# *Alters & Schiff Essential Concepts for Healthy Living 9th edition Housman Test Bank*

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**Chapter: Chapter 01 - Quiz**

**Multiple Choice**

1. Research indicates all of the following behaviors promote good health, *except*:
A. avoiding excess consumption of alcohol.
B. eating a diet high in fruits and vegetables.
C. exercising regularly.
D. regularly consuming dietary supplements.
Answer: D
Subject: Introduction, Chapter 1
Complexity: Moderate

2. Which of the following statements best describes the relationship between health and wellness?
A. The concepts of health and wellness are unrelated.
B. Health and wellness are interrelated, holistic concepts, and both can be improved through lifestyle.
C. Health is related primarily to our physical abilities, while wellness is more holistic.
D. Our health is driven by our genetics, but our wellness can be improved through lifestyle.
Answer: B
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

3. Which of the following statements best describes the concept of health as a continuum?
A. A person is either healthy or ill, depending on the presence of disease.
B. Personal growth and personal judgment are associated with being less well.
C. Enthusiasm for living is associated with optimal well-being.
D. Signs and symptoms of illness lead directly to premature death.
Answer: C
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

4. Which of the following statements best describes the relationship among the components of health?
A. Psychological health is dependent on good social, spiritual, and intellectual health.
B. Spiritual health is closely associated with religion and cannot be achieved without religion.
C. Good psychological health is associated with good social health, but not intellectual health.
D. If a person practices good health habits, they will be unaffected by their environment.
Answer: A
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

5. The statement, “A sense of well-being is achieved through emotionally supportive and intellectually stimulating relationships,” refers to which component of health?

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A. Psychological health
B. Social health
C. Intellectual health
D. Spiritual health
Answer: B
Subject: The Dimensions of Health, Chapter 1
Complexity: Easy

6. The belief that one's life has purpose is a component of _____ health.
A. psychological
B. social
C. intellectual
D. spiritual
Answer: D
Subject: The Dimensions of Health, Chapter 1
Complexity: Easy

7. The component of health that most affects quality of wellness is:
A. physical health.
B. psychological health.
C. environmental health.
D. intellectual health.
Answer: C
Subject: The Dimensions of Health, Chapter 1
Complexity: Easy

8. In 2015, the leading cause of death for those aged 10–24 and 25–44 years in the United States was:
A. heart disease.
B. homicide.
C. suicide.
D. unintentional injury.
Answer: D
Subject: The Nation's Health, Chapter 1
Complexity: Easy

9. All of the following were leading causes of death in the United States in 2015, *except*:
A. Alzheimer's disease.
B. Parkinson's disease.
C. diabetes mellitus.
D. pneumonia/influenza.
Answer: B
Subject: The Nation's Health, Chapter 1
Complexity: Easy

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10. All of the following are reasons that Americans' life expectancy dramatically increased in the 20th century, *except*:
A. food fortification programs that greatly reduced nutrient deficiency.
B. government agencies providing better access to health care.
C. elimination of health disparities.
D. promoting health protective behaviors such as childhood immunization.
Answer: C
Subject: The Nation's Health, Chapter 1
Complexity: Moderate

11. Stimulus control (e.g., removing junk food from your pantry) is used primarily during which one of the *Stages of Behavioral Change*?
A. Preparation
B. Action
C. Contemplation
D. Maintenance
Answer: D
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

12. All of the following statements about *Healthy People* reports are true, *except*:
A. the *Healthy People* reports are used to promote the prevention of disease rather than treatment.
B. *Healthy People 2020* contains four main goals.
C. the process of collecting and analyzing the U.S. population's progress toward meeting *Healthy People* goals and objectives is completed every 10 years.
D. the main purpose of *Healthy People* is to promote the treatment of disease.
Answer: D
Subject: The Nation's Health, Chapter 1
Complexity: Moderate

13. All of the following are main goals of *Healthy People 2020, except*:
A. attain access to high-quality health care for all.
B. attain high-quality and longer lives that are free of preventable disease.
C. achieve health equity, eliminate disparities, and improve the health of all people groups.
D. create social and physical environments that promote good health for all.
Answer: A
Subject: The Nation's Health, Chapter 1
Complexity: Moderate

14. All of the following are minority groups in the United States, *except*:
A. persons who are gay or bisexual.
B. elderly persons over the age of 75 years.
C. males.
D. someone who practices the Mormon religion.
Answer: C
Subject: The Nation's Health, Chapter 1

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Complexity: Moderate

15. All of the following are major factors that contribute to health disparities in minority groups, *except*:
A. socioeconomic status (income).
B. a desire to be healthy.
C. health insurance coverage.
D. educational attainment.
Answer: B
Subject: Genetics and Genomics, Chapter 1
Complexity: Moderate

16. All of the following influence one's motivation to engage in a health behavior, *except* one's:
A. past behavior.
B. self-efficacy.
C. desire.
D. beliefs and values.
Answer: C
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

17. If someone believes they have the ability to exercise 5 days a week for 30 minutes each day, they are displaying:
A. a positive attitude toward exercise.
B. self-efficacy for exercise.
C. a perceived need for exercise.
D. a desire to exercise.
Answer: B
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

18. Assume that several of your close family members have had heart attacks around the age of 50 years. Because you know heart disease can be inherited, you are concerned that you may also suffer a heart attack early in life; therefore, you are motivated to practice heart-healthy behaviors. Which of the following is most likely motivating your behavior?
A. Vulnerability
B. Self-efficacy
C. Barriers
D. Sense of control
Answer: A
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

19. Sally recognizes that drinking soda every day is unhealthy and intends to stop this behavior. Sally is in which stage of the *Stages of Behavioral Change*?

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A. Precontemplation
B. Contemplation
C. Preparation
D. Action
Answer: B
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

20. Henry has attempted to jog 4 days a week for several months but has not been successful; however, he continues to express desire to run 4 days a week. Henry is in which stage of the *Stages of Behavioral Change*?
A. Precontemplation
B. Contemplation
C. Preparation
D. Action
Answer: C
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

21. All the following are common telehealth practices, *except*:
A. using virtual appointments instead of in-person office visits.
B. sharing of patient health information via email.
C. monitoring patient vital statistics.
D. online communication between patient and provider.
Answer: B
Subject: Understanding Health Behavior, Chapter 1
Complexity: Moderate

**True/False**

1. In the United States, unintentional injuries are a major health threat to children between 1 and 14 years of age.
Answer: True
Subject: Conventional Medicine, Complementary and Alternative Medicine, and Integrative Medicine, Chapter 1
Complexity: Easy

2. The rate of sexually transmitted infections is low among American teenagers.
Answer: False
Subject: Conventional Medicine, Complementary and Alternative Medicine, and Integrative Medicine, Chapter 1
Complexity: Easy

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3. Suicide is one of the leading causes of death of Americans between 15 and 24 years of age.
Answer: True
Subject: The Nation's Health, Chapter 1
Complexity: Easy

4. Symptoms are the observable and measurable features of an illness.
Answer: False
Subject: The Dimensions of Health, Chapter 1
Complexity: Easy

5. Abnormal behavior is an observable and measurable sign of an illness.
Answer: True
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

6. Feeling numbness in your fingers is an example of an illness symptom.
Answer: True
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

7. Telehealth is the use of apps for self-care.
Answer: False
Subject: The Dimensions of Health, Chapter 1
Complexity: Easy

8. Limitations of telehealth include the potential for overlapping care.
Answer: True
Subject: The Dimensions of Health, Chapter 1
Complexity: Moderate

**Essay**

1. Explain the consumer protection roles of the Food and Drug Administration and the Federal Trade Commission.
Answer: The Food and Drug Administration regulates the testing, production, marketing, and labeling of medical devices and medications; the safety of foods and truthfulness of information on their labels; and the safety of cosmetics. The Federal Trade Commission regulates claims made in advertisements for products and services. Both agencies only regulate products and services involved in interstate commerce.
Subject: Analyzing Health Information, Chapter 1

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Complexity: Difficult

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