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Correct answers located at the end of the chapter.

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

1) The key element of wellness is the absence of disease.
   - ◎ true
   - ◎ false

2) Self-confidence affects self-esteem.
   - ◎ true
   - ◎ false

3) Strong friendships are a key component of a person's environmental wellness.
   - ◎ true
   - ◎ false

4) Religion is a requirement for good spiritual health.
   - ◎ true
   - ◎ false

5) It is not possible to have health in the absence of wellness.
   - ◎ true
   - ◎ false

6) Interpersonal wellness includes the ability to detect problems.
   - ◎ true
   - ◎ false

7) Prior to the 20th century, infectious diseases were a primary cause of mortality.
   - ◎ true
   - ◎ false

8) Poor lifestyle choices are a primary factor in American mortality in the 21st century.
   - ◎ true
   - ◎ false

9) Morbidity and mortality are synonymous.
   - ◎ true
   - ◎ false

10) One goal being developed for *Healthy People 2030* is to eliminate health disparities among Americans.
   - ◎ true
   - ◎ false

11) Gender differences in rates of chronic diseases are reflected in the fact that men have higher risk of Alzheimer's disease and women are at a greater risk of depression.
   - ◎ true
   - ◎ false

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12) Deaths from opioid overdose and alcohol abuse increased during the Covid-19 pandemic.
- ◎ true
- ◎ false

13) According to the National Center for Health Statistics, significant progress to reduce racial and ethnic health disparities has been made over the past 15 years and there is no longer a gap in life expectancy between white people and Black people.
- ◎ true
- ◎ false

14) Education and economic status are among the factors considered significant health determinants within *Healthy People 2030.*
- ◎ true
- ◎ false

15) The attainment of a four-year college degree is associated with an additional decade of life expectancy.
- ◎ true
- ◎ false

16) Deeply rooted behaviors like addiction can never be changed through independent self-management techniques alone.
- ◎ true
- ◎ false

17) A detailed cost-benefit analysis of a behavior change is recommended in the precontemplation stage of change.
- ◎ true
- ◎ false

18) Motivation and commitment to change behavior increase with an external locus of control.
- ◎ true
- ◎ false

19) Motivation for behavior change is unaffected by social support.
- ◎ true
- ◎ false

20) The role of visualization in behavior change is to increase your external locus of control.
- ◎ true
- ◎ false

21) Lapses into previous unhealthy behaviors should be considered failures.
- ◎ true
- ◎ false

22) A health journal should address only the specific target behavior rather than the circumstances around that behavior.
- ◎ true
- ◎ false

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

24) In the maintenance phase of behavior change, a person has exited the cycle of change and is no longer tempted to revert to their old behavior.
- ◎ true
- ◎ false

25) Making adjustments to an original plan of action is a common part of the termination phase of behavior change.
- ◎ true
- ◎ false

26) Effective rewards and support for behavior change are a key element of "SMART" goal setting.
- ◎ true
- ◎ false

27) A person has just moved to a new town, started a new job, and is settling into a new apartment when they learn that their grandmother has passed away. This may be the perfect time to institute a behavior change program.
- ◎ true
- ◎ false

28) Making a successful change in a physical health behavior has the additional benefit of improved self-efficacy.
- ◎ true
- ◎ false

29) Behavior choices and actions have no impact beyond the health and wellness of the individual making the change.
- ◎ true
- ◎ false

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

30) According to data from the National Center for Health Statistics on the leading causes of death, which lifestyle factors are associated with an increased risk of death from chronic liver disease and cirrhosis?
- A) smoking and poor dietary habits
- B) poor dietary habits and obesity
- C) obesity and excessive alcohol consumption
- D) inactive lifestyle and smoking

31) Which of the following is NOT considered one of the nine dimensions of wellness?
- A) dietary wellness
- B) emotional wellness
- C) environmental wellness
- D) cultural wellness

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32) The nine dimensions of wellness
A) are entirely within people's control.
B) are interrelated and may affect each other.
C) ensure the separation of mind and body.
D) are static and unchangeable.

33) Which behavior or practice would contribute to a person's financial wellness?
A) participating in workplace training opportunities
B) avoiding unsafe casual sex
C) avoiding debt and impulse buying
D) establishing an intimate relationship

34) Compassion, forgiveness, and the sense of belonging to something greater than yourself are components of
A) emotional wellness.
B) interpersonal wellness.
C) intellectual wellness.
D) spiritual wellness.

35) Which quality is a component of emotional wellness?
A) trust
B) self-confidence
C) ability to understand and accept
D) All of these answers are correct.

36) Which of the following is a component of environmental wellness?
A) optimism
B) sense of meaning and purpose
C) maintaining sustainable development
D) eating well

37) Immigrant parents are not concerned about their child's ability to adapt to school because the child is curious, open to new ideas, and eager to learn new skills. Which wellness dimension BEST reflects the child's qualities?
A) emotional
B) intellectual
C) interpersonal
D) cultural

38) Spiritual wellness is enhanced by having
A) a strong support network of family and friends.
B) a selfless concern for the well-being of others.
C) the ability to express oneself creatively.
D) an openness to new ideas.

39) The ability to build satisfying relationships with coworkers is an aspect of
A) emotional wellness.
B) occupational wellness.
C) intellectual wellness.
D) cultural wellness.

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40) Financial wellness includes a person's ability to
A) find a job that has a retirement pension.
B) balance income and expenses.
C) avoid occupational hazards.
D) earn enough money to leave a regular occupation.

41) What is the significance of annual percentage rate (APR) and the minimum monthly payment for credit cards?
A) The minimum monthly payment determines the APR.
B) The APR is reflected in the interest you pay on your balance with each monthly payment.
C) APR and minimum monthly payment are the same thing.
D) Debit cards have a higher APR than credit cards.

42) Which behavior or quality best demonstrates a person's intellectual wellness?
A) motivation to master new skills
B) creativity and capacity for love
C) the ability to cultivate a support system of friends and family
D) a sense of belonging to something greater than oneself

43) Occupational wellness can be enhanced by all of the following EXCEPT
A) contributing to a retirement fund.
B) being recognized and valued by the employer.
C) enjoying social time with coworkers on lunch breaks.
D) participating in continuing education opportunities at work.

44) Every Saturday, a couple walks to and from the local soup kitchen, where they volunteer. They have made new friends and never miss a shift, even when it's raining or inconvenient. This routine improves their
A) emotional and environmental wellness.
B) intellectual and cultural wellness.
C) occupational and interpersonal wellness.
D) spiritual and physical wellness.

45) Self-acceptance differs from self-esteem in that it
A) means having a set of guiding beliefs, principles, or values that give meaning and purpose to their life.
B) is concerned with how a person perceives that others view them.
C) is a feeling of trust in one's own abilities and qualities.
D) refers to personal satisfaction with oneself, regardless of other people's opinions.

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46) What is the role of genetics in determining life span?
   A) The strongest correlation between genes and mortality is susceptibility to coronary artery disease.
   B) Studies show that over 75% of the variability in life span can be traced to genetics.
   C) Mortality is entirely determined by environmental and behavioral factors.
   D) Mortality is unrelated to genetics.

47) According to data from the National Center for Health Statistics, which of the following was one of the top three leading causes of death in 2022?
   A) stroke
   B) high blood pressure
   C) cancer
   D) suicide

48) Which of the following lifestyle factors plays a role in deaths by suicide?
   A) diet
   B) excessive alcohol use
   C) inactive lifestyle
   D) smoking

49) Public health achievements during the 20th century are credited with giving Americans an additional____ of life expectancy.
   A) 10 years
   B) 15 years
   C) 20 years
   D) 25 years

50) Life expectancy among Americans almost doubled from 1900 to 1980 due to all of the following measures EXCEPT
   A) development of vaccines.
   B) production of antibiotics.
   C) purification of water.
   D) availability of more immunotherapy drugs.

51) Which was the number one cause of death in 2022 in the United States?
   A) accidents
   B) malignant neoplasms
   C) heart disease
   D) Covid-19

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52) Which of the following statements about obesity and life expectancy is FALSE?
A) Researchers have identified obesity as a cause of recent declines in life expectancy.
B) Rates of obesity among children have recently stabilized at about 10%, or 1 in 10 children.
C) Developing obesity as a younger age is associated with greater obesity-related health effects due to longer exposure to excess body fat.
D) Obesity is associated with multiple of the U.S. leading causes of death, including Covid-19.

53) To address the obesity epidemic, health promotion advocates proposed a solution to
A) change food pricing to promote healthful options.
B) include daily physical education classes in schools.
C) control advertising of unhealthy foods targeting children.
D) All of these answers are correct.

54) Which lifestyle factor would contribute to the development of heart disease?
A) sex
B) cigarette smoking
C) family history
D) age

55) The leading cause of death among Americans aged 15 to 24 is
A) accidents.
B) infectious diseases.
C) homicide.
D) suicide.

56) Which of the following was one of the three leading causes of death among Americans aged 15 to 24 in 2022?
A) cirrhosis
B) homicide
C) cancer
D) cardiovascular diseases

57) The dominant focus of U.S. government health policies is
A) improving diversity among health care providers.
B) preventing unhealthy behaviors.
C) improving access to healthcare through provisions of the Affordable Care Act (ACA).
D) preventing deaths from respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD).

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58) One of the goals of *Healthy People 2030* is to
A) shift the focus to environmental factors instead of social factors in determining health.
B) improve living conditions to reduce the impact of negative health determinants.
C) increase life expectancy beyond 100 years.
D) provide free health care insurance for all Americans.

59) Which statement about the Affordable Care Act (ACA) is TRUE?
A) Being a student disqualifies a person from being eligible for Medicaid.
B) "Catastrophic" health plans are available but will have a higher premium.
C) The majority of people can avoid a penalty if they choose not to get a health plan.
D) Rehabilitative services are recognized as one of the policy's 10 essential benefits.

60) On average, compared to people living in urban areas, people living in rural areas are
A) more likely to seek preventive health care.
B) more likely to be physically active.
C) less likely to die of an injury-related cause.
D) less likely to wear a seatbelt when driving.

61) Income and education are correlated with health status. The relationship between the poverty rate and health status is_____, while the relationship between education level and health status is_____.
A) direct; direct
B) inverse; direct
C) direct; inverse
D) inverse; inverse

62) As opposed to health difference, which of the following best describes a health disparity?
A) Women have a higher rate of breast cancer than men.
B) Black women with breast cancer are more likely to die of the disease than white women.
C) Women are more likely to die from Alzheimer's disease than men.
D) Men are more likely to develop cancer than women.

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63) As used in the discussion of health issues for diverse populations, the concept of sex differs from that of gender in that sex refers to
   A) the act of intercourse.
   B) an individual's internal sense of self.
   C) behaviors learned by a person according to prevailing cultural norms.
   D) the biological and physiological characteristics that define men, women, and intersex people.

64) Which of the following statements about gender and sex-related characteristics that affect wellness is TRUE?
   A) Compared to women, men are at greater risk for Alzheimer's disease.
   B) Men are more likely than women to visit physicians for regular exams.
   C) Transgender people are more likely to use health care services.
   D) Compared to women, men have higher rates of death from injuries, suicide, and homicide.

65) Which statement regarding the health of diverse population groups is TRUE?
   A) Rates of death related to smoking and alcohol use are lower among American Indians and Alaska Natives than the general population.
   B) Latinos on average have higher rates of suicide than the general population.
   C) Rates of diabetes and asthma are lower among Pacific Islanders than the general population.
   D) Compared with white people, Black and Hispanic people are less likely to get appropriate medication for heart conditions.

66) Compared to the general population, which of the following diseases is of special concern for many groups of American Indians and Alaska Natives?
   A) stroke
   B) heart disease
   C) cancer
   D) diabetes

67) Compared to the general population, African American people have lower rates of
   A) osteoporosis.
   B) asthma.
   C) high blood pressure.
   D) stroke.

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68) Early screening for_____ may be recommended for African American men due to significantly elevated risk for the condition.
A) osteoporosis
B) suicide
C) prostate cancer
D) skin cancer

69) On average, Latinos have lower rates of_____ compared to the general population.
A) heart disease
B) obesity
C) diabetes
D) gallbladder disease

70) Compared to the general population, American Indians and Alaska Natives have higher rates of early deaths from causes linked to
A) sedentary lifestyle.
B) cardiovascular diseases.
C) smoking and alcohol consumption.
D) cancer.

71) When compared to the overall U.S. population, Asian Americans have
A) lower rates of lung cancer.
B) higher rates of alcohol abuse.
C) lower rates of coronary heart disease.
D) shorter life expectancies.

72) Which of the following statements about persons with disabilities are TRUE?
A) Many people with disabilities do not have access to health care services.
B) People with disabilities are more likely to have obesity, heart disease, diabetes, and to smoke, compared with the general population.
C) One in every four people in the United States has some form of disability, and the rate is rising, particularly among younger generations.
D) All of these answers are correct.

73) How many adults in the United States have a mobility disability?
A) 2%
B) 12%
C) 5%
D) 9%

74) Which of the following is a goal from *Healthy People 2030*?
A) Reduce the current use of any tobacco product by adults.
B) Maintain the proportion of people with health insurance.
C) Increase the proportion of adults with hypertension.
D) Increase the proportion of adults who are obese.

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75) Which of the following health determinants does a person have the LEAST control over?
A) diet
B) exercise
C) heredity
D) stress

76) What has contributed most to the 60% increase in the incidence of diabetes among Americans since 1990?
A) genetic changes in the population
B) lower vaccination rates
C) poor dietary choices and lack of physical activity
D) increased costs for basic necessities

77) Which is NOT considered an environmental factor that affects health?
A) household cleaning products
B) amount of crime in your community
C) access to vaccinations and screening tests
D) radiation from sun exposure

78) Which statement would BEST differentiate the underlying factors related to cystic fibrosis from those related to diabetes?
A) Both conditions are primarily the result of genetic errors.
B) Both conditions are due primarily to the interaction of behavior and environment.
C) Diabetes is primarily related to genetic errors, whereas the interaction of behavior and environment contributes significantly to cystic fibrosis.
D) Cystic fibrosis is the result of genetic errors, whereas the interaction of behavior and environment contributes significantly to diabetes.

79) Which action would be considered the initial step in improving wellness through lifestyle management?
A) seeking guidance and assistance from local programs
B) selecting a target behavior
C) asking a family member for assistance
D) evaluating one’s current habits

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80) Which strategy would MOST likely contribute to success in changing a person's unhealthy behavior?
A) emphasizing a single target behavior they wish to change
B) asking family members to track the behavioral changes
C) adding only the short-term costs of behavior change that they identified and letting go of past failures
D) identifying many unhealthy target behaviors and working on them all simultaneously

81) What is a target behavior?
A) a habit or mannerism that is the focus of your behavior change plan
B) a friend's behavior that you identified needs to be changed
C) a health condition such as diabetes
D) a characteristic such as obesity

82) A person can help prevent procrastination when creating their own personal behavior change program by
A) specifying important dates.
B) stating their goal.
C) listing down the steps they will take to measure their progress.
D) having someone to actively help them with the program.

83) Which element is MOST likely to indicate the reliability of the information on a website?
A) the popularity of the website
B) the date of the post on the topic
C) the "About Us" link
D) the testimonials page of the website

84) Which strategy is LEAST helpful in promoting a behavior change for better health?
A) Target multiple behaviors simultaneously.
B) Identify cues to behaviors.
C) Incorporate rewards for reaching goals.
D) Make slow, systematic changes in behavior.

85) The belief in one's ability to be successful in the performance of a given task is referred to as
A) self-control.
B) self-efficacy.
C) self-esteem.
D) self-talk.

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86) Luis's most recent lab tests indicated that he has pre-diabetes and is at risk for full-blown diabetes. His physician recommended changes to his diet and increased physical activity, but Luis doesn't see such change as useful. Many of Luis's relatives, including his parents, have diabetes, and he assumes he will develop the condition as well, regardless of his behavior. Based on this information, you can conclude that this person has
A) poor self-esteem.
B) a lack of self-confidence.
C) an external locus of control.
D) an internal locus of control.

87) Individuals with an internal locus of control believe that events turn out as they do based on
A) fate or luck.
B) heredity.
C) divine power.
D) their own input and actions.

88) Visualizing one's self engaging in a new, healthier behavior is one of the best ways to
A) boost self-efficacy.
B) improve physical strength.
C) identify barriers to change.
D) externalize locus of control.

89) Which strategy is MOST likely to improve a person's chances of success while attempting to change a behavior?
A) select a different behavior to change in the event of temporary failure
B) stick with the program even during periods of high stress
C) utilize visualization techniques
D) rationalize temporary setbacks to minimize feelings of failure

90) The precontemplation stage is characterized by
A) no acknowledgement of a need to change.
B) an outward modification of behavior.
C) thinking about making a change.
D) seeking outside support for the problem.

91) For which stage of behavior change is practicing visualization and realistic, positive self-talk recommended?
A) contemplation
B) preparation
C) precontemplation
D) action

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92) Following an annual physical, a patient reviews the lab work and finds out that their cholesterol level is elevated. The physician explains that this can increase the risk of heart disease and stroke and recommends exercise. The patient plans to start a walking program when the snow melts in roughly four months. The patient is in which phase of the transtheoretical model of change?
    A) denial
    B) precontemplation
    C) contemplation
    D) action

93) A person noticed that their eating behaviors were unhealthy. Their response to stress in the past was to severely restrict calorie intake, frequently eating only one modest meal each day, and their weight plummeted to dangerously low levels. They made numerous changes to address poor eating habits and have been eating better for the past four weeks. They are a lot happier now. Which phase of the transtheoretical model of behavior change is the person in?
    A) preparation
    B) action
    C) maintenance
    D) termination

94) At what stage of behavior change is a person no longer tempted to lapse back into old habits?
    A) contemplation
    B) action
    C) maintenance
    D) termination

95) Which action is a key to successful behavior change?
    A) beginning with identifying all the behaviors to be changed
    B) concentrating on several interrelated behaviors
    C) refusing to tolerate temporary setbacks
    D) anticipating problems and providing rewards

96) Which set of actions is the recommended sequence to develop a personalized plan for change?
    A) identify patterns, monitor behavior, establish action plan, set goals, make a personal contract
    B) establish action plan, set goals, monitor behavior, identify patterns, make a personal contract
    C) make a personal contract, set goals, establish action plan, monitor behavior, analyze data
    D) monitor behavior, identify patterns, set goals, establish action plan, make a personal contract

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97) When creating a plan for behavior change, what is the minimum suggested timeframe for monitoring your target behavior to gather data on it?
A) for a few hours
B) for at least one day
C) for at least a week or two
D) for at least a month

98) A young person has the goal of exercising at least 30 minutes a day, five days a week, in order to lose 10 pounds within two weeks. According to the "SMART" criteria, which element should they reconsider?
A) the specificity
B) the target behavior
C) the time frame
D) the reality of committing to five days a week of exercising

99) The chance to succeed in modifying a behavior would increase if a person
A) set a very ambitious goal.
B) ignored related habits.
C) recruited support from friends or family.
D) focused solely on short-term benefits.

100) To help ensure success with a behavior change program, a person should
A) establish a very broad goal.
B) involve the people around them.
C) avoid setting a firm deadline for completion.
D) give themselves a reward when the final goal is attained.

101) Rewards included in health action plans should
A) be planned in advance.
B) be provided only when the overall goal has been reached.
C) come in the form of food or alcohol.
D) be given when someone recognizes the person's success.

102) Which item is NOT generally included in a personal contract for behavior change?
A) setting a date to begin
B) stating the goal
C) identifying how to measure progress
D) establishing consequences for failure to reach the goal

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103) Which of the following goals best meets the “SMART” criteria?

A) eat more fruits and vegetables
B) lose 10 pounds a week for two weeks
C) run 2 miles, three days a week within three months
D) drink more water every day by the end of the month

104) A teenager has a genuine desire to become healthier. Which is the BEST first step for the teenager to take in moving toward that goal?

A) Begin journaling about things that trigger unhappiness.
B) Identify community resources for help.
C) Choose two unhealthy behaviors and make goals for change.
D) Perform a self-assessment and discuss the results with a close friend or family member.

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

105) Select five of the nine dimensions of wellness discussed in the text and, for each dimension, list three behaviors or habits that you would consider engaging in to promote its development.

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

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

108) Discuss the role of lifestyle choices in determining quality of life. Give at least three examples of healthy lifestyle choices and explain how they promote quality of life and specifically affect the individual dimensions of wellness.

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109) Describe the four broad national goals of *Healthy People 2030*. Then choose one of the special population groups described in *Healthy People 2030* and identify two health issues of particular importance for that group.

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

SECTION BREAK. Answer all the part questions.

111) Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel that she has let her friends down because she has had to miss several activities they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She is frustrated that she cannot spend more time with her friends without giving up her other activities.

111.1) Carla's frustration surrounding limitations to her time with her friends is affecting her _____ wellness.

A) spiritual
B) interpersonal
C) cultural
D) intellectual

111.2) If Carla succeeds in improving her time management and spending more time with her friends, she will most likely see a corresponding improvement in her _____ wellness.

A) financial
B) physical
C) emotional
D) occupational

111.3) Carla wants to make a plan to spend more time with her friends. Which strategy is most likely to enhance the success of her plan?

A) closely monitoring and evaluating her schedule
B) focusing on what motivated her to change her behavior
C) establishing a reward she can give herself once she has succeeded
D) developing an external locus of control

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111.4) Which of Carla's characteristics would most help her succeed in balancing her time so that she can study, be active on campus, and have fun with her friends?

A) her belief that she is in control of her own life
B) her ability to resist rewards
C) her ability to persuade friends to do as she asks
D) her rigid application of a plan without allowing for alterations

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Answer Key

Test name: Chapter 01

1) FALSE
2) TRUE
3) FALSE
4) FALSE
5) FALSE
6) FALSE
7) TRUE
8) TRUE
9) FALSE
10) TRUE
11) FALSE
12) TRUE
13) FALSE
14) TRUE
15) FALSE
16) FALSE
17) FALSE
18) FALSE
19) FALSE
20) FALSE
21) FALSE
22) FALSE
23) FALSE
24) FALSE
25) FALSE
26) FALSE
27) FALSE
28) TRUE
29) FALSE
30) C
31) A
32) B
33) C
34) D
35) D
36) C
37) B
38) B
39) B
40) B
41) B
42) A
43) A
44) D
45) D
46) A
47) C
48) B
49) D
50) D
51) C
52) B
53) D
54) B
55) A
56) B
57) B
58) B
59) D
60) D
61) B
62) B
63) D
64) D
65) D
66) D
67) A
68) C
69) A
70) C
71) C
72) D
73) B
74) A
75) C
76) C
77) C

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78) D
79) D
80) A
81) A
82) A
83) C
84) A
85) B
86) C
87) D
88) A
89) C
90) A
91) B
92) C
93) B
94) D
95) D
96) D
97) C
98) C
99) C
100) B
101) A
102) D
103) C
104) D
105) Essay
106) Essay
107) Essay
108) Essay
109) Essay
110) Essay
111) Section Break
111.1) B
111.2) C
111.3) A
111.4) A

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Chapter 1: Taking Charge of Your Health

CHAPTER OBJECTIVES

- Define wellness as a health goal.
- Explain the two major efforts to promote national health.
- Describe the factors that influence wellness.
- Explain the methods for achieving wellness through lifestyle management.
- List the ways to promote lifelong wellness for yourself and your environment.

KEY TERMS AND DEFINITIONS

health The overall condition of body or mind and the presence or absence of illness or injury.

wellness Optimal health and vitality, encompassing all the dimensions of well-being.

risk factor A condition that increases your chance of disease or injury.

life expectancy The period of time a member of a given population is expected to live.

morbidity rate The relative incidence of disease among a population.

mortality rate The number of deaths in a population in a given period; usually expressed as a ratio, such as 75 deaths per 1000 members of the population.

infectious disease A disease that can spread from person to person, caused by microorganisms such as bacteria and viruses.

health span How long we stay healthy and free from chronic or disabling disease.

chronic disease A disease that develops and continues over a long period, such as heart disease, cancer, or diabetes.

lifestyle choice A conscious behavior that can increase or decrease a person's risk of disease or injury; such behaviors include smoking, exercising, and eating a healthful diet.

health promotion The process of enabling people to increase control over their health and its determinants and thereby improve their health.

health disparity A health difference linked to social, economic, or environmental disadvantage that adversely affects a group of people.

genome The complete set of genetic material in an individual's cells.

gene The basic unit of heredity, containing chemical instructions for producing a specific protein.

behavior change A lifestyle management process that involves cultivating healthy behaviors and working to overcome unhealthy ones.

target behavior An isolated behavior selected as the object for a behavior change program.

self-efficacy The belief in your ability to take action and perform a specific task.

locus of control The extent to which a person believes they have control over life events.

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RESOURCES AT A GLANCE

CONNECT (https://www.mheducation.com/highered/discipline/health-human-performance.html**)**

- Reading Quizzes
- Chapter Quiz
- Box Activities
- Internet Activities
- Wellness Applications
- Connect to Your Choices
- Key Term Reviews
- Wellness Worksheets
- Videos with Questions
- Matching/Sequencing and Classification Activities
- Instructor Resources (Instructor's Manual, Test Bank, PowerPoint Slides, Media Bank, Application-Based Activities Guide)

Find out more about Connect by contacting your McGraw Hill Learning Technology Representative. Find your representative here.

GENERAL HEALTH INFORMATION

For the latest health information, check the current issues of:

- *Annual Editions: Health* (visit McGraw Hill Create at https://create.mheducation.com/createonline/index.html and select Annual Editions from the Create Collections menu)
- Mayo Clinic Health Information (https://www.mayoclinic.org/patient-care-and-health-information)
- MedlinePlus (https://www.medlineplus.gov/)
- KFF Health News (https://kffhealthnews.org/)
- NPR Health (https://www.npr.org/sections/health)
- CNN health headlines (https://www.cnn.com/health)
- *Time* magazine (https://www.time.com/)
- *Newsweek* (https://www.newsweek.com/)
- U.S. News and World Report (https://www.usnews.com/)
- ABC (https://abcnews.go.com)
- CBS (https://www.cbsnews.com/)
- MSNBC (https://www.msnbc.com)

For additional information on other teaching and learning resources, including course management systems, contact your local McGraw Hill representative.

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CONNECT STUDENT ACTIVITIES AND ASSIGNMENTS

- **Reading Quiz:** Wellness as a Health Goal
  - **Classification Activity:** Dimensions of Wellness
  - **Box Activity:** Take Charge: Financial Wellness
- **Reading Quiz:** Promoting National Health
  - **Internet Activity:** *Healthy People 2030*
- **Reading Quiz:** Factors That Influence Wellness
  - **Wellness on Campus:** Skin Care Challenges for College Students
  - **Wellness Application:** Health Behaviors
- **Reading Quiz:** Reaching Wellness through Lifestyle Management
  - **Matching/Sequencing Activity:** Defining Stages of Change in the Transtheoretical Model of Behavior Change
  - **Matching/Sequencing Activity:** Applying the Transtheoretical Model of Behavior Change
  - **Wellness Application:** Positive Rewards
  - **Wellness Application:** Sources of Health Information
  - **Wellness Application:** Unhealthy Behaviors
- **Reading Quiz:** Being Healthy for Life
- **Chapter 1: Connect to Your Choices**
- **Key Term Review 1**
- **Key Term Review 2**
- **Chapter Quiz**
- **Wellness Worksheets:**
  - Evaluate Your Lifestyle
  - Wellness Profile
  - Stages of Change
  - Behavior Change Contract
  - Create a Family Health Portrait

LECTURE OUTLINE

This chapter focuses on defining health and describing how wellness can be achieved through a behavior change plan.

I. **Wellness as a Health Goal**

A. Health is the overall condition of body or mind and the presence or absence of illness or injury. Wellness expands this idea to include living a rich, meaningful, energetic life, encompassing all the dimensions of well-being.

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1. Wellness depends on conscious decisions that affect risk factors of disease or injury.

B. **Dimensions of Wellness**
   1. The interrelated dimensions of wellness interact continuously. Making changes in one dimension often affects others.
   2. **Physical Wellness**
      a. Your body's overall condition and absence of disease
      b. Fitness level
      c. Ability to care for yourself
   3. **Emotional Wellness**
      a. Dynamic, involving the ups and downs of living
      b. Key factors: optimism; self-esteem; and self-confidence
   4. **Intellectual Wellness**
      a. Maintaining an active mind
   5. **Interpersonal Wellness**
      a. Satisfying and supportive relationships
      b. Learning good communication skills and developing the capacity for intimacy
      c. Participating in and contributing to your community and to society
   6. **Cultural Wellness**
      a. Interacting with and accepting those of different ethnicities, religions, genders, sexual orientations, ages, and customs
   7. **Spiritual Wellness**
      a. Possessing a set of guiding beliefs, principles, or values that give meaning and purpose to your life
   8. **Environmental Wellness**
      a. Defined by the livability of your surroundings
   9. **Financial Wellness**
      a. Living within your means in a way that gives you peace of mind
   10. **Occupational Wellness**
      a. A level of happiness and fulfillment derived from work

C. **The Long and the Short of Life Expectancy**
   1. Some genes influence longevity.
      a. Some genes influence lifestyle factors, such as alcohol consumption and addiction. One study found that the strongest correlations between genes and mortality are susceptibility to coronary artery disease and modifiable behaviors such as cigarette smoking. Obesity and drug use also correlate strongly to life span.
      b. In the early 20th century, morbidity and mortality rates from common infectious diseases were much higher than today.

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c. Vaccines, antibiotics, and public health campaigns have all contributed to a greatly increased life expectancy.
d. Life expectancy declined between 2014 and 2017. This decline is generally attributed to drug overdose, suicide, and obesity.
e. Covid-19 contributed to another decline between 2019 and 2021 due to Covid deaths, but also because the pandemic exacerbated drug overdosing, heart disease, chronic liver disease, and cirrhosis.
f. The difference between life span (how long we live) and health span (how long we stay healthy) is freedom from chronic or disabling disease.
g. We have some control over whether we develop chronic diseases. Two of the most important contributors to health are obesity and smoking.

II. **Promoting National Health**

A. Health promotion strives to enable people to increase control over their health and its determinants.

1. The primary health promotion strategies at the government and community levels are policies and agencies that discourage unhealthy and high-risk behaviors and encourage positive health behaviors.
   a. National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) are federal agencies charged with promoting the public's health.
   b. There are also health promotion agencies and programs at the state, community, workplace, and college levels.

B. **Health Insurance Options**

1. The ACA was signed into law in 2010 and survives despite over 200 challenges in state and federal court as well as at least 70 Republican-led votes in Congress to dismantle it.
2. **Finding a Plan**
   a. Health exchanges facilitate the purchase of insurance.
   b. Those below income requirements are eligible for federal help with premiums.
   c. Many employers and universities also help students get health insurance.
3. **Benefits to College Students**
   a. Until age 26, students can stay on their parents' health insurance plans.
   b. Some young people prefer "catastrophic" plans that have low premiums but require you to pay medical costs up to a certain amount, but these can be risky.
   c. In some states, students with low incomes may qualify for Medicaid.

C. **The Healthy People Initiative**

1. The national *Healthy People* initiative aims to prevent disease and improve Americans' quality of life. *Healthy People* reports, published each decade since

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1980, set national goals based on 10-year agendas. *Healthy People 2030* proposes to meet the following broad national objectives:

a. Eliminate preventable disease, disability, injury, and premature death.
b. Achieve health equity, eliminate disparities, and improve health literacy.
c. Create social, economic, and physical environments that promote good health for all.
d. Promote healthy development and healthy behaviors across every stage of life.
e. Engage leadership and the public to design effective health policies.

D. **Health Issues for Diverse Populations**

1. Most health issues concern us all equally.
   a. Health disparities are those differences linked to social, economic, and/or environmental disadvantage; they affect groups who have systematically experienced greater obstacles.
   b. Other differences between individuals and groups are biological and cultural and can help you identify areas of concern for you and your family.
2. **Sex and Gender**
   a. *Sex* refers to the biological and physiological characteristics that define male, female, and intersex people.
   b. *Gender* encompasses how people identify themselves and also the roles, behaviors, activities, and attributes that a given society considers appropriate for them.
   c. Several gender-related characteristics affect wellness, such as higher rates of smoking and drinking among men and lower earnings found among women.
3. **Race and Ethnicity**
   a. Members of ethnic and racial minorities in the United States have higher rates of death and disability from many causes.
      i. Such disparities result from a complex mix of genetic variations, environmental factors, and health behaviors. But separating social and environmental factors from genetic ones can be extremely difficult.
      ii. Separating the effects of race and ethnicity from socioeconomic status is difficult.
      iii. The classification of race (a social construct) itself is complex. However, many cultural differences occur along ethnic lines, including:
         (1) Traditional diets
         (2) Family and interpersonal relationships
         (3) Attitudes toward tobacco, alcohol, and other drugs
         (4) Health beliefs and practices
   b. Health concerns have been identified for each of five broad ethnic or racial minority groups defined by the federal government.
   c. **African Americans**

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i. Same leading causes of death as the general population; lower rates of suicide and osteoporosis.
ii. Concerns: higher infant mortality, high blood pressure, stroke, diabetes, asthma, obesity; and prostate cancer in men.

d. **American Indians and Alaska Natives**
i. Lower death rates from heart disease, stroke, and cancer than the general population.
ii. Concerns: higher rates of early death from diseases related to smoking and alcohol use, including injuries and cirrhosis.
iii. Diabetes is of special concern.

e. **Asian Americans**
i. Lower rates of coronary heart disease and obesity.
ii. Health differences exist among the different Asian groups: Southeast Asian men have higher rates of smoking and lung cancer, and Vietnamese American women have higher rates of cervical cancer.

f. **Native Hawaiian and Other Pacific Islander Americans**
i. Higher overall death rate than the general population and higher rates of some diseases, including diabetes and asthma.
ii. Smoking and obesity are of special concern.

g. **Latinos**
i. Lower rates of heart disease, cancer, and suicide than the general population.
ii. Concerns: gallbladder disease, obesity, diabetes, and lack of health insurance.

h. Racial and ethnic groups who are not white, regardless of income, are more likely to live in areas that are medically underserved, with fewer sources of high-quality or specialist care.

4. **Income and Education**
a. Poverty and low educational attainment are key factors underlying ethnic health disparities.
b. Groups with the highest poverty rates and the least education have the worst health status.
i. There are higher rates of infant mortality, traumatic injury, and violent death, and many diseases, including heart disease, diabetes, tuberculosis, HIV infection, and some cancers.
ii. These individuals are more likely to have poor nutrition, have overweight, smoke, drink, and misuse drugs.
iii. Impoverished families are exposed to more day-to-day stressors and have less access to health care services.

5. **Disability**

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a. Individuals with a disability have activity limitations or need assistance due to a physical or mental impairment.
    i. About one in four people in the United States has some level of disability, and the rate is rising.
    ii. Such individuals are more likely to be inactive, have overweight, have heart disease, smoke, and lack access to health care services.

6. **Geographic Location**
    a. About one in five Americans lives in rural locations—places with fewer than 10,000 residents.
        i. These individuals are less likely to be active, use seat belts, or obtain screenings for preventive health care.
        ii. They also have less access to timely emergency services, have higher rates of some diseases and injury-related death, and are more likely to lack health insurance.
        iii. Children living in dangerous neighborhoods—rural or urban—are four times more likely to be affected by overweight than children living in safer neighborhoods.
7. **Sexual Orientation and Gender Identity**
    a. Lesbian, gay, bisexual, and transgender (LGBT) health was added to *Healthy People 2020* in part because these individuals may face significant health disparities due to discrimination.
        i. LGBT youth have high rates of tobacco, alcohol, and other drug misuse; are at greater risk for suicide; are more likely to be homeless; and are less likely to have health insurance and access to care.

III. Factors That Influence Wellness

A. Health Habits

1. Scientific research is continuously revealing new connections between our habits and health.
    a. Heart disease, for example, is associated with smoking, stress, a hostile attitude, a poor diet, and being sedentary. Other habits are beneficial to health.
    b. Unfortunately, poor health habits take hold before many Americans reach adulthood.
    c. Other habits are beneficial. Regular exercise can reduce incidence of many diseases.

B. Genetics/Family History

1. Your genome consists of the complete set of genetic material in your cells; it contains about 25,000 genes, half from each of your parents.
    a. The human genome varies slightly from person to person, and many differences do not affect health.
    b. However, some differences do have important implications for health;

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knowing your family health history can help you determine which conditions may be of special concern for you.

2. Errors in our genes are responsible for about 3500 clearly hereditary conditions. Altered genes also play a part in heart disease, cancer, stroke, diabetes, and many other common conditions.

C. **Environment**

1. Our environment includes substances and conditions in our homes, workplaces, and communities.
2. Environmental influences on wellness also include conditions in other countries and around the globe, particularly climate changes due to global warming.

D. **Digital Wellness**

1. Another part of our environment is the online technology that surrounds us.
2. In the United States, 90% have internet access at home, but one-third of the global population remains unconnected.
3. Understanding how your personal information is used and being careful with passwords and potential scams can mean escaping ruinous disaster.

E. **Access to Health Care**

1. Access to adequate health care helps improve both quality and quantity of life through preventive care and the treatment of disease.

F. **Personal Health Behaviors**

1. Personal behavior can tip the balance toward good health, even when heredity or environment is a negative factor.

IV. **Reaching Wellness through Lifestyle Management**

A. Moving in the direction of wellness means cultivating healthy behaviors and working to overcome unhealthy ones. This approach to lifestyle management is called behavior change.

B. **Getting Serious about Your Health**

1. The first step in changing a wellness-related behavior is understanding that the behavior is a problem and that it can be changed.
    a. This often requires gathering information about resources available to help you change.
2. **Examine Your Current Health Habits**
    a. How is your lifestyle affecting your health today and in the future?
3. **Choose a Target Behavior**
    a. Select one behavior you want to change and work on it systematically.
    b. The chances of success are greater if the first goal is simple.
4. **Learn about Your Target Behavior**
    a. How is your target behavior affecting your level of wellness today?

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b. Which diseases or conditions does this behavior place you at risk for?
c. What effect would changing your behavior have on your health?

5. **Find Help**
   a. Get outside help for changing behaviors that may be deeply rooted or too serious to be addressed alone.

C. **Building Motivation to Change**

1. **Examine the Pros and Cons of Change**
   a. Health behaviors have short-term and long-term benefits and costs.
   b. Short-term benefits can be an important motivating force.
   c. Many wellness behaviors represent immediate improvements in quality of life, such as quitting smoking.
2. **Boost Self-Efficacy**
   a. Believe in your ability to change. *Self-efficacy* is your belief in your ability to successfully take action and perform a specific task.
   b. Strategies for boosting self-efficacy include:
      i. **Locus of Control**
         (1) Who or what do you believe is controlling your life?
            1. People who believe that they are in control of their own lives are said to have an internal locus of control. This is beneficial because it reinforces motivation and commitment.
            2. An external locus of control refers to the perception that outside influences—heredity, friends and family, luck, environment, fate, and chance—determine life events. This can sabotage efforts to make behavior change.
      ii. **Visualization and Self-Talk**
         (1) Visualize yourself successfully engaging in the healthy behavior.
         (2) Positive self-talk, the inner dialogue you carry on with yourself, increases confidence in the ability to change.
      iii. **Role Models and Supportive People**
         (1) Gain assistance through friends and identify role models who have successfully changed their behavior.
3. **Identify and Overcome Barriers to Change**
   a. Make a list of problems and challenges you have faced in the past.
      i. Add the short-term costs of behavior change identified in your analysis of the pros and cons of change.
   b. Develop a plan to overcome each barrier listed.

D. **Enhancing Your Readiness to Change**

1. The transtheoretical, or "stages of change," model outlines stages we move through as we work to change our behavior.

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2. **Precontemplation**
    a. People may deny a problem or feel powerless to change it.
3. **Contemplation**
    a. People recognize they have a problem and intend to take action within 6 months.
4. **Preparation**
    a. The creation of a specific plan of action and practice of visualization and positive self-talk.
5. **Action**
    a. The phase in which change happens.
6. **Maintenance**
    a. Period after a goal has been reached during which people continue efforts to avoid lapses and relapses.
    b. Can last months or years.
7. **Termination**
    a. The problem and the temptation to relapse no longer exist.

E. **Dealing with Relapse**
1. People seldom progress through the stages in a linear way; most people make several attempts at changing behavior before they are successful. During the early stages of the change process, it's a good idea to plan for relapse.
    a. Forgive yourself if you have a setback.
    b. Give yourself credit for the progress you have already made.
    c. Move on. Learn from relapse and use that knowledge to deal with potential setbacks in the future.

F. **Developing Skills for Change: Creating a Personalized Plan**
1. **Monitor Your Behavior and Gather Data**
    a. Use a health journal to keep track of the target behavior and the circumstances surrounding it.
2. **Analyze the Data and Identify Patterns**
    a. Use your health journal to assess when and why you are most likely to engage in the target behavior.
3. **Be "SMART" about Setting Goals**
    a. Set realistic goals by using the "SMART" criteria:
        i. Specific: Be specific regarding the behavior.
        ii. Measurable: Be certain that your progress is measurable.
        iii. Attainable: Set goals that are within your physical limits.
        iv. Realistic: Manage your expectations in a logical and realistic manner.
        v. Time frame–specific: Give yourself a reasonable amount of time to reach your goal.

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4. **Devise a Plan of Action**
    a. Get what you need. Identify resources that can help you be successful.
    b. Modify your environment to control the environmental cues that provoke the target behavior.
    c. Control habits that contribute to your target behavior.
    d. Reward yourself to reinforce your efforts when specific objectives or subgoals are reached.
    e. Involve the people around you. Support will reinforce the new behavior.
    f. Plan for challenges.
5. **Make a Personal Contract**
    a. Make a personal commitment by signing a contract that includes goals, steps used to measure progress, strategies, and important dates.

G. **Putting Your Plan into Action**
1. Commit to making your plan work.
    a. Remember all the reasons you have to make the change, and remember *you* are the boss.
    b. Use all your strategies to ensure your plan is successful; keep track of your progress; and remember to reward yourself.

H. **Staying with It**
1. Expect inevitable obstacles.
2. **Social Influences**
    a. Can be negative as well as supportive.
3. **Levels of Motivation and Commitment**
    a. Must be high.
4. **Choice of Techniques and Level of Effort**
    a. May need to be reconsidered.
5. **Stress**
    a. Can foil a successful behavior change.
6. **Procrastinating, Rationalizing, and Blaming**
    a. Be alert to these games you might be playing with yourself.

V. **Being Healthy for Life**
A. Maintaining good health is an ongoing process.
1. Individuals can affect their own health on every level, from personal to planetary.

ORGANIZATIONS, HOTLINES, AND WEBSITES

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Centers for Disease Control and Prevention (CDC). The CDC provides a wide variety of health information for researchers and the general public.
http://www.cdc.gov

Federal Deposit Insurance Corporation. "Money Smart for Young People" is a free source of information, unaffiliated with commercial interests.
https://www.fdic.gov/consumer-resource-center/money-smart-young-adults

Federal Trade Commission: Consumer Advice—Health. Includes online brochures about a variety of consumer health topics, including fitness equipment, generic drugs, and fraudulent health claims.
http://www.ftc.gov/health

MyHealthfinder. A gateway to online publications, websites, support and self-help groups, and agencies and organizations that produce reliable health information.
https://odphp.health.gov/myhealthfinder

Healthy People 2030. Provides information on Healthy People objectives and priority areas.
https://odphp.health.gov/healthypeople

MedlinePlus. Provides links to news and reliable information about health from government agencies and professional associations; also includes a health encyclopedia and information about prescription and over-the-counter drugs.
http://medlineplus.gov

National Health Information Center (NHIC). Puts consumers in touch with the organizations that are best able to provide answers to health-related questions.
https://odphp.health.gov/our-work/national-health-initiatives/health-literacy/resources/national-health-information-center

National Institutes of Health (NIH). Provides information about all NIH activities as well as consumer publications, hotline information, and an A-to-Z listing of health issues with links to the appropriate NIH institute.
http://www.nih.gov

National Wellness Institute. Serves professionals and organizations that promote health and wellness.
http://www.nationalwellness.org

Office of Minority Health. Promotes improved health among racial and ethnic minority populations.
https://www.minorityhealth.hhs.gov/

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Office on Women's Health. Provides information and answers to frequently asked questions.
http://www.womenshealth.gov

Surgeon General. Includes information on activities of the Surgeon General and the text of many key reports on topics such as tobacco use, physical activity, and mental health.
https://www.hhs.gov/surgeongeneral/index.html

World Health Organization (WHO). Provides information about health topics and issues affecting people around the world.
http://www.who.int/en

CLASSROOM ACTIVITIES

1. Ask each student to set up a personal behavior management program to be continued throughout the semester. Students can follow the steps listed in the chapter and identify one person to be their primary support. They should document contracts, goals, achievements, rewards, and so forth.
2. Have students keep a journal during the semester and gear the journal toward selected health behaviors. Ask them to include their feelings about their behaviors, good or bad, as well as their thoughts. Encourage them to make the distinction between thoughts and feelings about the issues they choose.
3. Divide students into groups of four or five, according to their perceived worst habit or a particular area of interest (e.g., smokers, those who don't sleep enough, those who don't wear safety belts, those who are interested in psychological health). When they have formed groups, ask them to examine the issue that brought them to that group and to compile a list of factors that contribute to making that issue a problem (e.g., I don't wear seat belts, because they wrinkle my clothes, because they feel too confining, because I won't get in an accident anyway, because someone who was wearing a seat belt was pinned in the car and killed). Have students read lists to the class and then switch the lists among groups. Ask each new group to devise a list of counterstatements to refute the reasons of the first group. Discuss.
4. Have students write a short essay describing how they get health information. Ask them to include their most common sources of information, such as family, friends, magazines, scientific journals, television, social media, and the internet. Require them to describe how they evaluate the quality of the information. Also, have the students describe a time they used health information they had gathered and the outcome of using that information.
5. Have students select a national objective from the *Healthy People 2030* report. The report can be found at https://odphp.health.gov/healthypeople. Ask the students to evaluate the nation's progress toward the selected objective.
6. Ask students to pick a character in a current television program or from a recent movie. Have groups of students analyze that character for their overall wellness. Share results.

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