An Invitation to Health 22nd edition Tunks Test Bank

SKU: 9798214448640-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 01 - Taking Charge of Your Health

1. The World Health Organization defines health as the absence of disease or illness.
   a. True
   b. False

ANSWER: False

2. Wellness includes the integration of mind, body, and spirit.
   a. True
   b. False

ANSWER: True

3. Compared to previous generations, today's college students take longer to graduate, are more diverse, and take fewer courses per semester.
   a. True
   b. False

ANSWER: True

4. It is young adults, not older persons, who are experiencing the greatest health deficits and losing the most years to illness, disability, and premature death.
   a. True
   b. False

ANSWER: True

5. BMI is an easy and accurate way to estimate the weight-related health of the vast majority of undergraduate students.
   a. True
   b. False

ANSWER: False

6. Very few college students have high cholesterol.
   a. True
   b. False

ANSWER: False

7. Almost all people who try to kick bad health habits achieve long-term success on their first try.
   a. True
   b. False

ANSWER: False

8. To promote a lasting change in behavior, it is best when reinforcement comes largely from external factors such as having someone tell you that you need to make a change.
   a. True
   b. False

ANSWER: False

9. People typically cycle and recycle through the stages of behavioral change several times.
   a. True

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b. False

ANSWER: True

10. To have an internal locus of control, people must believe their actions will make a difference in their health.
a. True
b. False

ANSWER: True

11. Which term best describes making deliberate positive lifestyle choices such as improving dietary choices and taking responsibility for your health-related behaviors.
a. Psychology
b. Communication
c. Health
d. Wellness

ANSWER: d

12. Which dimension of health primarily includes your ability to think and learn from life experience?
a. Environmental
b. Emotional
c. Psychological
d. Intellectual

ANSWER: d

13. Which dimension of health focuses on the lifelong pursuit of an optimal state of well-being – and not just the absence of illness or disease?
a. Physical
b. Emotional
c. Social
d. Intellectual

ANSWER: a

14. Which dimension of health refers to both the feelings and thoughts of a person, that is, their psychological and mental states?
a. Emotional
b. Financial
c. Intellectual
d. Social

ANSWER: a

15. Research has shown that students who start to have respiratory symptoms after they begin smoking move into which stage(s) of change?
a. Contemplation
b. Action
c. Precontemplation and contemplation

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d. Contemplation and preparation

ANSWER: d

16. Which dimension of health includes finding a healthy balance between work and leisure time?
    a. Emotional
    b. Environmental
    c. Cultural
    d. Occupational

ANSWER: d

17. Which dimension of health focuses on the impact your world has on your well-being?
    a. Cultural
    b. Environmental
    c. Spiritual
    d. Psychological

ANSWER: b

18. On average, what is the estimated life expectancy at birth for women in the United States?
    a. 55 years
    b. 65 years
    c. 70 years
    d. 80 years

ANSWER: d

19. According to the text, which major factor has contributed to the decline in life expectancy in the United States?
    a. Elimination of racial disparities in health
    b. Unintentional injuries
    c. More widespread use of e-cigarettes
    d. Lower rates of smoking

ANSWER: b

20. What percentage of Americans report that they eat a healthy and balanced diet?
    a. Less than 5 percent
    b. Under 10 percent
    c. Around 30 percent
    d. Just over 50 percent

ANSWER: d

21. Compared to individuals of the same age who are not attending college, what is true of college students?
    a. College students experience lower rates of interpersonal violence.
    b. College students are less likely to be overweight or obese.
    c. College students are more likely use nicotine products.
    d. College students are more likely to engage in high-risk sexual behavior.

ANSWER: b

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22. In the years following the start of the COVID-19 pandemic, Americans are making strides toward healthier lifestyle habits Those who take proactive measures to improve their own health outcomes have a lower risk of many health problems, including type 2 diabetes, heart disease, and what other health outcome?

a. Intestinal disorders
b. Food allergies
c. Cancer
d. Liver disease

ANSWER: c

23. What is the leading cause of death for all racial and ethnic groups in the United States?

a. Cancer
b. Heart disease
c. Stroke
d. Hepatitis C

ANSWER: b

24. Which disease are Black Americans more likely to develop than persons of any other racial or ethnic group?

a. Heart disease
b. HIV/AIDS
c. Cancer
d. Diabetes

ANSWER: c

25. As compared to individuals of the same age who are not attending college, college students are more likely to experience which of the following?

a. Being overweight or obese
b. Interpersonal violence
c. Resistance to colds and respiratory infections
d. Lower rates of financial and social stress.

ANSWER: b

26. What is true about the lifestyle and health choices college students make today?

a. These choices have a temporary impact and pronounced consequences on how they feel.
b. These choices have an immediate impact and long-term consequences on how they feel.
c. These choices have a low impact and moderate consequences on how they feel.
d. These choices have a negligible impact and immediate consequences on how they feel.

ANSWER: b

27. What has been shown to be the best weapon against cancer and heart disease?

a. Attitude
b. Spiritual well-being
c. Prevention
d. Genetic testing

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ANSWER: c

28. In evaluating and determining whether online health information is valid, which factor(s) is/are NOT important?
    a. The author's experience and education
    b. How current the information is
    c. How well-known the creator is
    d. The website's creator and their potential bias

ANSWER: c

29. Which activity increases the likelihood of other risky behaviors, such as using recreational drugs, smoking or vaping, and having multiple sexual partners?
    a. Overstressing
    b. Excessive alcohol consumption
    c. Gambling
    d. Succumbing to peer pressure

ANSWER: b

30. Serena intends to wait until she is married to have sex because she believes it is the right thing to do. Of the three types of influences that shape behavior, which factor is most influential in her behavior?
    a. Spiritual
    b. Reinforcing
    c. Predisposing
    d. Enabling

ANSWER: c

31. Ronald has been looking online to determine what's been causing his health issue. He's been reading a website that claims taking their product will quickly cure his symptoms. All of Ronald's symptoms are listed on the site, and it says it's an amazingly quick cure. There are several testimonials with men his age saying this is an amazing medical breakthrough, and they strongly recommend the product. Which action should Ronald take?
    a. Buy just a small supply and try out the product himself to see if it works.
    b. Ask his friend if he's been using the product or knows of someone who has used the product with success.
    c. Check out the product reviews to see if people feel it really works.
    d. Find out if the product has been researched and the findings published by peer-reviewed professional journals.

ANSWER: d

32. According to the text, which strategy is NOT an effective way to keep medical costs manageable without sacrificing your good health?
    a. If you are given a prescription, ask for a well-known advertised brand name.
    b. Avoid using nicotine products, get enough sleep, and be sure your immunizations are up to date.
    c. Develop a relationship with a physician who gets to know you and your medical history.
    d. Avoid going to the emergency department unless absolutely necessary.

ANSWER: a

33. Predisposing factors such as knowledge, attitudes, beliefs, values, and perceptions can greatly impact a person's behavior. What is the belief that a proposed change in behavior will be advantageous to your health?

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a. Benefits
b. Severity
c. Reinforcement
d. Susceptibility

ANSWER: a

34. Since receiving a gift membership to a meal prep service, Chantelle has had the resources to eat healthier and has begun cooking nutritious dinners several nights a week. Which factor is most influential in her behavior?

a. Predisposing
b. Enabling
c. Reinforcing
d. Behavioral

ANSWER: b

35. Marcus gives special stickers to his fourth grade students who earn high scores on math tests. Which factor is most influential in his method?

a. Reinforcing
b. Enabling
c. Behavioral
d. Social

ANSWER: a

36. Which change model reflects the approach adopted by Alcoholics Anonymous?

a. Moral model
b. Enlightenment model
c. Behavioral model
d. Medical model

ANSWER: b

37. Anisa wavers between wanting to start exercising again and resisting the need to do so. Anisa has reached which stage of change?

a. Precontemplation
b. Preparation
c. Contemplation
d. Action

ANSWER: c

38. Yumi decided to begin eating healthier in the coming weeks. She has developed a set of menus, joined a meal prep plan so she will get healthy food delivered weekly, and connected with a friend who has committed to be her meal prep buddy. Yumi has reached which stage of change?

a. Precontemplation
b. Contemplation
c. Preparation
d. Action

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ANSWER: c

39. Orlando has started showering at night and choosing his clothes for the next day, along with getting up earlier so he has enough time to eat breakfast and get to class on time. Which stage of change has he reached?

a. Contemplation
b. Preparation
c. Action
d. Maintenance

ANSWER: c

40. Patty has not exercised for the past few days, but she is not worried about lapsing into her old sedentary habits. Patty has reached which stage of change?

a. Contemplation
b. Maintenance
c. Action
d. Termination

ANSWER: b

41. Which change model attributes being overweight to genetic factors and involves an expert who provides treatment or advice?

a. Compensatory
b. Enlightenment
c. Behavioral
d. Medical

ANSWER: d

42. Which change process is the most widely used and involves increasing your knowledge about the nature of your problem or about yourself?

a. Environmental control
b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation

ANSWER: b

43. Whether at school, the park, or the bus stop, Erika spends as much time as possible in smoke-free areas. Which change process is she illustrating?

a. Countering
b. Consciousness-raising
c. Social liberation
d. Self-reevaluation

ANSWER: c

44. After her uncle dies in an automobile accident, Maralynn resolves to never drink and drive. Which process of change is Maralynn demonstrating?

a. Social liberation

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b. Self-reevaluation
c. Emotional arousal
d. Consciousness-raising

ANSWER: c

45. Dane realizes he spends too much time and money shopping online and understands how he could use his resources more wisely. Dane exemplifies which process of change?
a. Social liberation
b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation

ANSWER: d

46. Which change model, rather than assigning blame, puts responsibility on people to acquire whatever skills or power they need to overcome their problems?
a. Compensatory
b. Enlightenment
c. Behavioral
d. Medical

ANSWER: a

47. Missy treats herself to a night at the movies after reaching her personal health goal of losing 15 pounds. This is an example of which process of change?
a. Emotional arousal
b. Consciousness-raising
c. Self-reevaluation
d. Rewards

ANSWER: d

48. Which change model sees failure to take responsibility for excessive alcohol consumption or cigarette smoking as a sign of character weakness?
a. Moral
b. Enlightenment
c. Behavioral
d. Medical

ANSWER: a

49. Which process of change might include giving away the unopened bags of potato chips in your house to your sister, who is throwing a party at work?
a. Self-reevaluation
b. Rewards
c. Environmental control
d. Commitment

ANSWER: c

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50. Tucker is seeing a therapist to help him learn to manage some career and family issues. Tucker exemplifies which process of change?

a. Environmental control
b. Emotional arousal
c. Self-reevaluation
d. Helping relationships

ANSWER: d

51. What is a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health?

a. Good nutrition
b. Wellness
c. Holistic wellness
d. Spirituality

ANSWER: b

52. Which of the following is any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living that are conducive to the health of individuals, groups, or communities?

a. Social health
b. Wellness
c. Health promotion
d. Healthy People 2030

ANSWER: c

53. According to the reading, 97.3 percent of Americans get a "failing grade" in what?

a. Physical fitness
b. Adequate nutritional intake
c. Spiritual wellness
d. Healthy lifestyle habits

ANSWER: d

54. This initiative was established by the U.S. Department of Health and Human Services for the creation of a society in which all people can live long, healthy lives.

a. Healthy People 2030
b. The Health and Wellness Initiative
c. The No Child Left Behind Act
d. Nutritional standards for public school lunches

ANSWER: a

55. The text points to the major areas of genetic variations, environmental influences, specific health behaviors, and which other factor as significantly contributing to health disparities among Americans?

a. Childhood neglect
b. Nicotine use
c. Poor nutrition

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d. Low income

ANSWER: d

56. Which activity involves measures an individual can take when participating in risky behavior to prevent injury or unwanted risks?

a. Protection
b. De-escalation
c. Preventive education
d. Proactive well-being

ANSWER: a

57. Which term describes a behavior or an attitude that a particular group expects, values, and enforces?

a. Normative attitude
b. Community health
c. Cultural perspective
d. Social norm

ANSWER: d

58. What type of factors encompass the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior?

a. Preventive
b. Protective
c. Reinforcing
d. Predisposing

ANSWER: d

59. The skills, resources, and physical and mental capabilities that shape our behavior are examples of what type of factors?

a. Reinforcing
b. Enabling
c. Protective
d. Predisposing

ANSWER: b

60. Rewards, encouragement, and recognition that influence our behavior in the short run are examples of what type of factors?

a. Reinforcing
b. Preventive
c. Enabling
d. Predisposing

ANSWER: a

61. Which of these is a model of behavior change that focuses on the individual's attitudes and beliefs?

a. Self-determination theory
b. Self-affirmation theory

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c. Transtheoretical model
d. Health belief model

ANSWER: d

62. Which of these is a model of behavioral change that focuses on the individual's decision-making and includes a sequence of six stages of change?
a. Self-determination theory
b. Self-affirmation theory
c. Transtheoretical model
d. Health belief model

ANSWER: c

63. Which term refers to a belief in your own ability to accomplish a goal or change a behavior?
a. Self-efficacy
b. Self-esteem
c. Health belief system
d. Positive goal-setting

ANSWER: a

64. Which term refers to an individual's belief about the sources of power and influence over their life?
a. Spiritual focus
b. Transtheoretical control
c. Internal control
d. Locus of control

ANSWER: d

65. Which of the following is rooted in biology and shaped by environment and experience – and has a significant impact on physical and psychological well-being?
a. Sex
b. Beliefs
c. Spirituality
d. Ethics

ANSWER: a

66. Your doctor explains that she views health and the individual as a whole rather than part by part. What type of approach is she taking?
a. Holistic approach
b. Health belief model
c. Transtheoretical model
d. Community health approach

ANSWER: a

67. Which term refers to the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior?
a. Reinforcing factors

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b. Enabling factors
c. Health
d. Predisposing factors

ANSWER: d

68. Which stage of change follows contemplation?
a. Relapse
b. Preparation
c. Action
d. Maintenance

ANSWER: b

69. Trey is alternating between wanting to take action and resisting it. Which stage of change is he in?
a. Contemplation
b. Preparation
c. Action
d. Relapse

ANSWER: a

70. Healthy life expectancy is based on which factor?
a. The number of years the average healthy person lives
b. The number of years a baby born to a healthy mother is expected to live
c. Years lived without disease or disability
d. Years lived before death

ANSWER: c

71. Your sister told you she read that prevention is the best weapon against cancer and heart disease. However, she doesn't understand the meaning of the word prevention. Which information do you include in your response?
a. Prevention is a medical pathway that a physician will prescribe to help avoid disease.
b. Prevention is an important step to take once you have been diagnosed with factors that increase your risk of disease.
c. Prevention is information and support offered to help healthy people identify their health risks, reduce stressors, prevent potential medical problems, and enhance their well-being.
d. Prevention is an action you must take before the age of 25 to avoid serious disease and disability later in life.

ANSWER: c

72. Jessamine is studying how people change and is looking at a theory that focuses on universal aspects of an individual's decision-making process. Which framework is she studying?
a. Transtheoretical model
b. Health belief model
c. Self-affirmation theory
d. Contemplation model

ANSWER: a

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73. Your roommate tells you they recently learned about predisposing factors that are more powerful than knowledge and attitude. What are these factors called?

a. Locus of control
b. Self-efficacy factors
c. Enabling factors
d. Beliefs

ANSWER: d

74. Which term refers to a state of complete well-being?

a. Mind–body awareness
b. Self-esteem
c. Health
d. Holistic spirituality

ANSWER: c

75. What are the eight dimensions of health? How can each dimension be maintained?

ANSWER: The seven dimensions of health and how they can be maintained are as follows:

1. Physical: eat nutritious food, exercise regularly, practice illness and accident prevention, and avoid harmful behaviors and substances.
2. Emotional: develop awareness and acceptance of feelings, express emotions appropriately, function independently, and develop coping mechanisms for stress.
3. Spiritual: identify basic purpose in life; learn how to experience love, joy, peace, and fulfillment; and practice devotion to others' needs.
4. Social: participate and contribute to community, live in harmony with others, develop positive interdependent relationships, and practice healthy sexual behaviors.
5. Intellectual: increase ability to think and learn from life experience, be open to new ideas, and increase capacity to question and evaluate all types of information.
6. Environmental: protect oneself from dangers in the air, water, and soil as well as in products used.
7. Occupational: in college, choose and prepare for a career consistent with your personal values and beliefs; ensure that after you leave college you are contributing your unique talents and skills to work that is rewarding.
8. Financial: the perspective of having a clear understanding of your financial situation, regardless of your income; learn how to manage your money and safeguard your financial well-being.

76. What are the four goals for Healthy People 2030?

ANSWER:
1. Eliminate preventable disease, disability, injury, and premature death.
2. Achieve health equity, eliminate disparities, and improve the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote healthy development and healthy behaviors across every stage of life.

77. Students who engage in risky behavior may not know the dangers. How do college-age men and women differ regarding their risky behaviors?

ANSWER: College-age men are more likely than women to engage in risky behaviors—to use drugs and alcohol, to have unprotected sex, and to drive dangerously. Men are also more likely to be hospitalized for injuries and to die by suicide.

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78. What factors may contribute to the health and longevity gap between the sexes?

ANSWER:

- **Biological factors.** For example, women have two X chromosomes and men only one, and men and women have different levels of sex hormones (particularly testosterone and estrogen).
- **Social factors.** These include work stress, hostility levels, and social networks and supports.
- **Behavioral factors.** Men and women differ in risky behavior, aggression, violence, smoking, and substance abuse
- **Health habits.** The sexes vary in terms of regular screenings, preventive care, and minimizing symptoms.

79. According to the reading, three types of influences shape behavior. List them and provide examples of each type.

ANSWER: The three types of influences that shape behavior, with examples, are:

1. Predisposing factors: knowledge, attitudes, beliefs, values, and perceptions
2. Enabling factors: skills, resources, accessible facilities, and physical and mental capabilities
3. Reinforcing factors: praise, rewards, encouragement, or recognition for meeting a goal

80. Recognizing reputable online sources and credible media outlets is important as consumers are turning to digital information sites. What are the guidelines for evaluating health information websites?

ANSWER:

- Check the creator. Websites are produced by health agencies, health support groups, school health programs, health product advertisers, health educators, and health education organizations.
- Check the date. If you are looking for the most recent research, check the date the page was created and last updated as well as the links. Several nonworking links signal that the site isn't carefully maintained or updated.
- Check the references. As with other health education materials, website documents should provide the reader with references. Unreferenced suggestions may be scientifically unsound and possibly unsafe.
- Consider the author. Is the author recognized in the field of health education or otherwise qualified to publish a health information website document? Are the author's occupation, experience, and education listed?
- Look for possible bias. Websites may attempt to provide health information to consumers, but they also may attempt to sell a product. Many sites are merely disguised advertisements.

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