: B

Diff: 3 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

18) Infectious diseases, such as malaria and cholera are a common problem in

A) the United States.

B) Northern Europe.

C) Canada.

D) Africa and Asia.

Answer: D

Diff: 2 Page Ref: 8

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

19) Under- and mal-nourishment, a major concern in developing countries can lead to

A) increases in infection susceptibility.

B) HIV infection.

C) antibiotic resistance.

D) type II diabetes.

Answer: A

Diff: 2 Page Ref: 8

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

- 20) Infectious disease is a global health concern because
- A) airplane travel is a primary means of spreading the diseases.
 - B) countries with more economic development face diseases that have been eradicated from other areas.
 - C) vitamin and mineral deficiencies in the United States and Europe have increased the prevalence of deficiency diseases, such as rickets and scurvy.
 - D) some infections have become resistant to treatment.

Answer: D

Diff: 3 Page Ref: 8

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

- 21) "Globesity" refers to
- A) increased global rates of HIV.
 - B) increased global rates of infectious diseases.
 - C) nutritional diseases around the world.
 - D) increased global rates of obesity.

Answer: D

Diff: 2 Page Ref: 8

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

- 22) Global health concerns include rising levels of obesity, resistance to antibiotics and
- A) tobacco use.
 - B) teen pregnancies.
 - C) nutritional deficiencies.
 - D) increasing incidents of diabetes.

Answer: C

Diff: 2 Page Ref: 8

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

- 23) Which of the following is true with respect to differences in health outcomes between men and women?
- A) Women tend to live about 4 years longer than men.
 - B) Women have higher rates of heart disease.
 - C) Women are more likely to experience high blood pressure.
 - D) Women are more likely to abuse alcohol.

Answer: A

Diff: 3 Page Ref: 9

Section: 1.4

Skill: Understanding

Learning Obj.: 1.4

24) Which of the following terms describes health discrepancies/variations between wealthier and less affluent families?

- A) Socioeconomic status
- B) Cultural norms
- C) Social biological differences
- D) Status syndrome

Answer: D

Diff: 2 Page Ref: 10

Section: 1.4

Skill: Understanding

Learning Obj.: 1.4

25) Health literacy includes the ability to

- A) understand and evaluate health information, and follow medical instructions.
- B) make medical choices based on gut instinct.
- C) decide what medications are actually necessary to treat a condition.
- D) describe symptoms to a physician.

Answer: A

Diff: 2 Page Ref: 11

Section: 1.4

Skill: Understanding

Learning Obj.: 1.4

26) Chronic disease rates in the United States are lowest for

- A) Hispanics.
- B) African Americans.
- C) Asian Americans.
- D) Native Americans.

Answer: C

Diff: 1 Page Ref: 6

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

27) The demographic group with the highest rate of cancers is

- A) Hispanics.
- B) African American males.
- C) Native Americans.
- D) Caucasians females.

Answer: D

Diff: 2 Page Ref: 6

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

28) Which of the following are examples of enabling factors that influence health behavior?

- A) The financial ability to afford health care and personal motivation.
- B) Local availability of fresh produce and low family income.
- C) Negative pressure from friends and family, and willpower.
- D) A family history of cancer and enrollment in Medicare.

Answer: A

Diff: 4 Page Ref: 13

Section: 1.5

Skill: Applying

Learning Obj.: 1.5

29) Rewarding yourself for successfully quitting smoking would be an example of a(n)

- A) predisposing factor in behavior change.
- B) enabling factor in behavior change.
- C) reinforcing factor in behavior change.
- D) self-efficacy factor in behavior change.

Answer: C

Diff: 2 Page Ref: 13

Section: 1.5

Skill: Applying

Learning Obj.: 1.5

30) The theory that a person progresses through six stages of change before achieving sustained behavior change is known as the

- A) stress-diathesis model.
- B) transtheoretical model.
- C) health belief model.
- D) general adaptation syndrome model.

Answer: B

Diff: 2 Page Ref: 14

Section: 1.6

Skill: Remembering

Learning Obj.: 1.5

31) Kara wants to start jogging for exercise, has just bought a pair of shoes and workout clothes, and has signed up to join a jogging group. Based on this information, what stage in the Stages of Change model is Kara in?

- A) Contemplation
- B) Preparation
- C) Action
- D) Maintenance

Answer: B

Diff: 2 Page Ref: 14

Section: 1.6

Skill: Applying

Learning Obj.: 1.5

32) Which of the following is true regarding the Maintenance stage of the Stages of Change Model?

- A) The new behavior is maintained for only 3 months.
- B) Relapses are unlikely.
- C) It can last months or even years.
- D) There is no longer a need to work actively to keep from reverting back to old habits.

Answer: C

Diff: 3 Page Ref: 14

Section: 1.6

Skill: Understanding

Learning Obj.: 1.6

33) Which of the following factor in the Health Belief Model of behavior change help in predicting the likelihood of behavior change?

- A) Perceived unlikely threat
- B) Perceived benefit healthy of change
- C) External cues to action
- D) Positive reinforcement

Answer: B

Diff: 2 Page Ref: 14

Section: 1.6

Skill: Understanding

Learning Obj.: 1.6

34) Self efficacy, as it relates to behavior change,

- A) the belief that you can make successful change.
- B) demonstrating a lack of personal control over a situation.
- C) the view that you should avoid thinking about a difficult situation.
- D) waiting to take action to change a behavior until you are sure of the outcome.

Answer: A

Diff: 3 Page Ref: 16

Section: 1.7

Skill: Analyzing

Learning Obj.: 1.6

35) Proven strategies for successful behavior change include

- A) learning behaviors by watching others fail repeated.
- B) only considering making significant changes.
- C) setting small, attainable goals.
- D) stating change in the negative voice.

Answer: C

Diff: 3 Page Ref: 16

Section: 1.7

Skill: Applying

Learning Obj.: 1.6

36) Janet eats a large doughnut every morning with her coffee. Since she wants to decrease her intake of foods high in sugar and fat, she plans to start substituting a whole-wheat bagel for the doughnuts. She is practicing this strategy.

- A) Self-discipline
- B) Cue control
- C) Counter conditioning
- D) Health belief

Answer: C

Diff: 3 Page Ref: 18

Section: 1.7

Skill: Applying

Learning Obj.: 1.7

37) When looking for health information online, you should

- A) avoid sites with URLs that end with ".gov".
- B) stick to commercial sites advertising products and services.
- C) seek out sites with reputable professional accreditations.
- D) prioritize sites that are attractively designed.

Answer: C

Diff: 2 Page Ref: 12

Section: 1.4

Skill: Understanding

Learning Obj.: 1.1

38) An article about the results of the latest study on the health effects of vitamin B₁₂ is more credible if it is

- A) carried out by an individual organization that sells a B₁₂ product.
- B) the first study showing a health benefit for taking vitamin B₁₂.
- C) supported by other researchers who have replicated the same results.
- D) lacking information about how the study was funded.

Answer: C

Diff: 3 Page Ref: 12

Section: 1.4

Skill: Analyzing

Learning Obj.: 1.1

39) The top three causes of death in the United States are lifestyle-related diseases.

Answer: TRUE

Diff: 2 Page Ref: 4

Section: 1.2

Skill: Understanding

Learning Obj.: 1.4

40) A growing number of consumers are seeking health information on the internet.

Answer: TRUE

Diff: 1 Page Ref: 12

Section: 1.4

Skill: Remembering

Learning Obj.: 1.1

41) A person suffering from a high level of stress will be moving in the negative direction of the wellness continuum regardless of efforts to manage the stress.

Answer: FALSE

Diff: 3 Page Ref: 3

Section: 1.1

Skill: Applying

Learning Obj.: 1.2

42) Being respected by coworkers is one sign of occupational health.

Answer: TRUE

Diff: 2 Page Ref: 4

Section: 1.2

Skill: Understanding

Learning Obj.: 1.2

43) Colleges who participate in the Healthy Campus initiative can choose which health issues they want to focus on improving.

Answer: TRUE

Diff: 2 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

44) Student health influences whether a college meets its goal of providing the best education possible.

Answer: TRUE

Diff: 2 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

45) According to research on student behaviors, over 40% smoke marijuana.

Answer: FALSE

Diff: 2 Page Ref: 7

Section: 1.3

Skill: Understanding

Learning Obj.: 1.3

46) Though individual factors influence our health, we all have the same basic health needs.

Answer: TRUE

Diff: 2 Page Ref: 4

Section: 1.2

Skill: Understanding

Learning Obj.: 1.2

47) Health literacy is the ability to evaluate and understand health information and make informed choices for your own health care.

Answer: TRUE

Diff: 1 Page Ref: 11

Section: 1.4

Skill: Remembering

Learning Obj.: 1.5

48) Poverty is an example of a physical determinate of health.

Answer: FALSE

Diff: 3 Page Ref: 10

Section: 1.4

Skill: Understanding

Learning Obj.: 1.5

49) Societal pressures can undermine the emotional wellness of gay, lesbian, and transgender adults.

Answer: TRUE

Diff: 2 Page Ref: 6

Section: 1.3

Skill: Understanding

Learning Obj.: 1.5

50) Geographical differences such as air pollution and proximity to trauma centers can affect a person's health risks.

Answer: TRUE

Diff: 1 Page Ref: 10

Section: 1.4

Skill: Remembering

Learning Obj.: 1.5

51) People who are underinsured are likely to have preventative screenings as higher income Americans.

Answer: FALSE

Diff: 1 Page Ref: 11

Section: 1.4

Skill: Remembering

Learning Obj.: 1.5

52) The Affordable Care Act has created exchange markets where the uninsured can purchase health insurance.

Answer: TRUE

Diff: 3 Page Ref: 11

Section: 1.4

Skill: Understanding

Learning Obj.: 1.5

53) Native Americans have the lowest rates of diabetes in the world.

Answer: FALSE

Diff: 1 Page Ref: 6

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

54) State, local, and federal policies can indirectly have a positive effect on health.

Answer: TRUE

Diff: 2 Page Ref: 11

Section: 1.4

Skill: Understanding

Learning Obj.: 1.5

55) A person's attitude toward screening to detect diseases can be a predisposing factor that influences health behavior.

Answer: TRUE

Diff: 2 Page Ref: 13

Section: 1.5

Skill: Understanding

Learning Obj.: 1.6

56) Encouragements and rewards that promote positive behavior change are examples of predisposing factors.

Answer: FALSE

Diff: 3 Page Ref: 13

Section: 1.5

Skill: Understanding

Learning Obj.: 1.6

57) If a person is thinking about making a behavior change in the next few months, he/she has entered the precontemplation phase of the Transtheoretical Model.

Answer: FALSE

Diff: 1 Page Ref: 14

Section: 1.6

Skill: Understanding

Learning Obj.: 1.6

58) A person with an external locus of control has higher self-efficacy than someone with an internal locus of control.

Answer: FALSE

Diff: 3 Page Ref: 17

Section: 1.7

Skill: Analyzing

Learning Obj.: 1.7

59) Telling yourself "I can train and run a 10K road race" is an example of "shaping."

Answer: FALSE

Diff: 3 Page Ref: 16

Section: 1.7

Skill: Applying

Learning Obj.: 1.7

60) If you have a strong internal locus of control, you think that external events are out of your control.

Answer: FALSE

Diff: 3 Page Ref: 17

Section: 1.7

Skill: Understanding

Learning Obj.: 1.7

61) Social networks can provide an opportunity for health advocacy.

Answer: TRUE

Diff: 2 Page Ref: 18

Section: 1.7

Skill: Understanding

Learning Obj.: 1.7

62) "Media" includes books, magazines, newspapers, television, the internet, and advertising.

Answer: TRUE

Diff: 2 Page Ref: 12

Section: 1.4

Skill: Understanding

Learning Obj.: 1.5

63) Sites that end in ".gov" or ".edu" are more likely to provide credible information than ".com" sites.

Answer: TRUE

Diff: 1 Page Ref: 12

Section: 1.4

Skill: Remembering

Learning Obj.: 1.5

64) SMART goals should be based on those of celebrities in magazines who have been successful at losing weight or gaining muscle.

Answer: FALSE

Diff: 1 Page Ref: 16

Section: 1.7

Skill: Understanding

Learning Obj.: 1.7

65) Many Americans use search engines for information about their health.

Answer: TRUE

Diff: 1 Page Ref: 12

Section: 1.4

Skill: Remembering

Learning Obj.: 1.5

66) The ecological model of behavior change is based on an individual following three steps to achieve a change.

Answer: FALSE

Diff: 5 Page Ref: 15

Section: 1.6

Skill: Evaluating

Learning Obj.: 1.6

67) The process of actively making choices to improve one's health is known as physical well-being.

Answer: FALSE

Diff: 1 Page Ref: 3

Section: 1.1

Skill: Remembering

Learning Obj.: 1.1

68) Health disparities are differences in quality of health among various segments of the population.

Answer: TRUE

Diff: 1 Page Ref: 6

Section: 1.3

Skill: Remembering

Learning Obj.: 1.5

69) Healthy Campus is an offshoot of the Healthy People initiative, specifically geared toward high school students.

Answer: FALSE

Diff: 1 Page Ref: 7

Section: 1.3

Skill: Remembering

Learning Obj.: 1.5

70) Healthy People 2020 takes an economical approach to health.

Answer: FALSE

Diff: 1 Page Ref: 6

Section: 1.3

Skill: Understanding

Learning Obj.: 1.6

71) Health literacy can be enhanced by the availability of medically-based websites.

Answer: TRUE

Diff: 1 Page Ref: 11

Section: 1.4

Skill: Understanding

Learning Obj.: 1.5

72) The first stage of change in the transtheoretical model of behavior change is understanding the severity of the behavior.

Answer: FALSE

Diff: 1 Page Ref: 14

Section: 1.6

Skill: Understanding

Learning Obj.: 1.6

73) Encouragements or rewards that promote positive behavior change are called reinforcing factors.

Answer: TRUE

Diff: 1 Page Ref: 13

Section: 1.5

Skill: Remembering

Learning Obj.: 1.6

74) Since Maria is fearful of heart disease, she is more likely to start exercising.

Answer: FALSE

Diff: 1 Page Ref: 13

Section: 1.5

Skill: Applying

Learning Obj.: 1.6

75) The health belief model is a model of behavior change emphasizing personal beliefs in the process of creating effective change.

Answer: TRUE

Diff: 1 Page Ref: 14

Section: 1.6

Skill: Remembering

Learning Obj.: 1.6

76) Russ blames his lack of skills in math for his poor grades. He has an internal locus of control.

Answer: FALSE

Diff: 1 Page Ref: 17

Section: 1.7

Skill: Applying

Learning Obj.: 1.7

77) A person with an external locus of control believes that the ability to change is out of his/her control.

Answer: TRUE

Diff: 2 Page Ref: 17

Section: 1.7

Skill: Understanding

Learning Obj.: 1.7

78) Ariana has started an exercise program to increase her strength for cheerleading. She follows her coaches' workout routines. She is practicing the technique of modeling.

Answer: TRUE

Diff: 1 Page Ref: 14

Section: 1.6

Skill: Remembering

Learning Obj.: 1.7

Match the following:

- A) Precontemplation
- B) Cue to action
- C) Contemplation
- D) Recognizing a perceived benefit
- E) Transtheoretical model of change

79) A theory describing the six stages a person goes through to stop smoking.

Diff: 1 Page Ref: 14

Section: 1.5

Skill: Remembering

Learning Obj.: 1.6

80) Watching a friend die of lung cancer is an example of this.

Diff: 3 Page Ref: 14

Section: 1.5

Skill: Applying

Learning Obj.: 1.6

81) A smoker who doesn't think he has a health problem is in this stage of behavior change.

Diff: 3 Page Ref: 14

Section: 1.5

Skill: Applying

Learning Obj.: 1.6

82) Someone who admits he has a smoking problem and is thinking about quitting is in this stage of behavior change.

Diff: 3 Page Ref: 14

Section: 1.5

Skill: Applying

Learning Obj.: 1.6

83) Stopping smoking to reduce the risk of lung cancer is an example of this.

Diff: 3 Page Ref: 14

Section: 1.5

Skill: Applying

Learning Obj.: 1.6

Answers: 79) E 80) B 81) A 82) C 83) D

Match the following:

- A) Spiritual health
- B) Intellectual health
- C) Social health
- D) Physical health
- E) Psychological health

84) Capacity to think critically

Diff: 1 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

85) Ability to perceive reality accurately

Diff: 1 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

86) Centers on the beliefs we hold that lend meaning to life

Diff: 1 Page Ref: 4

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

87) Quality of relationships with others

Diff: 1 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

88) How well the body functions

Diff: 1 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.2

Answers: 84) B 85) E 86) A 87) C 88) D

Match the following:

- A) Illness
- B) Health
- C) Disease
- D) Chronic disease
- E) Wellness

89) An active process of being aware of and making choices toward a more successful existence.

Diff: 1 Page Ref: 3

Section: 1.1

Skill: Remembering

Learning Obj.: 1.1

90) An alteration in body structure or biochemistry significant enough to cause the body's regulatory mechanisms to fail.

Diff: 1 Page Ref: 2

Section: 1.1

Skill: Remembering

Learning Obj.: 1.1

91) A state of well-being encompassing social, physical, and psychological dimensions.

Diff: 2 Page Ref: 2

Section: 1.1

Skill: Understanding

Learning Obj.: 1.1

92) A subjective state of not feeling well.

Diff: 1 Page Ref: 2

Section: 1.1

Skill: Remembering

Learning Obj.: 1.1

93) The most preventable health problem in the United States.

Diff: 1 Page Ref: 3

Section: 1.2

Skill: Remembering

Learning Obj.: 1.1

Answers: 89) E 90) C 91) B 92) A 93) D

Match the following:

- A) Shaping
- B) Reinforcing factors
- C) Cue control
- D) Modeling
- E) Self-talk

94) Learning by watching others

Diff: 1 Page Ref: 14

Section: 1.6

Skill: Remembering

Learning Obj.: 1.7

95) Changing the stimuli that provoke the unwanted behavior

Diff: 1 Page Ref: 18

Section: 1.7

Skill: Remembering

Learning Obj.: 1.7

96) Rewards for sustained behavior change

Diff: 1 Page Ref: 13

Section: 1.5

Skill: Remembering

Learning Obj.: 1.7

97) A person's internal dialogue

Diff: 1 Page Ref: 18

Section: 1.7

Skill: Remembering

Learning Obj.: 1.7

98) Division of a large task into smaller tasks

Diff: 1 Page Ref: 18

Section: 1.7

Skill: Remembering

Learning Obj.: 1.7

Answers: 94) D 95) C 96) B 97) E 98) A

99) The WHO and other public health organizations recognize that individuals are not solely responsible for the state of their health. They acknowledge that health is influenced by a range of factors collectively referred to as determinants of health. Describe each of these areas, and how they will impact a person's individual health.

Answer:

- Lifestyle choices—such as deciding not to smoke, to be physically active, to avoid drinking excessively and eat nutritiously can greatly reduce risk of illness.
- Biological Factors—such as age, sex, health history, race and family history can impact aspects of health
- Physical Determinants—geographic region can affect exposure to diseases, risk factors, and access to health care.
- Social Determinants—people at lower socioeconomic levels or without health insurance are less likely to get preventive care. This also includes discriminatory factors related to poverty, sexual orientation, and sexual identity
- Health Services—Health , literacy and the healthcare system can often be confusing and complex. Those with better navigational skills can positively affect their health.
- Policy-Making—Policies at the local, state, and federal levels affect health. Local and state taxes on cigarettes improve health by reducing the number of people who smoke. State regulations to increase motor vehicle safety—for example, establishing speed limits, mandating seat belt use, and outlawing texting while driving—reduce traumatic injuries and deaths

Diff: 4 Page Ref: 8-11

Section: 1.4

Skill: Analyzing

Learning Obj.: 1.5

100) What are some health disparities that different ethnic groups face?

Answer: Hispanics are more likely to suffer from obesity or die from complications of stroke or diabetes. African American babies have higher infant mortality rates and adults are less likely to have cancer diagnosed at an early stage. Although Asians typically have longer life spans, certain subgroups suffer from disparities such as a higher incidence of infectious diseases like Hepatitis B. Native Americans suffer from the highest rates of diabetes in the world. They also have shorter life expectancies due to high rates of accidental injuries, substance abuse, and suicide. Caucasian women have a higher rate of breast cancer. In addition, certain genetic diseases such as cystic fibrosis occur more frequently among Caucasians.

Diff: 2 Page Ref: 6

Section: 1.3

Skill: Remembering

Learning Obj.: 1.3

101) Choose a health behavior and using the transtheoretical model, outline the stages a person would progress through while trying to change the behavior.

Answer: Answers will vary depending upon behavior chosen.

- Precontemplation—the person may not be aware that a problem exists and is not considering change.
- Contemplation—the person acknowledges the problem and thinks about changing it within the next 6 months.
- Preparation—the person prepares for change by developing a plan for implementation within the next month.
- Action—the person modifies behavior in an observable way.
- Maintenance—the person maintains new behavior for at least 6 months and actively tries to prevent relapse.
- Termination—the person has achieved behavior change and is confident that relapse will not occur.

Diff: 3 Page Ref: 14

Section: 1.6

Skill: Applying

Learning Obj.: 1.6

102) Using the health belief model, provide an example of why someone would or would not get a recommended flu shot?

Answer: The perceived threat of actually contracting the flu would need to be compared to the perceived benefit (i.e., that getting a flu shot would prevent them from getting the flu). In addition, the individual would have to overcome perceived barriers such as the time, cost, dislike of shots, etc. If barriers are minimized and the perceived benefit is high, the person is likely to obtain the shot if they feel the threat is also high.

Diff: 5 Page Ref: 14

Section: 1.6

Skill: Evaluating

Learning Obj.: 1.6

103) Give some examples of basic behavior change strategies people can use to increase their physical activity.

Answer:

- They can model others who are more physically active by observing their behavior and trying to mimic it.
- They can create a plan to shape the behavior. The plan should break up large tasks into smaller tasks that can be more easily accomplished.
- Rewards should be built into the program.
- The individual can also use positive self-talk (e.g. "I can be more physically active") to help overcome barriers in a constructive way.

Diff: 4 Page Ref: 16-18

Section: 1.7

Skill: Analyzing

Learning Obj.: 1.7

104) When evaluating a health supplement, what are some things that you should consider when deciding whether to buy it?

Answer: You should evaluate the source carefully. The manufacturer will have a financial investment in the product and is probably not the best resource to use. Look for government, nonprofit, or educational sites that may have less biased information about the product. Trace information presented back to its source. Look for published research findings about the product and its uses. Look for the most relevant and up-to-date information.

Diff: 4 Page Ref: 12

Section: 1.4

Skill: Evaluating

Learning Obj.: 1.5