iHealth 4th edition Sparling Test Bank

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iHealth 4th Edition by Sparling CH01

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) The World Health Organization defines health as merely the absence of disease.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

2) Quality of life can be explained as a subjective rating of the difference between people's hopes and expectations and their present experiences.

2) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

3) Many Americans are aware of important health issues but are not able to translate their knowledge into healthy lifestyle behaviors.

3) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

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4) The traditional "medical treatment model" of the health continuum places emphasis on striving for a higher quality of life.

4) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

5) The current view of health is that it is multidimensional.

5) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

6) The basis for leading a moral and ethical life is rooted in emotional health.

6) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

7) Physical health is the predominant dimension of health and stands alone in representing one's overall health and wellness.

7) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

8) The different dimensions of health exist as separate elements.

8) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

9) Many health issues, including stress, mental health, nutrition, drug use, and disease, are strongly related to culture.

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

10) In online learning, an individual controls both the learning objectives and how learning occurs.

10) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

11) Most adult learning is primarily self-directed.

11) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

12) Much like reference books and refereed journal articles, Internet postings undergo evaluation by experts.

12) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

13) The likelihood of miscommunication when dealing with medical or health issues is small.

13) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

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14) Critical thinking is careful and deliberate determination of whether to accept, reject, or suspend judgment.

14) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

15) Health risk is the probability that an adverse event (an outcome) will occur if one engages in a certain behavior (exposure).

15) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

16) People tend to be more afraid of natural risks than human-made risks.

16) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

17) Statistical correlations in population studies are based on experimental data.

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17) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

18) Neurologists study the disease process in populations and quantify health risk in terms of absolute risk and relative risk.

18) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

19) Relative risk is the ratio of the rate of disease among those exposed to a variable compared to those not exposed or having limited exposure.

19) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

20) It has become clear that the increase in chronic diseases, especially in the last 50-60 years, is tied primarily to one's profession.

20) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

21) Attitudes, beliefs, and values regarding our personal health are shaped by our personalities.

21) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

22) A health behavior theory is a conceptual framework of important factors or variables that are thought to influence health behavior.

22) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

23) People are more afraid of a risk they choose to take than one imposed on them.

23) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

24) The World Health Organization defines health as:

24) _____

A) merely the absence of disease or infirmity.
B) the capacity to enjoy life and withstand challenges.
C) a state of complete physical, mental, and social well-being.
D) a high level of physical fitness and good bodily condition.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

25) Most people only recognize the importance of health:

25) _____

A) as they grow older.
B) when illness or disease affects a family member.
C) when they are sick or injured.
D) when they feel especially good.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

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26) Quality of life refers to:

26) _____

A) one's ability to afford the better things in life.
B) one's realization of hopes and expectations.
C) the relationship between personal satisfaction and longevity.
D) an overall sense of well-being.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

27) The contemporary perspective on health is that it is:

27) _____

A) a state of optimal functioning.
B) the ability to enjoy life to the fullest.
C) a goal that people continually work toward throughout their lives.
D) an achievement of the highest level of physical and emotional fitness.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

28) Nonmodifiable factors that may influence our health include all of the following EXCEPT:

28) _____

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A) heredity.
B) age.
C) gender.
D) weight.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

29) The most important factors involved in good health are those associated with:

29) _____

A) emotional stability.
B) a proactive approach.
C) a healthy diet.
D) lifestyle.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

30) How well one is able to perform the activities of daily living without undue fatigue is indicative of the _____ dimension of health.

30) _____

A) physical
B) social
C) emotional
D) intellectual

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

31) The intellectual dimension of health can be explained as the ability to:

31) _____

A) interact with others.
B) process information and act appropriately.
C) cope, adjust, and adapt.
D) question and evaluate information.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

32) The _____ dimension of health involves being able to learn from a variety of experiences and being open to new ideas.

32) _____

A) social
B) spiritual
C) emotional
D) intellectual

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

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33) The ability to deal constructively with personal feelings, handle stress, and live independently is representative of the _____ dimension of health.

33) _____

A) social
B) spiritual
C) emotional
D) intellectual

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

34) Commitment to a set of values that guide one's actions is indicative of the _____ dimension of health.

34) _____

A) social
B) spiritual
C) emotional
D) intellectual

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

35) Each dimension of health contributes to the overall _____ of the whole.

35) _____

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A) balance, quality, and strength
B) well-being
C) form
D) integrity

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

36) Advertisers shape consumer desire and product value by presenting products as having the power to change buyers into:

36) _____

A) more desirable people.
B) the people they want to be.
C) the by-products of our society.
D) healthy consumers.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

37) Advertising gives us the impression that lifestyles can be _____.

37) _____

A) purchased
B) static
C) unimportant
D) innate

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

38) Frauds and hoaxes in the health market are still _____.

38) _____

A) rare
B) commonplace
C) hidden
D) unknown

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

39) Which of the following is true of self-directed learning?

39) _____

A) The government controls the means of learning.
B) The learning objectives are laid down by the educational institution chosen by an individual.
C) The Internet is a rich resource for a self-directed, tech savvy learner.
D) Most adult learning is assisted and not self-directed.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

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40) The Health on the Net (HON) icon on a website indicates that the health information provided on that site is:

40) _____

A) misleading.
B) reliable, credible, and trustworthy.
C) government sponsored.
D) university sponsored.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

41) Pondering the "why" questions is known as _____ thinking.

41) _____

A) abstract
B) critical
C) conceptual
D) theoretical

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

42) When teachers drill students on recalling facts, or when students sit in silence without asking questions, _____ thinking is not involved.

42) _____

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A) abstract
B) critical
C) conceptual
D) theoretical

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

43) The non-Hispanic White population of the United States showed a growth of _____ percent over the last decade.

43) _____

A) 11
B) 29
C) 33
D) 2

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Modern Concept of Health

44) Of all the college students in the United States, _____ percent are women.

44) _____

A) 30
B) 45
C) 50
D) 57

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Diversity and Health

45) To assess the impact of behavior on health, it is important to understand what a _____ is and how to interpret it.

45) _____

A) health plan
B) health risk
C) health status
D) health concept

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

46) Any factor that increases susceptibility to or has a strong association with the occurrence, onset, or progression of a disease
or injury is known as a _____.

46) _____

A) health risk
B) self-concept
C) social status
D) problem

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

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47) The study of the causes, distribution, and control of diseases in populations is called _____.

47) _____

A) epidemiology
B) kinesiology
C) urology
D) morphology

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

48) People tend to have a greater fear of radiation from cell phones than from _____, which actually presents a much greater risk.

48) _____

A) terrorism
B) the sun
C) nuclear power
D) tanning beds

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

49) The "times-greater chance" a person has of acquiring a specific negative health effect based on the extent to which a certain variable is present is called _____.

49) _____

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A) health risk
B) a risk factor
C) variable risk
D) relative risk

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

50) The annual death rate from lung cancer among people who smoke is approximately _____ deaths per 100,000 people per year.

50) _____

A) 40
B) 50
C) 60
D) 70

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

51) The annual death rate from lung cancer among nonsmokers is _____ deaths per 100,000 people.

51) _____

A) 2.5
B) 3.5
C) 6.5
D) 10

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Concept of Risk

52) Life expectancy for an American born in 1900 was less than _____.

52) _____

A) 80
B) 50
C) 60
D) 70

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

53) Since 1900, infant mortality has decreased _____ percent and maternal mortality 99 percent.

53) _____

A) 70
B) 82
C) 90
D) 65

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

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54) Public health advances that have been translated into public policy include school immunization rules and:

54) _____

A) better health care services in rural areas.
B) slower speed limits.
C) voter age restrictions.
D) seat belt laws.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

55) Disease-causing microbes that are an increasing threat to food supplies and health are known as _____.

55) _____

A) pathogens
B) vaccines
C) strep
D) cancer

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

56) The two main conditions that develop in chronic obstructive pulmonary disease are:

56) _____

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A) eczema and bronchitis.
B) cancer and hernia.
C) heart disease and stress.
D) emphysema and chronic bronchitis.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

57) Medical conditions that are prolonged, do not resolve spontaneously, and are rarely cured completely are called _____.

57) _____

A) pathogens
B) chronic diseases
C) preventable diseases
D) non-preventable diseases

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

58) National estimates indicate that about _____ percent of instances of disease and premature death are the result of unhealthy lifestyles.

58) _____

A) 5
B) 50
C) 20
D) 80

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

59) The second greatest cause of mortality in the United States is _____, responsible for an estimated 450,000 deaths per year.

59) _____

A) obesity
B) drug use
C) alcohol use
D) tobacco use

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

60) For Americans in the age group 20-29, the leading cause of death is:

60) _____

A) unintentional injury.
B) drinking.
C) drug use.
D) tobacco use.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Advances in Public Health

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61) Many of us have good intentions about changing a bad habit or adopting a healthy behavior. The challenge is:

61) _____

A) when to do it.
B) why we should do it.
C) how to do it.
D) who will help us do it.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

62) Psychologists have developed _____ to explain individual behavior change and better understand people's health habits.

62) _____

A) social cognitive theories
B) health care theories
C) health behavior theories
D) health care guidelines

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

63) Which of the following theories is based on the principle that behavior is dynamic, depending on individual and environmental factors, all of which influence one another simultaneously?

63) _____

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A) Social cognitive theory
B) Health care theory
C) Health behavior theory
D) Health care guidelines

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

64) The health belief model of _____ was developed to understand why so few people participated in health screening programs such as mammograms for breast cancer.

64) _____

A) Irwin Rosenstock
B) Alfred Adler
C) Abraham Maslow
D) Albert Bandura

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

65) Which of the following is the central premise of the stages of change model?

65) _____

A) Behavior change is a process.
B) Individuals have varying levels of motivation.
C) Readiness to change is constant across all individuals.
D) Relapse to a previous stage is impossible.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

66) The stages of change model was initially developed in order to understand:

66) _____

A) smoking cessation programs.
B) weight loss programs.
C) fitness programs.
D) eating disorders.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Understanding Health Behaviors

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

67) Explain the modern concept of health.

Question Details
Accessibility : Keyboard Navigation
Topic : Modern Concept of Health
Bloom's : Understand

68) Define the term "health literacy."

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Health Literacy

69) Explain the term "relative risk" and what it involves.

Question Details
Accessibility : Keyboard Navigation
Topic : Concept of Risk
Bloom's : Understand

70) What is the overall mission of *Healthy People 2020*?

Question Details
Accessibility : Keyboard Navigation
Topic : Advances in Public Health
Bloom's : Understand

71) In the current version of the health belief model, five factors appear to be central in influencing people's decisions about whether to take action to prevent, screen for, or manage a medical condition. Identify three of the factors.

Question Details
Accessibility : Keyboard Navigation
Topic : Understanding Health Behaviors
Bloom's : Understand

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72) Explain James Prochaska and Carlo DiClemente's stages of change model.

Question Details
Accessibility : Keyboard Navigation
Topic : Understanding Health Behaviors
Bloom's : Understand

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iHealth 4th Edition by Sparling CH01

Answer Key

Test name: CH01

1) FALSE
2) TRUE
3) TRUE
4) FALSE
5) TRUE
6) FALSE
7) FALSE
8) FALSE
9) TRUE
10) FALSE
11) TRUE
12) FALSE
13) FALSE
14) TRUE
15) TRUE
16) FALSE
17) FALSE
18) FALSE
19) TRUE
20) FALSE
21) FALSE
22) TRUE
23) FALSE
24) C
25) C
26) D

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27) C
28) D
29) D
30) A
31) D
32) D
33) C
34) B
35) A
36) A
37) A
38) B
39) C
40) B
41) B
42) B
43) B
44) D
45) B
46) A
47) A
48) B
49) D
50) B
51) A
52) B
53) C
54) D
55) A
56) D

iHealth 4th edition Sparling Test Bank

57) B
58) B
59) D
60) A
61) C
62) C
63) A
64) A
65) A
66) A
67) Answers will vary.

68) Answers will vary.

69) Answers will vary.

70) Answers will vary.

71) Answers will vary.

72) Answers will vary.

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