Invitation to Health (Canadian) 6th edition Hales Test Bank

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Chapter 1 - An Invitation to Health and Wellness

MULTIPLE CHOICE

1. Which of the following have an interconnectedness, according to Indigenous wellness, as guided by holism?

a. the mind and the spiritual world
b. the body, mind, and spirit
c. the individual and health care
d. the individual and the spiritual world

ANS: b
PTS: 1
DIF: 2
REF: Indigenous Health and Wellness
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-01

2. According to the First Nations Perspective on Health and Wellness, what does the centre of the circle represent?

a. the role of Elders in promoting health and wellness
b. the function of the community in promoting health and wellness
c. the influence of balance on health and wellness
d. the individual's responsibility for health and wellness

ANS: d
PTS: 1
DIF: 1
REF: Indigenous Health and Wellness
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-02

3. How does the World Health Organization define health?

a. physical health accompanied by sound mental health
b. having regular medical checkups
c. a state of complete physical, mental, and social well-being
d. being sound in body, mind, and spirit

ANS: c
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-03

4. Which group of four elements is included in the Health Field Concept framework?

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a. health-care organizations, lifestyle, environment, human biology
b. lifestyle, health-care organizations, human biology, illness prevention
c. health promotion, human biology, lifestyle, health-care organizations
d. human biology, environment, health-care organizations, health promotion

ANS: a
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-04

5. Which term is defined as the process of enabling people to increase control over their health and improve it?

a. wellness
b. intellectual health
c. holistic health
d. health promotion

ANS: d
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-05

6. Which three national health challenges were identified in the 1986 report titled *Achieving Health for All: A Framework for Health Promotion*?

a. reducing inequities, increasing prevention effort, enhancing people's capacity to cope
b. increasing prevention effort, reducing disease rates, reducing inequities
c. enhancing people's capacity to cope, increasing prevention effort, reducing disease rates
d. reducing disease rates, reducing inequities, enhancing people's capacity to cope

ANS: a
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-06

7. In the *Achieving Health for All: A Framework for Health Promotion* report, which three mechanisms to health promotion were identified?

a. healthy eating, supportive care, supportive environment
b. healthy environments, supportive care, healthy eating
c. healthy environments, self-care, mutual aid
d. supportive environments, self-care, mutual aid

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ANS: c
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-07

8. Which three life domains are identified in the Quality of Life Model?

a. beginning, belonging, and becoming
b. being, belonging, and becoming
c. being, belonging, and togetherness
d. belonging, becoming, and togetherness

ANS: b
PTS: 1
DIF: 1
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-08

9. What does the term “population health” refer to?

a. predisposing factors concerning health in the Canadian population
b. population density and its impact on the health of Canadians
c. the accessibility of health care for Canadians
d. the social and economic forces that shape the health of Canadians
ANS: d
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-09

10. Which health model encourages the assessment of our behaviour, lifestyle, and environment?

a. Precede–Proceed Model
b. Health Promotion Model
c. Public Health Model
d. Health Belief Model

ANS: a
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-10

11. Suppose that the local health unit has released a report on the number of people diagnosed with cancer in the region. Which type of study would this report be an example of?

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a. epidemiologic
b. epidemic
c. analytic
d. diagnostic

ANS: a
PTS: 1
DIF: 2
REF: What Is Epidemiology?
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-11

12. Which best describes the term “wellness”?

a. having a positive outlook
b. having the capacity to live life to the fullest
c. being psychologically healthy
d. the absence of disease or infirmity

ANS: b
PTS: 1
DIF: 2
REF: Wellness and the Wellness Movement
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-12

13. Which dimension of health is associated with building healthy communities?

a. psychological
b. emotional
c. social
d. spiritual

ANS: c
PTS: 1
DIF: 2
REF: Wellness and the Wellness Movement
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-13

14. Finding something you like to do while also having time to spend with your family and friends is reflected by which dimension of health?

a. emotional
b. intellectual
c. social
d. occupational

ANS: d
PTS: 1
DIF: 2
REF: Wellness and the Wellness Movement

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KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-14

15. Which of the following best describes spiritual wellness?

a. experiencing love, joy, peace, and fulfillment
b. feeling excited about oneself and one's life
c. attending church on sacred holidays
d. actively seeking out new friendships

ANS: a
PTS: 1
DIF: 2
REF: Spiritual Dimension
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-15

16. Which of the following is an essential step toward maintaining optimal physical wellness?

a. taking an aspirin every day
b. regular aerobic activity
c. moderate alcohol consumption
d. counting calories

ANS: b
PTS: 1
DIF: 2
REF: Physical Dimension
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-16

17. Which dimension of health is learning from our mistakes an example of?

a. social
b. mental
c. environmental
d. intellectual

ANS: d
PTS: 1
DIF: 2
REF: Intellectual Dimension
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-17

18. What does emotional wellness refer to?

a. intelligence quotient (IQ)
b. the absence of problems or illness
c. expressing and managing feelings
d. critical thinking

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ANS: c
PTS: 1
DIF: 2
REF: Emotional Dimension
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-18

19. Which of the following is the best example of an initiative to support environmental wellness?

a. creating high occupancy vehicle lanes on highways
b. installing water bottle refill stations at worksites
c. avoiding filling up your car if fuel prices are too high
d. only purchasing organic foods

ANS: b
PTS: 1
DIF: 2
REF: Environmental Dimension—The Seventh Dimension of Wellness
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-19

20. What is a difference in women's health compared to men's health?

a. Women are more likely to be overweight than men.
b. Women are more likely to develop an alcohol problem than men.
c. Women are more likely to have a lower life expectancy than men.
d. Women are more likely to be physically active than men.

ANS: a
PTS: 1
DIF: 3
REF: Health Challenges
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-20

21. What is a difference in men's health compared to women's health?

a. Men are more likely to be overweight than women.
b. Men are more likely to live longer than women.
c. Men are more likely to be physically active than women.
d. Men are more likely to develop autoimmune disorders than women.

ANS: c
PTS: 1
DIF: 3
REF: Health Challenges
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-21

22. What are the three types of factors that influence our behaviours?

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a. enabling, predisposing, reinforcing
b. enhancing, predisposing, positive praise
c. enabling, confirming, reinforcing
d. enhancing, positive praise, confirming

ANS: a
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-22

23. Mandy is trying to eat a healthier diet. Her worksite recently hired a dietician, whose services are free to all employees. Which factor is the free nutrition service at her worksite an example of?

a. confirming
b. enabling
c. positive praise
d. behavioural

ANS: b
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-23

24. Greg has recently lost 10 kilograms by being more physically active and eating more vegetables as snacks. His best friend, Dan, commented on how great he looked and asked how much weight he has lost. Which factor is Dan’s comment to Greg an example of?

a. reinforcing
b. enabling
c. confirming
d. positive praise

ANS: a
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-24

25. Silvia would like to start an exercise program to increase her upper body strength, but she does not feel confident using the weight machines at the local recreation centre. Which factor is Silvia’s lack of confidence an example of?

a. reinforcing
b. low self-efficacy

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c. behavioural
d. predisposing

ANS: d
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-25

26. Which type of influencing factor is having a membership to a health club an example of?

a. behavioural factor
b. enabling factor
c. influencing factor
d. reinforcing factor

ANS: b
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-26

27. Which term best describes encouragement and recognition for meeting a goal?

a. behavioural factor
b. enabling factor
c. predisposing factor
d. reinforcing factor

ANS: d
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-27

28. Which term refers to a feeling or way of thinking that affects a person's behaviour?

a. attitude
b. perception
c. affirmation
d. belief

ANS: a
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-28

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29. What is one of the defining characteristics of a belief?

a. knowing you are right
b. an outlook on life
c. a perception of how things should be
d. a state of mind in which trust is placed in something

ANS: d
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-29

30. According to the Health Belief Model, which factors must support a belief in order for change to occur?

a. perceived severity, perceived susceptibility, perceived cautiousness
b. perceived susceptibility, perceived cautiousness, perceived accessibility
c. perceived severity, perceived susceptibility, cues to action
d. perceived cautiousness, perceived accessibility, cues to action

ANS: c
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-30

31. What is believed to be one of the most important factors of the Health Belief Model?

a. perceived severity
b. cues to action
c. perceived susceptibility
d. self-efficacy

ANS: d
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-31

32. According to the SMART model, what is a realistic goal for an inactive individual?

a. doing 30 minutes of activity 3 days a week
b. becoming more physically active
c. running for 30 minutes daily
d. doing 30 minutes of activity every day
ANS: a

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PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-32

33. According to the SMART model, which term is a defining characteristic for goal setting?

a. meaningful
b. simple
c. appropriate
d. measurable

ANS: d
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-33

34. Rewarding yourself by buying a new outfit after sticking to your goal of being active three days a week for a month is an example of which approach to making a lifestyle change?

a. medical model
b. compensatory model
c. behavioural model
d. enlightenment model

ANS: c
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-34

35. Ava has decided to change her eating habits and decides to start reading food labels so she can avoid buying foods with added sugar. Which lifestyle change model is Ava using?

a. moral
b. compensatory
c. adjustment
d. medical

ANS: b
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-35

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36. Jack has been physically active five days a week for over two years. Which stage of change is Jack in?

a. maintenance
b. action
c. continuous
d. termination

ANS: d
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-36

37. Roy is a smoker but does not acknowledge that this might be harmful to his health. Which stage of change is Roy in?

a. precontemplation
b. contemplation
c. preparation
d. action

ANS: a
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-37

38. One type of behaviour change strategy is believing that you are able to accomplish a goal. What is the term for this strategy?

a. modelling
b. self-talk
c. positive reinforcement
d. shaping

ANS: b
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-38

39. Which of the following is the best example of protection?

a. not texting while driving
b. abstaining from sex
c. applying sunscreen every day before going outside

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d. doing some type of physical activity most days of the week

ANS: c
PTS: 1
DIF: 2
REF: Health and Wellness Education
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-39

COMPLETION

40. The term for the actions people take to help each other cope is _____.

ANS: mutual aid
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-40

41. A way of thinking that builds upon public health and health promotion but goes beyond the previous understanding of health and illness is _____ health.

ANS: population
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-41

42. The process of enabling people to increase control over and improve their health is known as _____.

ANS: health promotion
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-42

43. The measure of _____ provides an indication of the degree to which a person enjoys his/her life.

ANS: quality of life
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-43

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44. The _____ Model focuses on attitudes and beliefs to explain health behaviours.

ANS: Health Belief
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-44

45. The organization that attempts to inspire Canadians to become more physically active is known as _____.

ANS: ParticipACTION
PTS: 1
DIF: 2
REF: Health and Health Promotion
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-45

46. _____ is the study of the distribution of diseases in a population.
ANS: Epidemiology
PTS: 1
DIF: 2
REF: What Is Epidemiology?
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-46

47. Volunteering as a peer tutor on campus is an example of _____ wellness.
ANS: social
PTS: 1
DIF: 2
REF: Social Dimension
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-47

48. Awareness of your own feelings and those of others is an example of _____ wellness.
ANS: emotional
PTS: 1
DIF: 2
REF: Emotional Dimension
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-48

49. The field of research that studies where people live is known as _____.
ANS: demography
PTS: 1
DIF: 2
REF: Health Challenges
KEYWORDS: Bloom's Remember

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CUSTOM ID: 01-49

50. The increase in the exchange of capital, goods, and people is known as _____.
ANS: globalization
PTS: 1
DIF: 2
REF: Unemployment and Employment Security
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-50

51. _____ refers to how a person feels internally or the way a person expresses themselves in their daily life.
ANS: Gender
PTS: 1
DIF: 2
REF: Gender
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-51

52. Removing soft drinks from vending machines in schools in order to address the problem of childhood obesity is an example of a(n) _____ factor.
ANS: enabling
PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-52

53. According to the Health Belief Model, being short of breath after climbing a flight of stairs is associated with _____.
ANS: perceived severity
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-53

54. An individual who wants to eat a healthier diet and so chooses not to buy processed food is an example of the _____ model of behavioural change.
ANS: moral
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-54

55. Hanging out with friends who believe it is cool to smoke is an example of a _____ norm.
ANS: social

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PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-55

56. Whitney intends to stop smoking within the next 30 days. According to the transtheoretical model of change, Whitney is in the _____ stage.
ANS: preparation
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-56

57. Tony's belief that he can eat eight servings of fruit and vegetables a day is an example of _____.
ANS: self-efficacy
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-57

58. Rachel's belief that being more physically active on a daily basis will be good for her overall health is an example of a _____ locus of control.
ANS: internal
PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-58

ESSAY

59. List the three life domains of the Quality of Life Model and describe what the model emphasizes.

ANS:
A. Being
B. Belonging
C. Becoming

The model emphasizes an individual's physical, psychological, and spiritual functioning; the connections with his/her environment; and opportunities for maintaining and enhancing skills.

PTS: 1
DIF: 2
REF: Health and Health Promotion

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KEYWORDS: Bloom's Remember
CUSTOM ID: 01-59

60. List and define the seven dimensions of wellness.

ANS:
A. Social: Effectively interacting with others
B. Occupational: Choosing a career that is consistent with personal values, interests, and beliefs
C. Spiritual: Identifying a basic purpose in life; learning to experience love, joy, and fulfillment
D. Physical: Engaging in physical activity and healthy eating, maintaining a healthy body weight, and avoiding harmful behaviours
E. Intellectual: Ability to think and learn from life experience, and openness to new ideas
F. Emotional: Being positive, enthusiastic, and having the capacity to express and manage feelings
G. Environmental: Being respectful and attempting to live in harmony with nature.

PTS: 1
DIF: 2
REF: Wellness and the Wellness Movement
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-60

61. List and briefly describe any five social determinants of health.

ANS:
A. Income and Its Distribution: Lower income predisposes to social deprivation, resulting in inability to afford basic needs such as food, clothing, and housing.

B. Education: Individuals with higher levels of education tend to have better health and access to better job training and employment opportunities.

C. Unemployment and Employment Security: Unemployment and lack of job security may lead to unhealthy lifestyle choices, such as smoking and alcohol misuse.

D. Employment and working conditions: Unrealistic working demands can cause high levels of work stress, leading to poor health and poor working conditions, which may lead to workplace injuries.

E. Early Life: Children with limited opportunities for learning at an early age are at risk of cognitive and emotional immaturity and lower educational attainment in the future, all of which increase the risk of health problems later in life.

F. Food Security: Food insecurity is linked to behavioural, emotional, and academic problems later in life. Malnutrition can result in chronic disease, such as heart disease and diabetes later in life.

G. Housing—Individuals without adequate housing have an increased risk of physical health conditions, mental health issues, and barriers to self-care.

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H. Social exclusion: Social exclusion based on gender, age, ability, sexual orientation, race, ethnicity, and religious beliefs are often denied participation in civil affairs, social and cultural activities; access to goods and services, well-paying jobs, and economic resources.

I. Social safety net: Changes to eligibility requirements for social assistance programs and services has limited people from taking advantage of this once accessible program.

J. Healthcare Services: Access to care between rural areas and cities is an issue, low-income earners are more likely to have to wait for medical care or appointments, less likely to see a specialist when needed, and less likely to fill prescriptions or access other treatments due to cost.

K. Indigenous Ancestry: There is a lack of fairness and equity for Indigenous peoples regarding all of the social determinants of health.

L. Gender: Underemployment, income differences, and greater child-care responsibilities have a greater influence on the health of women; whereas suicide, violence, and crime have a greater influence on the health of men.

M. Race: Immigrants and Canadians of colour tend to experience unemployment and low health status.

N. Disability: Individuals with disabilities tend to be disadvantaged in terms of income and employment.

O. Geography: Individuals living in rural and northern parts of Canada have less access to medical services, educational opportunities, goods and services, and housing options. Poorer health outcomes are noted among people living in eastern Canada.

P. Immigrant Status: Immigrants may be marginalized which makes it harder to access healthcare, social services, education, good paying jobs, and they may be separated from their families for long periods of time.

PTS: 1
DIF: 2
REF: Social Determinants of Health (SDOH)
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-61

62. List the three types of influences that shape our behaviours and give examples of each.

ANS:
A. Predisposing factors—knowledge, attitudes, beliefs, values, and perceptions
B. Enabling factors—skills, resources, accessible facilities, physical and mental capacities
C. Reinforcing factors—praise, encouragement, rewards, recognition

PTS: 1
DIF: 2
REF: Understanding Health Behaviour
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-62

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63. List the various steps of decision making suggested by the text.

ANS:
A. Set priorities
B. Inform yourself
C. Consider all your options
D. Tune in to your intuitive feelings
E. Consider a worst-case scenario

PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-63

64. Your best friend has asked for your help in reaching the goal of being more physically active. Using the SMART model, briefly outline your recommendations to your friend to achieve this goal.

ANS:
(responses will vary)
Make the goal specific—e.g., engage in physical activity four days a week
Be able to measure the goal—e.g., do 30 minutes of activity each of the four days
Make the goal achievable—e.g., choose an activity you like to do
Be realistic with the goal—e.g., make sure you have the time available
Make the goal trackable (time based)—e.g., commit to one month and then reevaluate

PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-64

65. List the various stages as described by the Transtheoretical Model of Change.

ANS:
A. Precontemplation
B. Contemplation
C. Preparation
D. Action
E. Maintenance
F. Termination

PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-65

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66. Describe the difference between internal and external locus of control.

ANS:
Internal locus of control is when an individual believes their actions will make a different in their health. External locus of control is when an individual believes other (external) factors play a greater role.

PTS: 1
DIF: 2
REF: Decision Making
KEYWORDS: Bloom's Remember
CUSTOM ID: 01-66

67. Describe the relationship between prevention and protection. Provide an example of each in your response.

ANS:
(responses will vary)
Prevention seeks to avoid potential problems (e.g., abstaining from sex to prevent pregnancy), while protection seeks to decrease the risk (e.g., using a method of birth control).

PTS: 1
DIF: 2
REF: Health and Wellness Education
KEYWORDS: Bloom's Higher Order
CUSTOM ID: 01-67

MATCHING

Match the following definitions to each term.

a. death rates
b. encouragement, praise, rewards
c. classification based on reproductive organs
d. mind, body, spirit
e. average life expectancy for a Canadian female
f. self-representation as male, female, non-binary, or other identity.
g. average life expectancy for a Canadian male
h. to heal
i. disease rates
j. attitudes, beliefs, values

68. panacea
ANS: h
PTS: 1

69. predisposing factors

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ANS: j
PTS: 1

70. sex
ANS: c
PTS: 1

71. holism
ANS: d
PTS: 1

72. reinforcing factors
ANS: b
PTS: 1

73. gender
ANS: f
PTS: 1

74. 80 years
ANS: g
PTS: 1

75. mortality
ANS: a
PTS: 1

76. 84 years
ANS: e
PTS: 1

77. morbidity
ANS: i
PTS: 1

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