Essentials of Health Behavior 3rd edition Edberg Test Bank

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Chapter: Chapter 2 - Chapter Quiz

Multiple Choice

1. According to data from the most recent National Health and Nutrition Examination Survey, conducted in 2015–2016, nearly 40% of adults and 18.5% of youth in the United States are obese, as measured by which of the following?
A) Body weight
B) Caloric intake
C) Body mass index
D) Anthropometric measurements
Ans: C
Complexity: Easy
Ahead: Obesity
Subject: Chapter 2
Title: Health Issues and Behavior

2. The prevalence of which of the following tends to cluster in spatial terms, suggesting the role of common causal circumstances among clustered populations?
A) Obesity
B) HIV/AIDS
C) Youth violence
D) Diabetes mellitus
Ans: A
Complexity: Moderate
Ahead: Obesity
Subject: Chapter 2
Title: Health Issues and Behavior

3. Which types of models integrate the various influences on health behavior, including interpersonal, organizational, community, and public policy factors?
A) Health Belief Models
B) Ecological Models
C) Transtheoretical Models
D) Social Cognitive Models
Ans: B

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Complexity: Moderate
Ahead: Obesity
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4. The World Health Organization (WHO) views which of the following as “one of the leading public health issues of our time”?
A) Obesity
B) HIV/AIDS
C) Youth violence
D) Alcohol use/drug use
Ans: C
Complexity: Moderate
Ahead: Youth Violence
Subject: Chapter 2
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5. Which of the following can be defined as “the mental image one has of oneself”?
A) Self-control
B) Self-concept
C) Self-efficacy
D) Self-esteem
Ans: B
Complexity: Easy
Ahead: Youth Violence
Subject: Chapter 2
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6. Since the 1980s, when the disease was first identified, the global pandemic of which of the following has become one of the worst global health crises in history?
A) HIV/AIDS
B) Obesity
C) Zika virus
D) Ebola virus
Ans: A
Complexity: Easy
Ahead: HIV/AIDS
Subject: Chapter 2
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True/False

1. True or False? Because the trends in overweight/obesity are recent, most agree that biological factors are the cause rather than interactions between people’s behavior and the environment.
Ans: False
Complexity: Easy

Ahead: Obesity
Subject: Chapter 2
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2. True or False? Explanations for the relatively sudden and “epidemic” increases in body weight among Americans and populations in other countries generally emphasize lifestyles associated with increased overall energy consumption and inactivity.
Ans: True
Complexity: Easy
Ahead: Obesity
Subject: Chapter 2
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3. True or False? Although many behaviors may threaten long-term health, the immediate benefits of risky behavior may be seen to enhance one’s state of well-being.
Ans: True
Complexity: Easy
Ahead: Obesity
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4. True or False? In the spirit of an ecological approach, youth risk behaviors such as violence have been viewed as health disparities, where involvement in violence and the causes of involvement differ by the socioeconomic status of particular groups.
Ans: True
Complexity: Easy
Ahead: Youth Violence
Subject: Chapter 2
Title: Health Issues and Behavior