Health Now v4 1st edition White Test Bank

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Chapter 1: Health for Life

TRUE/FALSE

1. Wellness is defined as the absence of disease.
   ANS: F DIF: Easy

2. The genome forms a blueprint for the structure and function of the body.
   ANS: T DIF: Easy

3. Environmental factors do not influence health.
   ANS: F DIF: Easy

4. Early childhood experiences can have profound influences on health in adulthood.
   ANS: T DIF: Easy

5. The impact of ethnicity on health derives solely from genetic variations.
   ANS: F DIF: Easy

6. Socially healthy people enjoy satisfying interpersonal relationships.
   ANS: T DIF: Easy

7. Personal behaviors have little influence on a person's health and well-being.
   ANS: F DIF: Easy

8. Physical health has no significant impact on mental or emotional health.
   ANS: F DIF: Easy

9. Acute illnesses last three months or longer.
   ANS: F DIF: Easy

10. Communicable diseases are common in the developing world.
    ANS: T DIF: Easy

11. Noncommunicable, chronic diseases are more expensive and complicated to prevent and treat than acute infectious illnesses.
    ANS: T DIF: Easy

12. Public health improvements have played a large role in increasing longevity.
    ANS: T DIF: Easy

13. United States citizens have better health and greater longevity than do citizens in other affluent nations.
    ANS: F DIF: Easy

14. Perceived susceptibility refers to the belief that one is vulnerable to diseases.
    ANS: T DIF: Easy

15. The Transtheoretical Model describes the stages people pass through as they initiate positive behavioral changes.
    ANS: T DIF: Easy

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16. In the precontemplation stage of the Transtheoretical Model, the individual gains awareness.
ANS: F DIF: Easy

17. In the maintenance stage of the Transtheoretical Model the person has gained complete confidence in this new lifestyle.
ANS: F DIF: Easy

18. The passage from stage to stage of the Transtheoretical Model is reversible.
ANS: F DIF: Easy

MULTIPLE CHOICE

19. Which of the following is true of health?
    a. Health refers merely to the absence of disease.
    b. An individual's health is static.
    c. Health depends almost entirely upon genetic inheritance.
    d. Health is strongly influenced by personal behaviors.
    e. Health is a passive concept.
ANS: D DIF: Moderate

20. Which of the following is true of wellness?
    a. It is defined as the optimal state of health.
    b. It mainly depends upon physical health.
    c. It is a passive concept.
    d. It is independent of social, economic, and psychological factors.
    e. It is a static concept.
ANS: A DIF: Moderate

21. _____ is a branch of biology that studies the complex relationships of organisms to one another and to their physical environments.
    a. Histology
    b. Ecology
    c. Cytology
    d. Etymology
    e. Rheology
ANS: B DIF: Easy

22. A gene
    a. is the basic unit of heredity.
    b. is made of amino acids.
    c. is made of fatty acids.
    d. is also known as mortality.
    e. refers to the groups of people defined by their culture, traditions, nationality, or ancestry.
ANS: A DIF: Easy

23. A genome
    a. is the complete set of deoxyribonucleic acid.
    b. does not contain any nucleotides.
    c. is a collection of proteins coded for by the genes.
    d. is a group of people defined by their culture, traditions, nationality, or ancestry.

e. is the gap between the actual and optimal state of health.
ANS: A DIF: Easy

24. Which of the following is the collection of proteins expressed by the genome?
    a. DNA
    b. proteome
    c. chromosome
    d. nucleotide
    e. centromere
    ANS: B DIF: Easy

25. Which of the following impacts prenatal influences of a fetus?
    a. malnutrition
    b. toxins
    c. infection
    d! None of the above are true.
    e! All of the above are true.
    ANS: E DIF: Easy

26. Environmental determinants are defined as
    a. the natural elements such as green space.
    b. man-made environments such as buildings and transportation.
    c. access to quality education.
    d. availability of health care and health clinics.
    e. a supportive community and social experiences.
    ANS: A DIF: Easy

27. Which of the following health-impacting factors are outside of one's control?
    a. education
    b. resiliency
    c. coping skills
    d. family history
    e. financial resources
    ANS: D DIF: Easy

28. Which of the following health-impacting factors are within one's control?
    a. race
    b. health literacy
    c. age
    d. family history
    e. genetics
    ANS: B DIF: Easy

29. Which of the following is true of chromosomes?
    a. Each human cell contains 100 chromosomes.
    b. They are threadlike structures containing DNA and protein.
    c. Chromosomes do not contain genes.
    d. Chromosomes only exist in sperm and ova.
    e. Each chromosome codes for one protein.
    ANS: B DIF: Moderate

30. _____ is the study of heritable changes caused by activation or deactivation of genes rather than alternations in the DNA sequence.
    a. Linguistics
    b. Cybernetics
    c. Metastasis
    d. Xenobiotics
    e. Epigenetics
    ANS: E DIF: Easy

31. _____ refers to categories of people based largely upon physical appearance: the color of skin, hair, and eyes; and the shape of the nose, eyes, and jaw.
    a. Genetics
    b. Nationality
    c. Personality
    d. A folkway
    e. Race
    ANS: E DIF: Easy

32. Which of the following is true of education in relation to health?
    a. The death rate for those with the highest level of education exceeds that of people with the lowest education.
    b. Greater health literacy is linked to an increased risk of hospitalizations.
    c. Higher educational attainment correlates with higher obesity.
    d. Educational level predicts health and longevity.
    e. Access to quality education widens racial disparities in health between whites and nonwhites.
    ANS: D DIF: Moderate

33. _____ means death.
    a. Mortality
    b. Genome
    c. Ribonucleic acid
    d. Deoxyribonucleic acid
    e. Race
    ANS: A DIF: Easy

34. Which of the following is true of race and ethnicity with relation to health?
    a. Causes of death and disease prevalence vary by race.
    b. Many diseases are heavily influenced by racial ancestry.
    c. Ethnicity is not affected by culture.
    d. Race and ethnicity do not affect access to health care in the United States.
    e. In the United States, whites tend to have worse health than most other races.
    ANS: A DIF: Moderate

35. Which of the following personal behaviors would likely lead to health-related problems?
    a. abstinence from alcohol
    b. avoidance of tobacco
    c. eating a plant-based diet
    d. avoidance of physical activity
    e. consumption of adequate water

ANS: D DIF: Easy

36. Which of the following is a communicable disease?
    a. obesity
    b. high blood pressure
    c. type 2 diabetes
    d. cancer
    e. tuberculosis
    ANS: E DIF: Easy

37. Which of the following is a noncommunicable disease?
    a. obesity
    b. viral diarrhea
    c. tuberculosis
    d. acquired immunodeficiency syndrome (AIDS)
    e. malaria
    ANS: A DIF: Moderate

38. Acute illnesses
    a. last a short period of time.
    b. last three months or longer.
    c. are also known as chronic illnesses.
    d. are always life-threatening.
    e. are always mild in nature.
    ANS: A DIF: Easy

39. Chronic illnesses
    a. last a short period of time.
    b. last three months or longer.
    c. are also known as acute illnesses.
    d. are always communicable.
    e. are always noncommunicable.
    ANS: B DIF: Easy

40. Which of the following is true of communicable diseases?
    a. They are uncommon in the developing world.
    b. They are not transmissible.
    c. They are caused by infectious agents or their toxins that people can acquire from other humans, animals, and the environment.
    d. The top communicable conditions are obesity, cardiovascular disease, type 2 diabetes, cancer, and chronic lung disease.
    e. These diseases are not preventable.
    ANS: C DIF: Moderate

41. Which of the following is true of noncommunicable diseases?
    a. They are not infectious or readily transmissible.
    b. They are not rampant in the developed world.
    c. They do not cause morbidity.
    d. They cause instant death.
    e. The top noncommunicable diseases are diarrhea, malaria, tuberculosis, and AIDS.
    ANS: A DIF: Moderate

42. Disease _____ refers to the number of new cases of a condition occurring within a certain time frame.
    a. incidence
    b. prevalence
    c. morbidity
    d. mortality
    e. dominance
    ANS: A DIF: Easy

43. Disease _____ refers to how many people have the condition at any point in time.
    a. incidence
    b. prevalence
    c. morbidity
    d. mortality
    e. dominance
    ANS: B DIF: Easy

44. _____ means illnesses.
    a. Morbidity
    b. Genome
    c. Gene expression
    d. Epigenetics
    e. Race
    ANS: A DIF: Easy

45. Which of the following is true of health concerns in the United States and across the world?
    a. Infectious diseases have steadily increased in the developing world.
    b. Around the world, life expectancies and the burden of chronic disease have gone up.
    c. The United States spends the least on health care than any other nation.
    d. The leading causes of death in the United States cannot be prevented or postponed.
    e. Americans live longer and have generally better health than people in other affluent nations.
    ANS: B DIF: Moderate

46. _____ is the most common cause of death in the world.
    a. Infectious disease
    b. Heart disease
    c. Cancer
    d. Diabetes
    e. Respiratory disease
    ANS: B DIF: Easy

47. Which of the following factors did *not* increase the proportion of people 65 years and older in the United States?
    a. improvements in public health
    b. high birth rates during a prosperity following World War II
    c. declining birth rates in more recent years
    d. availability of effective contraceptives
    e. increased life expectancy
    ANS: D DIF: Moderate

48. Which of the following is recommended for a healthy life?
    a. Getting ten minutes of aerobic exercise every other day.
    b. Cultivating social relationships that make you feel secure and happy.
    c. Getting a maximum of five hours of sleep in a day and no more.
    d. Indulging in smokeless forms of tobacco, as they do not damage health.
    e. An individual should eat according to schedules, not when he is hungry.
    ANS: B DIF: Moderate

49. Which of the following is recommended for a healthy life?
    a. Getting a minimum of 30 minutes of aerobic exercise five days a week.
    b. Selectively seeking social relationships with people of a higher economic status.
    c. Getting a maximum of five hours of sleep in a day.
    d. Indulging in smokeless forms of tobacco, as they do not damage health.
    e. An individual should eat according to schedules, not when he is hungry.
    ANS: A DIF: Moderate

50. The _____ is a U.S. Department of Health and Human Services initiative whose goal is to improve the health of all citizens.
    a. Health Belief Model
    b. Transtheoretical Model
    c. Health Peoples Initiative
    d. Food and Drug Administration
    e. Centers for Disease Control and Prevention
    ANS: C DIF: Moderate

51. Which of the following would *not* be an objective for improving environmental health in the United States?
    a. Improving safe routes to school and work for cyclists and pedestrians.
    b. Reducing levels of air pollutants.
    c. Conserving domestic water supplies.
    d. Improving access to mass transit (e.g., buses and trains).
    e. Increasing production of sports utility vehicles.
    ANS: E DIF: Moderate

52. According to the Health Belief Model, _____ refer(s) to the belief that you are vulnerable to diseases or other adverse consequences associated with an undesirable behavior.
    a. social milieu
    b. perceived susceptibility
    c. perceived benefits
    d. perceived cost-to-benefit ratio
    e. sense of self-efficacy
    ANS: B DIF: Easy

53. According to the Health Belief Model, _____ refers to the belief that consequences can be dire.
    a. social milieu
    b. perceived cost-to-benefit ratio
    c. perceived benefits
    d. perceived severity
    e. sense of self-efficacy
    ANS: D DIF: Easy

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54. According to the Health Belief Model, _____ refers to the belief that positive actions will avert and improve your risks.
    a. social milieu
    b. perceived susceptibility
    c. perceived benefits
    d. perceived severity
    e. sense of self-efficacy
    ANS: C DIF: Easy

55. According to the Health Belief Model, _____ refers to the belief that the paybacks of your action will outweigh any expenses.
    a. perceived incidence
    b. perceived susceptibility
    c. perceived benefits
    d. perceived severity
    e. perceived cost-to-benefit ratio
    ANS: E DIF: Easy

56. According to the Health Belief Model, _____ are the things individuals think will make it difficult to adopt and maintain a new behavior.
    a. perceived barriers to action
    b. perceived susceptibility
    c. perceived benefits
    d. perceived severity
    e. perceived incidence
    ANS: A DIF: Easy

57. _____ means you believe you have the power to achieve your goals.
    a. Self-compassion
    b. Social compatibility
    c. Self-awareness
    d. Self-efficacy
    e. Self-indulgence
    ANS: D DIF: Easy

58. At which stage of the Transtheoretical Model does an individual have no intention of changing?
    a. preparation
    b. action
    c. maintenance
    d. precontemplation
    e. termination
    ANS: D DIF: Easy

59. At which stage of the Transtheoretical Model does an individual gain awareness, believe they ought to make a change, and intend to take action within six months?
    a. precontemplation
    b. action
    c. maintenance
    d. contemplation

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e. termination
ANS: D DIF: Easy

60. For several reasons, one's social milieu can affect personal health and the ability to make positive behavior changes. Which of the following statements is *false*?
a. Society establishes norms for health behaviors and lifestyle choices.
b. Influential peers can entice an individual to adopt unhealthy habits such as smoking.
c. Most individuals have an easy time defying social norms.
d. Friends and family can support healthy lifestyle changes.
e. Families have a big influence over a child's health behaviors.
ANS: C DIF: Moderate

61. Which of the following skills would *not* enhance an individual's success in making a positive behavior change?
a. Attempting to adopt the new behavior to please an authority figure.
b. Creating precise, achievable goals.
c. Finding ways to make positive changes enjoyable.
d. Identifying and overcoming barriers to change.
e. Coming up with a plan for dealing with temptation.
ANS: D DIF: Easy

COMPLETION

62. _____ refers to the gap between the actual and optimal state of health, often measured by resultant disability and premature mortality.
ANS: Burden of disease DIF: Easy

63. _____ is a molecule that encodes genetic instructions in the chromosomes.
ANS: Deoxyribonucleic acid DIF: Easy

64. Genes are carried on threadlike structures called _____.
ANS: chromosomes DIF: Easy

65. A _____ is the basic unit of heredity.
ANS: gene DIF: Easy

66. _____ is the complete set of genetic information in an organism.
ANS: Genome DIF: Easy

67. _____ are medical conditions caused by a complex interaction of genes, lifestyle habits, and environmental exposures.
ANS: Multifactorial diseases DIF: Easy

68. _____ is the optimal health achieved through an active process by which an individual makes healthy choices.
ANS: Wellness DIF: Easy

69. _____ is the leading cause of death in 2021 for Americans aged 15 to 24.
ANS: Unintentional injuries DIF: Easy

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70. Those illnesses that last a short period of time are known as _____ illnesses.
ANS: acute DIF: Easy

71. Illnesses that are not infectious or readily transmissible are known as _____ diseases.
ANS: noncommunicable DIF: Easy

72. Those illnesses that last three months or longer are known as _____ illnesses.
ANS: chronic DIF: Easy

73. _____ means keeping space between yourself and other people outside of those with whom you live in order to slow or avoid the transmission of an infectious disease.
ANS: Social distancing DIF: Easy

ESSAY

74. What are the two focal points of wellness?
ANS: The two focal points of wellness are: (1) "the realization of the fullest potential of an individual physically, psychologically, socially, spiritually and economically," and (2) "the fulfillment of one's role expectations in the family, community, place of worship, workplace, and other settings."
DIF: Moderate

75. Define the social-ecological model of health.
ANS: Individual influence such as family history, genetics, age, race, gender, and sexual orientation.
Personal relationships such as family, friends, classmates, coworkers, clubs, support groups, and peers.
Communication factors such as the quality of schools, housing, religious institutions, hospitals, parks, recreation, air, water, transportation, and workplaces.
Societal influences such as the greater attitudes and established norms around health-related issues. This can include diet, physical activity, body weight, smoking, substance abuse, sexuality, and violence.
DIF: Moderate

76. How do social relationships impact health?
ANS: Relationships include formal and informal social networks: family members, friends, roommates, classmates, coworkers, clubs, and support groups. These groups establish norms for healthy behaviors. Social support benefits health, particularly when friends and peers model and encourage health-promoting behaviors. In contrast, discord and violence undermine health; and so does associating closely with people who abuse substances, engage in risky sexual behaviors, have consistently unhealthy diets, and disdain physical exercise.
DIF: Moderate

77. What impact does financial status have on health?
ANS: Poverty contributes to mortality (death). Income inequality (the difference in income between the richest and the poorest citizens) has widened over recent decades. Relative to more affluent neighborhoods, poor neighborhoods tend to have higher crime, worse pollution, suboptimal schools, scarcer grocery stores, and fewer parks and other green spaces—all of which undermine health and well-being.
DIF: Moderate

78. Define health.
ANS: It is a state of complete physical, mental, and social well-being and not merely the absence of disease.
DIF: Easy

79. List four unhealthy personal behaviors.
ANS: Lack of physical activity; insufficient intake of fruits and vegetables; tobacco use; and excessive alcohol consumption.
DIF: Moderate

80. Write a note on spiritual wellness.
ANS: Spiritual wellness provides a sense of meaning and purpose in life. Spiritual people possess a set of beliefs, principles, and values that guide their decisions. They rise above intolerance, petty grievances, and grudges and lean toward compassion, forgiveness, and altruism (a selfless concern for the well-being of others). Many spiritual people have a sense of being part of a grander scheme. For some, participation in organized religions forms the anchor of their spiritual lives. Others may express their spirituality through creative arts, nature, meditation, and acts of service.
DIF: Moderate

81. Explain perceived susceptibility with a suitable example that's not from the textbook.
ANS: Perceived susceptibility is the belief that you're vulnerable to diseases or other adverse consequences associated with an undesirable behavior. The following is an example: "All sexually active people are at risk for human papillomavirus. Some strains of the virus cause cancer. A vaccine helps prevent it." (Students should come up with their own examples, rather than copying from the text.)
DIF: Moderate

82. Explain perceived benefits with a suitable example.
ANS: Perceived benefits refer to the belief that positive actions will avert and improve your risks. Here's an example: "My doctor says that even if I lose only seven pounds, my blood sugar may return to normal and I won't need medication for diabetes."
DIF: Moderate

83. Explain the contemplation stage of the Transtheoretical Model.
ANS: In this stage, individuals gain awareness, believe they ought to make a change, and intend to take action within six months. They may gather information and weigh the pros and cons of the new behavior—without necessarily doing anything. Many people become stuck in this stage.
DIF: Moderate

84. Explain the last stage of the Transtheoretical Model.
ANS: In this stage the person has gained complete confidence in this new lifestyle and feels no temptation to relapse. The positive behavior now starts to feel routine and necessary. For instance, someone who has taken up jogging now feels out of sorts when they miss a day; someone who commits to eating more fruits and vegetables loses the desire to eat a bag of pork rinds; and someone who quit smoking now abhors the smell of burning tobacco.
DIF: Moderate

85. How do life expectancy at birth rates vary among ethnic groups in the United States?

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ANS: Life expectancy at birth is 86.5 years for Asian-Americans, 82.8 years for Hispanic people, 78.9 years for white people, 76.9 years for Indigenous Americans, and 74.6 years for Black people.
DIF: Moderate

86. How do infant mortality rates compare between Black and white people in the United States?
ANS: What is the main cause of the difference in rates?
In 2011, the infant mortality rate was more than twice as high for Black people as for white people, primarily due to premature birth.
DIF: Moderate

87. Explain what communicable diseases are and how we can reduce transmission on some of these illnesses.
ANS: Communicable diseases are illnesses caused by infectious agents or their toxins that people can acquire from other humans, animals, insects, and the environment. We can reduce transmission on some of these diseases by practicing social distancing. By keeping physical distance and minimizing unnecessary interaction with other people, it's harder to pass the virus on to one another.
DIF: Moderate

88. Explain the difference between acute illness and chronic illness. Include examples.
ANS: Acute illness tends to last around three months, while chronic illness tends to last longer. Acute illness is considered mild but at the same time it can also life threatening. Diarrhea is a good example of a life-threatening acute illness. This is particularly true for children and infants. Examples of chronic illnesses include tuberculosis and AIDS.
DIF: Easy