Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

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Your Health Today Choices in a Changing Society 8th Edition by Teague 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) Health is conceptualized as having several domains, such as physical, mental, social, and spiritual domains.

1) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Health

2) Individual choice is the only factor governing a person's ability to live a healthy lifestyle.

2) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Topic : Socioecological Model of Health and Wellness
Bloom's : Understand

3) Health disparities occur when all people have the equal opportunity to attain their full health potential.

3) _____

- ◎ true
- ◎ false

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Your Health Today Choices in a Changing Society 8th Edition by Teague CH01

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Topic : Health Equity/Health Disparities
Bloom's : Understand

4) Factors such as income level, available health care services, and literacy are examples of social determinants of health.

4) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Topic : Social Determinants of Health
Bloom's : Understand

5) In the United States, poor health outcomes are associated with environmental pollution, low educational attainment, and poverty.

5) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities

6) Of our 23 chromosome pairs, 22 are the same for women and men.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

6) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

7) The complete set of DNA is called a person's *genome*.

7) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

8) In a person's complete set of DNA, one pair of genomes is labeled with an X or a Y rather than with a number. Females have two X genomes; males have an X and a Y genome.

8) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

9) Genetic mutations can be beneficial or harmful—or neither—to one's health.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Bloom's : Understand

10) If an individual receives a faulty, mutated copy of a gene from his or her mother, that person will most likely acquire a genetic disorder.

10) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Topic : Family Health History
Bloom's : Apply

11) Most genetic disorders are caused by single-gene mutations.

11) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

12) Multifactorial disorders are those caused by the interaction of both environmental and genetic factors.

12) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

13) A family health tree is also called a *genogram* or a *genetic pedigree*.

13) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Family Health History

14) The most relevant information from a family health tree includes age and major diseases, as well as cause of death for deceased relatives.

14) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Bloom's : Understand
Topic : Family Health History

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

15) A pattern of illness on your family tree means that you will most likely be affected by that disease and should seek genetic counseling.

15) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Family Health History

16) When evaluating a family health tree, a family member who has a heart attack at age 70 raises more genetic concerns than a relative who develops colon cancer at age 28.

16) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Family Health History
Bloom's : Apply

17) Sade's mother was diagnosed with Alzheimer's disease at age 50. Courtney's grandmother was diagnosed with Alzheimer's disease at age 82. Sade's mother's disease is more likely to have a genetic component.

17) _____

◎ true
◎ false

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics
Topic : Genes and Mutations
Bloom's : Apply

18) One key difference between the Health Belief Model and the Stages of Change Model for understanding individual health behavior change is that the Health Belief Model acknowledges the role of perception, while the Stages of Change Model does not.

18) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Stages of Behavior Change
Topic : Health Belief Model

19) The Stages of Change Model emphasizes that change happens not as a one-time event, but as a process.

19) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

20) Adam is in the contemplation stage of the Transtheoretical Model when he decides that he will stop drinking alcohol at the beginning of next month.

20) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change
Bloom's : Apply

21) In the maintenance stage of the Transtheoretical Model for health behavior change, a new behavior has been in place for a minimum of two years.

21) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

22) For some types of behaviors, the maintenance stage of the Stages of Change Model can be an ongoing, lifelong process.

22) _____

- ◎ true
- ◎ false

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

23) Activities such as developing social support systems and establishing goals and rewards help people to move through stages in the Stages of Change Model.

23) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

24) A successful behavior change plan will include strategies for dealing with potential barriers to change.

24) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

25) For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

25) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change
Learning Objective : Discuss helpful strategies for health-related behavior change.

26) A signed behavior change contract, with a family member or friend witnessing your new contracted commitment to change, is among the most effective tools for change.

26) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

27) When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.

27) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

28) SMART is an acronym for Specific, Measurable, Attainable, Realistic, and Time-bound goals.

28) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

29) In assessing your health risks, it is important to ignore any emotional reaction you may experience.

29) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Health Literacy

30) Scientists typically consider the results of a single study to be conclusive and definitive.

30) _____

- ◎ true
- ◎ false

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Medical Research

31) The terms *disease prevention* and *health promotion* mean the same thing.

31) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Public Health

32) The slogan "a society in which all people can achieve their full potential for health and well-being across the lifespan" accurately expresses the general goals of *Healthy People 2030*.

32) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

33) *Healthy People 2030* includes a focus on health determinants.

33) _____

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

34) Three of the leading health indicators in the United States—according to *Healthy People 2030*—are substance abuse, immunization, and mental health.

34) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

35) *Community* implies an interdependence between people and/or organizations within a defined region.

35) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Community Health

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

36) *Hispanic* is considered one of the primary racial/ethnic groups in the United States by the U.S. Census Bureau.

36) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities
Bloom's : Understand

37) The terms *ethnicity* and *race* can be used interchangeably.

37) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities
Bloom's : Understand

38) Advances in medical technology, lifestyle improvements, and environmental protections have produced significant and equal health benefits for most American ethnic populations.

38) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Social Determinants of Health
Bloom's : Understand

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

39) *Race* is a term used to describe a community based on common cultural origins and ancestry.

39) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities
Bloom's : Understand

40) Compared to 16 other high-income countries ("peer countries"), the United States has the highest rates of obesity and diabetes.

40) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities
Bloom's : Understand

41) In the United States, people in rural areas have a longer life expectancy than those in urban areas.

41) _____

- ◎ true
- ◎ false

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

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Topic : Health Equity/Health Disparities
Bloom's : Understand

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

42) Which of the following is/are considered a social determinant of health?

42) _____

A) heredity
B) employment status
C) values
D) the physical environment

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Topic : Social Determinants of Health

43) Which of the following describes the process in which one adopts patterns of behavior that lead to greater life satisfaction?

43) _____

A) well-being
B) health
C) social determination
D) self-efficacy

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Wellness

44) According to the socioecological model of health and wellness, which of the following is/are a factor in a person's natural physical environment?

44) _____

A) air quality
B) sanitation systems
C) access to health care services
D) housing

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Health
Topic : Socioecological Model of Health and Wellness

45) Which of the following represents a society that supports equal opportunity for all people to attain their full health potential?

45) _____

A) geography
B) population health
C) health disparities
D) health equity

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities

46) Which of the following statements about cells and genes is FALSE?

46) _____

A) The sequencing of bases within a gene is of little significance.
B) Each cell contains 23 pairs of chromosomes.
C) Our bodies are made up of about 260 different types of cells.
D) Each chromosome contains hundreds to thousands of genes.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

47) Deoxyribonucleic acid, or DNA, includes which of the following?

47) _____

A) a triple helix
B) proteins
C) a nucleus
D) four bases

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

48) When a change occurs in a gene, it is called a(n)

48) _____

A) recessive gene.
B) allele.
C) mutation.
D) chromosomal disorder.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

49) Alternative forms of the same gene are called

49) _____

A) recessive genes.
B) alleles.
C) mutations.
D) chromosomes.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Your Health Today Choices in a Changing Society 8th Edition by Teague CH01

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations

50) Genetic disorders caused by multiple genes interacting with the environment are called

50) _____

A) polygenic.
B) autosomal.
C) ecological.
D) multifactorial.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

51) Genes turn on or off to regulate the activity of

51) _____

A) mutation.
B) differentiation.
C) RNA.
D) multifactorial disorders.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations

52) What is the main purpose of creating a family health tree?

52) _____

A) to discover your personal health risks and strengths
B) to identify environmental factors that influence your health
C) to illustrate patterns of lifestyle habits in your family
D) to estimate your life expectancy

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Bloom's : Understand
Topic : Family Health History

53) Which of the following statements is true regarding family health trees?

53) _____

A) Basic information for each relative in the family health tree includes date of birth, major diseases, age, and cause of death.
B) Results from genetic testing are required to create a family health tree.
C) Lifestyle habit information should not be included.
D) A family health tree traces a family's origin.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Family Health History

54) What information found in a family health tree indicates that a disease might have a genetic link?

54) _____

A) presence of a disease in family members with poor health habits
B) onset of a disease at a late age
C) appearance of a disease in one family member
D) a family member with multiple cancers

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Bloom's : Understand
Topic : Family Health History

55) The Stages of Change Model of health behavior change emphasizes that

55) _____

A) change happens as a process.
B) people change only when faced with an illness.
C) change occurs only when the environment supports it.
D) changes are more effective when based on personal perceptions.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

56) The aspect of personal health that is most within your control is

56) _____

A) genetic inheritance.
B) human biology.
C) environment.
D) lifestyle.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Health-Related Behaviors

57) Adam's sister lectures him daily about the threat his smoking poses to his health. She argues that, if he quits, he would improve both his health and his athletic performance. Adam knows his sister is right, but according to the Stages of Change Model, he will actually quit smoking when he reaches the

57) _____

A) precontemplation stage.
B) contemplation stage.
C) preparation stage.
D) action stage.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change
Bloom's : Apply

58) Mackenzie resolves to start exercising three times a week when a membership at a local gym begins, in two weeks. In which stage of change in the Transtheoretical Model is Mackenzie operating?

58) _____

A) contemplation
B) preparation
C) precontemplation
D) action

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change
Bloom's : Apply

59) In which stage of change in the Transtheoretical Model does an individual intend to change a specific health behavior within the next six months?

59) _____

A) preparation
B) contemplation
C) precontemplation
D) action

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Your Health Today Choices in a Changing Society 8th Edition by Teague CH01

Question Details
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Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

60) Which of the following statements best illustrates a sense of self-efficacy?

60) _____

A) I can do it.
B) I can't do it.
C) I must do it.
D) I should do it.

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change
Bloom's : Apply

61) Which of the following best illustrates a SMART goal?

61) _____

A) I will get more exercise in the new year.
B) I will avoid situations in which I am tempted to eat junk food.
C) I will make smart health choices in each major life activity.
D) I will eat my meals on time and limit myself to one snack daily.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Bloom's : Apply
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

62) Which of the following best illustrates an action step?

62) _____

A) Working out will help me lose weight.
B) Beginning next week, I will work out three days a week.
C) My workouts will involve weight-lifting.
D) I hope to start working out every day.

Question Details
Accessibility : Keyboard Navigation
Section : Your Personal Health Choices
Bloom's : Apply
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change Planning

63) The basic definition of *health literacy* refers to one's ability to

63) _____

A) navigate the health care system successfully.
B) obtain and successfully use health information.
C) describe symptoms to a doctor.
D) achieve maximum wellness.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Health Literacy

64) Which of the following statements about health risks is FALSE?

64) _____

A) By definition a health risk involves the probability or likelihood of an event occurring.
B) A health risk is the probability of exposure to a hazard that can result in negative consequences.
C) All health risks can be avoided.
D) Health risks include factors such as age, gender, family history, income, and education.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Health Literacy

65) The purpose of making a clinical study *double-blind* is to

65) _____

A) reduce researcher bias.
B) guarantee the results.
C) disguise the study's sponsors.
D) make the results depend on the outcomes of other studies.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Medical Research

66) Which of the following statements is true concerning medical research studies?

66) _____

A) Subjects are not randomly assigned to either a treatment group or control group.
B) To be considered reliable, the same results must be obtained by no other researchers conducting the same study.
C) Researchers assign participants to either a treatment group or control group according to the order in which participants register for the study.
D) Clinical studies attempt to establish cause-and-effect relationships.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Medical Research

67) Of the following, the best type of website on which to research health issues is one that is sponsored by a(n)

67) _____

A) commercial health organization.
B) drug company.
C) educational institution.
D) individual.

Your Health Today Choices in a Changing Society 8th edition Teague Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Health Literacy

68) In what type of research do scientists use interviews, surveys, and measurements to study large groups of people?

68) _____

A) market research studies
B) clinical studies
C) basic medical research studies
D) epidemiological studies

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Medical Research

69) Which of the following best illustrates a public health measure?

69) _____

A) upgrading the local hospital's dialysis equipment
B) preventing the spread of disease-carrying insects
C) medical schools competing for research grants
D) promoting a new surgical technique

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Apply
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Public Health

70) What is the major goal of primary disease-prevention efforts?

70) _____

A) to detect diseases before they become symptomatic
B) to treat a person for particular problems associated with a disease
C) to find a cure for prevalent diseases
D) to inhibit the development of diseases

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Disease Prevention

71) Which of the following is NOT a specific national health objective of *Healthy People 2030*?

71) _____

A) Attain high-quality lives free of preventable disease, disability, injury, and premature death.
B) Create social and physical environments that promote good health for all.
C) Achieve health equity, eliminate disparities, and improve the health of all groups.
D) Focus on promoting health for older individuals.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Public Health

72) *Healthy People 2030* places increased emphasis on "health determinants," which

72) _____

A) target and measure important public health issues.
B) include both social and environmental determinants.
C) are based on scientific studies.
D) are defined as a person's internal sense of control.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Public Health

73) Which public health issue is NOT listed as a priority in the Healthy People initiative?

73) _____

A) tobacco
B) oral health
C) health on school campuses
D) injury and violence

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

74) In general, what can American ethnic minority populations expect concerning their health, as compared to the general population?

74) _____

A) lower lifestyle risk factors
B) equal health benefits from medical advances
C) higher rates of cancer, infant mortality, and alcoholism
D) decreased exposure to carcinogens

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

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

75) The term _____ refers to a relative state in which a person maximizes their physical and emotional functioning to live a full and satisfying life.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Health

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76) _____ health is the study of health outcomes in or between groups of individuals such as college students.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Population Health

77) In 1947, the World Health Organization (WHO) broke new ground with its positive definition of *health* as a state of complete physical, mental, and _____ well-being.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Health

78) The _____ model of health addresses the interrelationships that influence your health.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Define health; wellness; and the individual dimensions of wellness.
Topic : Wellness
Topic : Health
Topic : Socioecological Model of Health and Wellness

79) Your health is affected by your _____ physical environment (including schools, sanitation, and transportation) and your natural physical environment (such as air and water quality).

Question Details
Accessibility : Keyboard Navigation
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Bloom's : Understand

80) External environmental conditions that can be altered by social and health policies and programs are known as the social _____ of health.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health
Topic : Social Determinants of Health

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81) The series of four bases arranged to form a distinct message, located at a certain location along a chromosome, is called a(n) _____.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations

82) The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called deoxyribonucleic acid, or _____.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

83) The two chains that DNA consists of are joined in a double _____ structure.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

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84) Of our 23 _____ pairs, 22 are the same for men and women.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

85) Females have two _____ chromosomes; males have only one.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

86) Changes that occur during the process of parents passing genes to their children are called _____.

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Bloom's : Understand
Topic : Family Health History

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87) A single-gene _____, such as whether earlobes are detached or attached, is determined by either a dominant or a recessive gene.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

88) A mutated gene that is not expressed when paired with a dominant or healthy gene is called _____.

Question Details
Accessibility : Keyboard Navigation
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Genes and Mutations
Bloom's : Understand

89) A health condition caused by interactions among one or more genes and the environment is called a(n) _____ disorder.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Heredity/Genetics

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90) An illustration of an individual's family genetic history is commonly referred to as a family health _____.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Family Health History
Learning Objective : Explain how heredity and genetics can influence an individual's patterns of heal
Topic : Family Health History

91) To understand why people make the health choices they do, the _____ Model uses the constructs of perceived susceptibility, seriousness of consequences, benefits of action, and barriers to action.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Health Belief Model

92) The _____ Model, one of the widely accepted frameworks for understanding individual health behavior change, is also referred to as the Stages of Change Model.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

93) Often someone will have to try several times to make a change before it sticks. A backslide into a former health state is known as a(n) _____.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

94) In the Transtheoretical Model, a person in the _____ stage intends to change a specific health behavior within the next six months.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

95) In the Transtheoretical Model, a sixth stage called _____ occurs when the new behavior is firmly entrenched in a person's lifestyle.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

96) The term _____ refers to an internal state in which a person feels competent to perform a task.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Outline how to apply models of health behavior change.
Topic : Transtheoretical Model of Change
Topic : Stages of Behavior Change

97) If you participate in a(n) _____ study, you have received a particular treatment, screening, or diagnostic test in order to identify whether a drug, product, or behavior produces a particular effect.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Personal Health Choices
Learning Objective : Create a plan for behavior change.
Topic : Medical Research

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98) The _____ People initiative identifies significant preventable threats to health and sets national health objectives aimed at improving the quality of life for all Americans.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Healthy People Initiative

99) The sense of identity that individuals draw from a common ancestry, as well as a common national, religious, tribal, language, or cultural origin, is referred to as _____.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities

100) Activities directed towards improving the health of people, or activities employing resources shared by members of a town or region, is known as _____ health.

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Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health and Your Community's Health
Learning Objective : Describe public and community health practices and policies.
Topic : Community Health

101) The more accurate way to view race is as a(n) _____ category, rather than a biological one.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities

102) Most ethnic and racial minority populations in the U.S. have significantly higher _____ risk factors, such as high-fat diets, lack of exercise, and more exposure to environmental toxins.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Your Health in Context
Learning Objective : Identify factors outside individual behavior that determine health.
Topic : Health Equity/Health Disparities

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Your Health Today Choices in a Changing Society 8th Edition by Teague CH01
Answer Key

Test name: CH01

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

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

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56) D
57) D
58) B
59) B
60) A
61) D
62) B
63) B
64) C
65) A
66) D
67) C
68) D
69) B
70) D
71) D
72) B
73) C
74) C
75) well-being

76) Population

77) social

78) socioecological

79) built

80) determinants

81) gene

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82) DNA

83) helix

84) chromosome

85) X

86) mutations

87) trait

88) recessive

89) multifactorial

90) tree

91) Health Belief

92) Transtheoretical

93) relapse

94) contemplation

95) termination

96) self-efficacy

97) clinical

98) Healthy

99) ethnicity

100) community

101) social

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102) lifestyle

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