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Multiple Choice

1. Which of the following is one of the “five D’s” that are considered in the medical model of health?
A) Dementia
B) Dissatisfaction
C) Diagnosis
D) Dilation

Ans: B
Complexity: Easy
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

2. Under the wellness model of health, coping healthfully with life’s problems and stresses is an element of _____ wellness.
A) physical
B) intellectual
C) financial
D) emotional

Ans: D
Complexity: Moderate
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

3. Which of the following is an element of intellectual wellness?
A) Critically evaluating the veracity of health information
B) Attaining near-daily manageable amounts of bodily movement
C) Taking responsibility for your behavior
D) Living in an area that is free of interpersonal violence

Ans: A
Complexity: Easy
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

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4. Tadita, a college student, and her 14-year-old brother have different political views, but when the topic of politics comes up at family dinners, she always listens to what he has to say and thoughtfully considers his positions. When making her own arguments, she makes sure that she uses language and examples that her brother will understand to ensure she is communicating with him effectively. Tadita's approach to political conversations with her brother is an example of her _____ wellness.
A) occupational
B) emotional
C) spiritual
D) social

Ans: D
Complexity: Difficult
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

5. Attaining and maintaining resources to meet your physical, psychological, and social needs is the defining characteristic of _____ wellness.
A) occupational
B) emotional
C) financial
D) spiritual

Ans: C
Complexity: Moderate
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

6. How many ACEs must a person have to be considered to face a proportional increased risk for mental and physical ill health throughout life?
A) None
B) Two or more
C) Four or more
D) Five or more

Ans: C
Complexity: Moderate
Ahead: Determinants of Health and Wellness

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Subject: Chapter 1
Title: The Definition of Health

7. Which of the following is an economic determinant of health?
A) Having a parent with a substance abuse issue
B) Having regular access to healthy food
C) Living in an area with ample recreational settings
D) Living in an area with little air pollution

Ans: B
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

8. Which of the following is an example of a lifestyle disease?
A) Lung cancer
B) Ebola
C) Tuberculosis
D) Malaria

Ans: A
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

9. What does it mean if a disease is chronic?
A) It can only be cured by taking antibiotics.
B) It was caused by a parasitic infection.
C) It was caused by genetic factors.
D) It will persist in the person for life.

Ans: D
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

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10. The population of Johnson City is 50,000 people. Last month, 25 people were reported to have the flu. Over the next few weeks, the number of cases of flu rapidly increased. As of this week, 8,000 people in Johnson City have the flu. What is the current prevalence of the flu in Johnson City?
A) 25
B) 8,000
C) 42,000
D) 50,000

Ans: B
Complexity: Difficult
Ahead: Health Status
Subject: Chapter 1
Title: The Definition of Health

11. Compared to individuals in peer countries, Americans have:
A) a longer life expectancy and fewer people with chronic diseases.
B) a shorter life expectancy and more mothers dying when giving birth.
C) fewer mothers dying when giving birth and fewer people with chronic diseases.
D) more mothers dying when giving birth and a longer life expectancy.

Ans: B
Complexity: Moderate
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

12. Compared to peer countries, Americans have:
A) lower salaries and higher levels of poverty.
B) lower salaries and lower levels of poverty.
C) higher salaries and higher levels of poverty.
D) higher salaries and lower levels of poverty.

Ans: C
Complexity: Moderate
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

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13. Differences in health status based on factors such as race, income, and educational attainment are called:
A) health disparities.
B) elements of well-being.
C) dimensions of wellness.
D) models of health.

Ans: A
Complexity: Easy
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

14. U.S. communities and the built environment are more likely than those in peer countries to discourage physical activity because they are designed around:
A) multiple-occupancy residences.
B) public recreation areas.
C) small retail businesses.
D) automobiles.

Ans: D
Complexity: Moderate
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

15. Which of the following is one of the main goals of *Healthy People 2030*?
A) To cure prevalent diseases
B) To achieve health equity
C) To develop a rating system for healthcare providers
D) To establish government-controlled universal health care

Ans: B
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

16. Which of the following is a specific health objective of *Healthy People 2030*?
A) Reduce the number of firearm-related deaths

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B) Replace artificial sweeteners with natural sugar
C) Eliminate hot food storage in retail food store delis
D) Increase the proportion of persons unable to obtain medical care

Ans: A
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

17. Which of the following personal behaviors contributes to health and longevity?
A) Smoking no more than two cigarettes a day
B) Eating a primarily meat-based diet
C) Limiting interactions with others
D) Using meditation to help quiet your mind

Ans: D
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

18. How often should a person engage in physical activity to maintain health?
A) 20 minutes per day at least twice a week
B) 20 minutes per day 3 to 4 times per week
C) 45 minutes per day at least 3 to 4 times per week
D) 45 minutes per day every day of the week

Ans: B
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

19. Which of the following is considered a sufficient amount of sleep for most adults?
A) 4 to 5 hours per night
B) 5 to 6 hours per night
C) 6 to 7 hours per night
D) 7 to 8 hours per night

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Ans: D
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

20. What is the maximum number of alcoholic drinks recommended daily for a man?
A) None
B) One
C) Two
D) Three

Ans: C
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

21. Which of the following is an example of a short-term goal?
A) To find a good job after graduation
B) To earn an advanced degree
C) To make the Dean's List next semester
D) To do well on an upcoming exam

Ans: D
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

22. Which of the following is an example of a fuzzy goal?
A) To get better grades
B) To finish reading two chapters tonight
C) To get promoted to manager
D) To finish my research project by the weekend

Ans: A
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1

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Title: The Definition of Health

23. If Malik has high self-esteem, it means that he:
A) is respected by others.
B) strives to achieve his goals.
C) values himself.
D) is viewed as a leader.

Ans: C
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

24. Which of the following terms best applies to a person who imagines that they are likely to achieve their goal?
A) Determined
B) Pessimistic
C) Spiritual
D) Optimistic

Ans: D
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

25. What would an optimist say when faced with a negative event?
A) It's my fault.
B) It's going to ruin everything.
C) This is devastating.
D) This is only temporary.

Ans: D
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

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26. Which of the following an example of an external cue indicating that a health issue needs attention?
A) Feeling that something is wrong
B) Someone telling you something seems wrong
C) Noticing a sign of illness in yourself
D) Noticing a symptom of illness in yourself

Ans: B
Complexity: Moderate
Ahead: The Health Belief Model
Subject: Chapter 1
Title: The Definition of Health

27. In which stage of the Transtheoretical Model does the person become aware that change is desirable, but does not yet commit to act?
A) Preparation
B) Precontemplation
C) Contemplation
D) Termination

Ans: C
Complexity: Easy
Ahead: The Transtheoretical Model
Subject: Chapter 1
Title: The Definition of Health

28. Elena has decided that she is going to quit drinking soda by weaning herself off of it. Right now, she is drawing up a schedule for cutting back on how many cans of soda she drinks each day until she eliminates the behavior altogether. Which stage of the Theoretical Model is Elena currently in?
A) Action
B) Contemplation
C) Maintenance
D) Preparation

Ans: D
Complexity: Difficult
Ahead: The Transtheoretical Model
Subject: Chapter 1
Title: The Definition of Health

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29. Which theory proposes that changing a health behavior begins with an intention to adopt a new behavior?
A) Theory of Reasoned Action
B) Transtheoretical Model
C) Health Belief Model
D) Theory of Intellectual Wellness

Ans: A
Complexity: Easy
Ahead: The Theory of Reasoned Behavior/Theory of Planned Behavior
Subject: Chapter 1
Title: The Definition of Health

30. When should you start to plan for and pay attention to your health?
A) When you are young
B) When you experience illness
C) When you reach middle age
D) When you reach advanced age

Ans: A
Complexity: Easy
Ahead: Health Starts with Each of Us
Subject: Chapter 1
Title: The Definition of Health

True/False

1. True or False? The wellness model of health relies almost exclusively on biological explanations of disease and illness.

Ans: False
Complexity: Moderate
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

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2. True or False? Identifying with a philosophy that is larger than yourself is an indicator of spiritual wellness.

Ans: True
Complexity: Moderate
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

3. True or False? Occupational wellness requires that you earn a high salary.

Ans: False
Complexity: Moderate
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

4. True or False? Health is a lifelong process.

Ans: True
Complexity: Easy
Ahead: Models of Health
Subject: Chapter 1
Title: The Definition of Health

5. True or False? A person with an advanced degree is more likely to be healthy than a person with only a high school education.

Ans: True
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

6. True or False? A person living in a wealthy nation is more likely to develop a fatal infection than a lifestyle disease.

Ans: False

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Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

7. True or False? Heart disease is an example of a bacterial disease.

Ans: False
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

8. True or False? Too much fat in the blood can cause type 1 diabetes.

Ans: False
Complexity: Moderate
Ahead: Determinants of Health and Wellness
Subject: Chapter 1
Title: The Definition of Health

9. True or False? A person's health status can be scientifically measured.

Ans: True
Complexity: Moderate
Ahead: Health Status
Subject: Chapter 1
Title: The Definition of Health

10. True or False? The incidence of a given health condition is the total number of people in a group affected by that condition at the time of measurement.

Ans: False
Complexity: Easy
Ahead: Health Status
Subject: Chapter 1
Title: The Definition of Health

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11. True or False? The annual per-person expenditures for medical care in the United States are higher than those for people living in peer nations.

Ans: True
Complexity: Easy
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

12. True or False? A patient in the United States is prescribed 40 mg of Nexium to be taken twice a day. A patient in Canada is prescribed the same medication at the same strength and frequency. When each patient goes to their local pharmacy to purchase a 30-day supply, they are charged approximately the same amount.

Ans: False
Complexity: Difficult
Ahead: Health: United States
Subject: Chapter 1
Title: The Definition of Health

13. True or False? College students commonly use food to cope with stress and uncomfortable emotions.

Ans: True
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

14. True or False? All colleges in the United States are required to provide comprehensive medical care services to students.

Ans: False
Complexity: Moderate
Ahead: Healthy People 2030
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15. True or False? When college students are highly stressed, they often sleep too much.

Ans: False
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

16. True or False? Maintaining a healthy diet includes limiting your saturated fat intake to no more than 15% of daily calories.

Ans: False
Complexity: Easy
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

17. True or False? Saving enough money to buy a house is an example of a short-term goal.

Ans: False
Complexity: Moderate
Ahead: Healthy People 2030
Subject: Chapter 1
Title: The Definition of Health

18. True or False? Pessimism has a stifling effect on a person's motivation to achieve.

Ans: True
Complexity: Moderate
Ahead: Healthy People 2030
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19. True or False? Optimism is associated with being able to move away from an undesirable goal.

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Ans: True
Complexity: Moderate
Ahead: Healthy People 2030
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Title: The Definition of Health

20. True or False? “Ebb and flow” when making a health behavior change should be interpreted as failure.

Ans: False
Complexity: Moderate
Ahead: The Transtheoretical Model
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