***Health: The Basics, 14e* (Donatelle)**

**Chapter 1 Health: Getting There—Staying There!**

1) Which of the following were cited by college students in a national survey as major impediments to performing well academically?

A) substance abuse

B) stress, anxiety, and sleep problems

C) repeated strep infections

D) carrying a too-heavy course load

Answer: B

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

2) Life expectancy in the early 1900s was largely determined by a person's

A) hygiene habits.

B) susceptibility to infectious disease.

C) occupation and location.

D) family history.

Answer: B

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

3) Which of the following contributed to increased life expectancy in the early twentieth century?

A) advances in genetic testing

B) advances in heart and brain surgery

C) vaccinations and antibiotics

D) more doctors in metropolitan areas

Answer: C

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

4) The expected number of years of life remaining at a given age, such as at birth, is known as

A) life expectancy.

B) population control.

C) mortality.

D) morbidity.

Answer: A

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

5) Paul studies mortality rates in infants of various ethnicities. He studies their

A) illness rates.

B) accident rates.

C) chronic disease rates.

D) death rates.

Answer: D

Diff: 2

Skill: Understanding

Section: Why Health, Why Now?

Learning Outcome: 1.1

6) A disease that begins slowly, progresses over a period of time, and may resist treatment is a(n)

A) acute disease.

B) chronic disease.

C) behavioral disease.

D) hereditary disease.

Answer: B

Diff: 2

Skill: Understanding

Section: Why Health, Why Now?

Learning Outcome: 1.1

7) Young adults (ages 15-24) are most likely to die from

A) heart disease.

B) cancer.

C) accidents.

D) homicide.

Answer: C

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

8) The positive aspects of a person's life, such being satisfied with life in general and having positive emotions, determines one's sense of

A) progress.

B) well-being.

C) change.

D) health.

Answer: B

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

9) Which of the following choices best exemplifies an aspect of health-related quality of life?

A) ability to maintain supportive social relationships

B) eligibility for federal food assistance

C) a blood pressure reading in the normal range

D) a life expectancy of 77.3 years

Answer: A

Diff: 3

Skill: Applying

Section: Why Health, Why Now?

Learning Outcome: 1.1

10) Overall, the leading cause of death for Americans is

A) accidents.

B) cancer.

C) heart disease.

D) respiratory disease.

Answer: C

Diff: 1

Skill: Remembering

Section: Why Health, Why Now?

Learning Outcome: 1.1

11) Jane is sedentary and obese. What effect, if any, do these factors have on her health?

A) They affect her physical health only.

B) They affect her physical and emotional health only.

C) They impede her progress toward high-level wellness.

D) They affect her health only if she has a family history of health problems related to obesity.

Answer: C

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

12) The contemporary definition of wellness is

A) the ability to move about freely without pain.

B) the absence of ongoing symptoms or chronic disease.

C) living longer than one's parents.

D) the achievement of the highest level of health possible in each of several dimensions.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

13) Health and wellness are best described as

A) static.

B) dynamic.

C) determined by genes.

D) determined by the environment.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

14) Eve is always upset about something, and it seems that she is never really happy. Her mental outlook is likely to adversely affect

A) mainly her social health.

B) mainly her emotional health.

C) mainly her physical health.

D) all six dimensions of her health.

Answer: D

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

15) A holistic view of health

A) considers an individual's environment the most significant factor influencing their health.

B) emphasizes the balanced integration of body, mind, and spirit.

C) recognizes that the various dimensions of health seldom influence one another.

D) discourages the use of vaccines, antibiotics, and other conventional Western pharmaceutical therapies.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

16) The dimension of physical health encompasses the ability to

A) perform activities of daily living.

B) reason objectively.

C) analyze information.

D) protect yourself from hazards in your environment.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

17) Jill has many friends, is respected by her coworkers, and maintains a great relationship with her boyfriend. Her ability to interact with others is an example of which dimension of health?

A) social

B) intellectual

C) emotional

D) physical

Answer: A

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

18) Emotional health can best be described as being able to

A) feel and express emotions appropriately.

B) think clearly, without emotional influence.

C) maintain satisfying interpersonal relationships.

D) adapt to various social situations.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

19) Katherine is an energetic, confident student who is not afraid to stand up in front of the class and read her essay aloud. She trusts that even if others don't agree with her point of view, they will still value her as a person and a friend. These traits best demonstrate Katherine's positive

A) social health.

B) intellectual health.

C) physical health.

D) emotional health.

Answer: D

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

20) Spiritual health can best be described as

A) holding to religious beliefs learned in childhood.

B) not as important as other factors to overall wellness.

C) having a sense of meaning and purpose in one's life.

D) establishing and maintaining fulfilling relationships.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

21) Rafael is committed to his study of ecology and the effects of climate change. Additionally, he tries to show respect for all living things. Which of the following statements best describes Rafael?

A) He demonstrates intellectual health.

B) He demonstrates social health.

C) He demonstrates emotional health.

D) He demonstrates spiritual health.

Answer: D

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

22) The ability to think clearly, analyze information, and use one's mental capacity to meet life's challenges is known as

A) social health.

B) intellectual health.

C) physical health.

D) emotional health.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

23) Health promotion

A) involves social justice efforts aimed at achieving health care for all Americans.

B) refers to fundraising campaigns for health-related organizations.

C) includes policies, programs, and financial support for initiatives that promote health.

D) focuses on curing the most prevalent diseases.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

24) Effective health promotion programs

A) focus on improving selected negative behaviors.

B) have the most measurable results when implemented in schools.

C) focus on developing knowledge, attitudes, and skills known to support good health.

D) don't attempt to change individual attitudes about health.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Is Health?

Learning Outcome: 1.2

25) The model of health that is concerned with curing disease affecting a particular tissue or organ is the

A) medical model.

B) surgical model.

C) public health model.

D) holistic model.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

26) Wearing a face mask when traveling on a crowded bus is a behavior associated with disease

A) intervention.

B) prevention.

C) screening.

D) treatment.

Answer: B

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

27) The science that views negative health events as resulting from individuals' interactions with their physical or social environment is

A) medicine.

B) immunology.

C) public health.

D) disease prevention.

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Health?

Learning Outcome: 1.2

28) Nina has a cancerous tumor in her breast. Her physician recommends surgery followed by chemotherapy. Which model of health is Nina's physician following?

A) environmental model

B) public health model

C) social model

D) medical model

Answer: D

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

29) Major public health achievements of the twentieth century include

A) mental health counseling.

B) pharmaceutical products.

C) lower birth rates.

D) workplace safety.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

30) Education and policies aimed at reducing distracted driving within a given population exemplify

A) risk behavior.

B) health promotion.

C) health disparities.

D) medical treatment.

Answer: B

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

31) Having unprotected sex is considered a

A) risk behavior.

B) health promotion.

C) health disparities.

D) medical treatment.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

32) The achievement of the highest level of health possible in each of several dimensions is

A) recovery.

B) wellness.

C) fitness.

D) motivation.

Answer: B

Diff: 1

Skill: Remembering

Section: What Is Health?

Learning Outcome: 1.2

33) The ever-changing process of achieving individual potential in the physical, social, emotional, intellectual, spiritual, and environmental dimensions is the definition of

A) health.

B) satisfaction.

C) fitness.

D) recovery.

Answer: A

Diff: 1

Skill: Remembering

Section: What Is Health?

Learning Outcome: 1.2

34) Because it increases one's susceptibility to negative health outcomes, alcohol abuse is an example of which type of behavior?

A) reinforcing

B) predetermined

C) risk

D) influential

Answer: C

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

35) *Healthy People* is the U.S. Surgeon General's plan designed to

A) improve the quality of life and years of life for all Americans.

B) update FDA regulations on the manufacture and sale of drugs in the United States.

C) extend health insurance coverage to millions more Americans.

D) increase payments to doctors who serve Medicaid and Medicare patients.

Answer: A

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

36) One of the most important goals of *Healthy People* *2030* is to

A) reduce health care costs for all Americans.

B) eliminate health disparities and improve the health of all population groups.

C) increase funding for research on certain diseases such as cancer and diabetes.

D) increase the number of public health departments in every state.

Answer: B

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

37) The science of epigenetics studies

A) the structure of our genes.

B) patterns of inheritance.

C) how behavioral choices influence our cells' ability to use genes.

D) how genes influence an individual's behavioral choices.

Answer: C

Diff: 4

Skill: Analyzing

Section: What Influences Your Health?

Learning Outcome: 1.3

38) Beth works part-time as a waitress and receives no health insurance benefits from her employer. She purchased insurance under the Affordable Care Act, but the policy has a $7,500 annual deductible. Beth

A) is uninsured.

B) is overinsured.

C) is likely to delay care that she needs.

D) has equitable access to health services.

Answer: C

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

39) All the following causes of death are linked to modifiable lifestyle behaviors EXCEPT

A) genetic diseases.

B) heart disease.

C) diabetes.

D) cancer.

Answer: A

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

40) Determinants of health are a range of factors in a person's life that

A) predispose him or her to a particular set of diseases.

B) influence his or her genes.

C) influence his or her health status.

D) influence his or her response to medical treatment.

Answer: C

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

41) A high level of COVID-19 in a geographic area is an example of a

A) behavioral determinant of health.

B) biological determinant of health.

C) social determinant of health.

D) nonmodifiable determinant of health.

Answer: C

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

42) A person's bone structure is an example of a(n)

A) behavioral choice.

B) nonmodifiable determinant.

C) epigenetic factor.

D) environmental influence.

Answer: B

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

43) Alvin is a nonsmoker, but all winter, he is exposed to tobacco smoke because the friends with whom he shares an apartment refuse to smoke outdoors. His exposure to tobacco smoke is an example of a

A) modifiable determinant.

B) social determinant.

C) biological determinant.

D) health disparity.

Answer: A

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

44) American Indians/Alaska Natives have a higher rate of diabetes than any other U.S. population group. This difference in diabetes rates is an example of a

A) policymaking determinant of health.

B) biological determinant of health.

C) health disparity.

D) medical model of health.

Answer: C

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

45) Which of the following statements about mindfulness is TRUE?

A) The practice of mindfulness emerged in the United States in the 1970s.

B) Mindfulness is a religious practice in which the individual contemplates the divine.

C) Research linking mindfulness to improved health is inconclusive.

D) An essential component of mindfulness is awareness of oneself and one's environment.

Answer: D

Diff: 4

Skill: Analyzing

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

46) Which of the following is a basic mindfulness skill?

A) calculating the number of calories in a meal you order for lunch

B) acknowledging your disappointment at a poor grade

C) tuning out a noisy student in the library

D) procrastinating

Answer: B

Diff: 4

Skill: Analyzing

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

47) Studies associate mindfulness with

A) increased blood pressure.

B) improvements in memory.

C) increased religious belief.

D) social isolation.

Answer: B

Diff: 1

Skill: Remembering

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

48) Missy is motivated to lose weight. She has begun taking a 30-minute walk every morning, has worked with a nutrition counselor to design a new diet, and on Monday will begin following a new eating plan. According to the transtheoretical model of behavior change, Missy is in a stage of

A) precontemplation.

B) contemplation.

C) action.

D) maintenance.

Answer: C

Diff: 3

Skill: Applying

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

49) According to the transtheoretical model, a person in the precontemplation stage

A) has no current intention to change or believes there is no need to change.

B) is aware of the problem and is making preparations for change.

C) is aware of the problem but is greatly afraid of change.

D) is aware of the problem and is already taking action to implement change.

Answer: A

Diff: 2

Skill: Understanding

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

50) Gary, who is 23 years old, turns down his employer's offer of a flu vaccine because he believes the flu is harmful only to old people. This is an example of which factor of the health belief model?

A) perceived seriousness

B) perceived susceptibility

C) perceived benefits

D) cue to action

Answer: B

Diff: 3

Skill: Applying

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

51) An appraisal of the relationship between an object, action, or idea and some attribute related to it is a(n)

A) belief.

B) attitude.

C) motivation.

D) analysis.

Answer: A

Diff: 1

Skill: Remembering

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

52) The change model based on three factors (social environment, thoughts and feelings, and behaviors) in interaction with each other is known as the

A) behavior modification model.

B) transtheoretical model.

C) health belief model.

D) social cognitive model.

Answer: D

Diff: 2

Skill: Understanding

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

53) Which behavior change model involves six distinct stages and is also known as the stages of change model?

A) health belief model

B) transtheoretical model

C) social cognitive model

D) shaping model

Answer: B

Diff: 1

Skill: Remembering

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

54) Which change model was created to illustrate how firmly held ideas affect behavior change?

A) health belief model

B) transtheoretical model

C) social cognitive model

D) shaping model

Answer: A

Diff: 2

Skill: Understanding

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

55) Gianna recently reached her goal of losing 20 pounds and dropping one dress size. Now, she is motivated to begin training for a 5K race for her favorite charity. Which model of health best predicts Gianna's decision to begin training?

A) transtheoretical model

B) health belief model

C) self-confidence model.

D) social cognitive model

Answer: D

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

56) Mindy wants to lose weight. The fact that her parents engage in regular exercise is a(n)

A) enabling factor.

B) reinforcing factor.

C) motivational factor.

D) predisposing factor.

Answer: D

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

57) After meeting his goal of not engaging in binge drinking for six months, Burhan rewarded himself by taking a three-day vacation at a golf resort. This is an example of

A) a possessional reinforcer.

B) positive reinforcement.

C) manipulative behavior.

D) shaping.

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

58) Judy is confident in her ability to meet her weight-loss goal. When she notices herself overeating, she makes a plan and takes action to get her diet back on track. Judy

A) has self-control.

B) exhibits self-efficacy.

C) is in a state of readiness to change.

D) relies on social support.

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

59) Hyun's grandfather died of colon cancer at age 48, and his father had surgery and chemotherapy for colon cancer at age 45. Hyun has therefore resigned himself to the idea that he, too, will develop colon cancer. In this situation, Hyun is demonstrating

A) readiness to change.

B) self-efficacy.

C) countering.

D) an external locus of control.

Answer: D

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

60) People with an internal locus of control believe that events turn out as they do based on

A) environmental factors.

B) previous disappointments.

C) their own actions.

D) fate and luck.

Answer: C

Diff: 2

Skill: Understanding

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

61) Manuela joined a group exercise class. Her instructor, who was formerly inactive and overweight, participates with the class and also shares personal fitness strategies. In class, Manuela tries to emulate her instructor's moves, and she has also become more physically active as part of her daily routine. Which technique is Manuela using to reach her goal of becoming more fit?

A) shaping

B) modeling

C) visualization

D) reinforcement

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

62) Brenda is going on a ski trip over spring break and has 12 weeks to get in shape. She purchased an elliptical trainer and started working out on it for 10 minutes each day. Each week, she will increase her workout by 10 minutes until she can exercise for one hour. If she finds that is too rigorous, she will only add 5 minutes to her workout each week. Which of the following behavior-change techniques is Brenda using to get in shape for her trip?

A) shaping

B) visualization

C) modeling

D) self-talk

Answer: A

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

63) Which of the following is an example of a SMART goal?

A) Stop drinking alcohol.

B) Drink less alcohol.

C) Reduce my weekend alcohol consumption from 6 or more drinks per night to 1 drink per night.

D) Reduce my weekend alcohol consumption from 4 or more drinks per night to no more than 3 drinks per night.

Answer: D

Diff: 5

Skill: Evaluating

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

64) Which strategy is used by many athletes to visualize the attainment of goals?

A) coaching

B) imagined rehearsal

C) athletic imagery

D) vicarious performance

Answer: B

Diff: 2

Skill: Understanding

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

65) Observing a friend's successful attempt to quit smoking and trying some of the same tactics to quit yourself is an example of

A) conforming.

B) shaping.

C) envy.

D) modeling.

Answer: D

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

66) Changing your seat in class to one closer to the front to help change your habit of napping during the lecture is an example of

A) an activity reinforcer.

B) situational inducement.

C) negative reinforcement.

D) social reinforcement.

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

67) Going out for dinner at your favorite restaurant as a reward for finishing a big project is an example of a

A) possessional reinforcer.

B) manipulative reinforcer.

C) consumable reinforcer.

D) social reinforcer.

Answer: C

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

68) Mrs. J. is trying to get her third-grade students to remember to have their homework signed by a parent before bringing it to class. Students who remember every day for a month receive a gift card from a local bookstore. This is an example of a(n)

A) consumable reinforcer.

B) activity reinforcer.

C) manipulative reinforcer.

D) possessional reinforcer.

Answer: D

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

69) The thought, "I don't have enough time!" is an example of

A) shaping.

B) self-talk.

C) punishment.

D) enabling.

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

70) Not allowing yourself to think about stage fright and focusing only on the content of your speech when preparing for a presentation is an example of

A) positive reinforcement.

B) blocking and stopping.

C) a situational reinforcer.

D) countering.

Answer: B

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

71) Once you have identified a target behavior that needs to change, your next step is to

A) learn more about the behavior, its effects, and possible obstacles.

B) commit to changing all negative behaviors at the same time.

C) see a counselor to help you work out a plan.

D) consider the possible negative outcomes before proceeding.

Answer: A

Diff: 2

Skill: Understanding

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

72) Which of the following is an essential prerequisite for changing a behavior?

A) deciding on several rewards for making the change

B) wanting to change

C) asking friends for advice

D) changing environmental obstacles

Answer: B

Diff: 1

Skill: Remembering

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

73) Based on a recent cholesterol screening, Marlon decided that he has to stop eating so much fast food and get more exercise. Between work and school, his free time is limited, but he is determined to lower his cholesterol level and improve his overall health. The best way for Marlon to stay motivated to improve his diet and work out regularly is to

A) make weekly resolutions for how many times to work out and chastise himself if he hasn't accomplished his planned goal.

B) depend on his friends to keep him away from his favorite fast-food restaurants.

C) set reasonable short- and long-term goals and reward himself for meeting them.

D) set an ambitious goal and chart daily and weekly progress using online tools.

Answer: C

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

74) Life skills such as conscientiousness and optimism are

A) nonmodifiable.

B) internal reinforcers.

C) key factors influencing longevity and health.

D) factors that can increase the risk of relapse.

Answer: C

Diff: 2

Skill: Understanding

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

75) The process of taking small individual steps toward a behavior change goal is

A) action.

B) journaling.

C) preparation.

D) shaping.

Answer: D

Diff: 2

Skill: Understanding

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

76) Gavin recognizes that he never engages in binge drinking when he is alone. The episodes always occur when he hangs out with a particular group of friends. Gavin's decision to hang out with these friends is best described as

A) positive reinforcement.

B) an antecedent that cues Gavin to binge drink.

C) a situational inducement that helps Gavin avoid binge drinking.

D) an imagined rehearsal.

Answer: A

Diff: 3

Skill: Applying

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

77) Life expectancy in the United States in 2020 was lower than in 2019.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Why Health, Why Now?

Learning Outcome: 1.1

78) Healthy life expectancy is another term for life span.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Why Health, Why Now?

Learning Outcome: 1.1

79) The absence of disease or illness is the optimal description of health.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

80) The development of vaccines is considered one of the ten greatest public health achievements of the twentieth century.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: What Is Health?

Learning Outcome: 1.2

81) Being able to perform activities of daily living is an aspect of physical health.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

82) The development of self-esteem is an important part of intellectual health.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

83) A disabled person can never achieve the highest level of wellness.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

84) The wellness continuum ranges from a low point of beginning to experience some type of symptom to a high point of optimal health and well-being.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Health?

Learning Outcome: 1.2

85) One of the goals of the *Healthy People* public health initiative is to create social and physical environments that promote health.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: What Influences Your Health?

Learning Outcome: 1.3

86) Social factors, biology and genetics, individual behavior, health services, and policymaking all combine to determine a person's health status.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

87) Excessive drug and alcohol consumption and poor sleep habits are the primary modifiable determinants related to chronic diseases.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Influences Your Health?

Learning Outcome: 1.3

88) Because mindfulness involves being present in the here and now, popular practices such as jotting down your intentions for the day ahead are discouraged.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

89) Atheists cannot effectively practice mindfulness.

Answer: FALSE

Diff: 4

Skill: Analyzing

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

90) For a low-income individual without dental insurance, cost can be a perceived barrier to obtaining necessary dental care.

Answer: TRUE

Diff: 3

Skill: Applying

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

91) When trying to drive less aggressively, Bekka observed her family and friends' more careful driving, reflected on what she observed, and changed her driving accordingly. This is an example of the social cognitive model of behavior change.

Answer: TRUE

Diff: 3

Skill: Applying

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

92) The acronym SMART stands for Serious, Measurable, Adaptable, Realistic, and Time-Oriented.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: How Does Behavior Change Occur?

Learning Outcome: 1.6

93) Identify a key factor influencing life expectancy in the United States in both the year 2020 and the year 1900.

Answer: Infectious disease was a key factor influencing U.S. life expectancy in the year 1900. Vaccines and antibiotics had not yet been developed, and more than 30 percent of all children died before the age of five. In 2020, infectious disease–specifically COVID-19–again reduced U.S. life expectancy. COVID-19 continued to claim hundreds of thousands of lives in 2021, but the effect was modified by the development and administration of a variety of vaccines and treatments.

Diff: 4

Skill: Analyzing

Section: Why Health, Why Now?

Learning Outcome: 1.1

94) Compare *life expectancy* and *healthy life expectancy*.

Answer: *Life expectancy* refers to the number of years a person at a given age can expect to remain alive. *Healthy life expectancy* refers to the number of years a person at a given age can expect to live in full health, without chronic diseases or disabilities.

Diff: 4

Skill: Analyzing

Section: Why Health, Why Now?

Learning Outcome: 1.1

95) List the six dimensions of health and provide a brief description for each. Briefly describe a plan for improving one dimension of health in your own life.

Answer:

• Physical: body size and composition, fitness, and susceptibility to disease

• Social: ability to maintain satisfying relationships with others

• Intellectual: clear thinking, objective reasoning, and responsible decision making

• Emotional: ability to both express and control emotions appropriately

• Spiritual: having a sense of meaning or purpose

• Environmental: understanding the effects of, protecting yourself from, and improving the conditions in your environment

Diff: 3

Skill: Applying

Section: What Is Health?

Learning Outcome: 1.2

96) Compare the World Health Organization (WHO) 1947 definition of health and the definition advanced by biologist and philosopher René Dubos in 1968, identifying a key distinction critical to our current understanding of health.

Answer: Whereas the WHO acknowledged physical, social, and mental dimensions of health, Dubos added spiritual and emotional dimensions. Moreover, whereas the WHO defined health as a state of complete physical, social, and mental well-being, Dubos saw health as a state of fitness resulting from adaptability to one's environment. This concept of adaptability is key to our current understanding of health.

Diff: 4

Skill: Analyzing

Section: What Is Health?

Learning Outcome: 1.2

97) Identify the five categories of determinants of health, and give an example of one determinant from each category that might influence the current epidemic of opioid abuse and overdose deaths in the United States.

Answer: The five categories of determinants of health are: individual behavior; biology and genetics; social factors; access to health services; and policymaking. Examples will vary, but suggested answers might include: individual choice of drug abuse for chronic pain rather than consultation with a physician; biological or genetic factors that increase an individual's susceptibility to drug abuse and/or addiction; social environment in which drug abuse is acceptable; poor access to quality health services; and federal, state, or local policies that limit the availability of drug treatment services or fail to effectively control physician prescription of opioids.

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

98) Individual behaviors are a powerful determinant of health. Give at least four examples of how individual behaviors might affect an individual's risk for infection, hospitalization, and death from COVID-19.

Answer: Answers will vary, but might include four or more of the following: frequent hand-washing; decision to wear a mask in public; type of mask worn (cloth, surgical, N95, double, etc.); frequency and extent of physical distancing; travel to regions with higher or lower rates of COVID-19; vaccination; health behaviors such as smoking, overeating, sedentary lifestyle, etc., that contribute to obesity, heart disease, and type 2 diabetes, all of which are risk factors for more severe outcomes of COVID-19.

Diff: 3

Skill: Applying

Section: What Influences Your Health?

Learning Outcome: 1.3

99) Explain why one of the most popular definitions of mindfulness in contemporary culture is "Keeping your feet in the now."

Answer: An essential component of mindfulness is bringing one's complete attention to the present moment, including thoughts, feelings, and sensations arising from one's environment.

Diff: 4

Skill: Analyzing

Section: How Does Mindfulness Influence Health?

Learning Outcome: 1.4

100) What considerations does the Health Belief Model (HBM) identify as important for an individual who wants to quit smoking? What considerations does the Social Cognitive Model (SCM) identify as important?

Answer: The HBM emphasizes the role of an individual's beliefs; namely, beliefs related to the seriousness of the health consequences of smoking, the susceptibility to those consequences, the benefits of quitting, and the barriers to quitting. The HBM also considers cues to action, such as chronic coughing or other symptoms, a lung disease diagnosis in a loved one, or a warning from a healthcare provider about the seriousness of tobacco use. In contrast, the SCM emphasizes the importance of role models in the individual's environment, including people who smoke and people who do not, and the thoughts an individual has regarding the effects of these choices on health. The SCM proposes that the individual regulates his or her behavior as a result of this process of observation and reflection, and that his or her successful behavior change then provides a model for others to observe.

Diff: 4

Skill: Analyzing

Section: How Does Behavior Change Occur?

Learning Outcome: 1.5

101) Think of a health-related behavior you would like to change. Identify three individuals in your life whom you might enlist as change agents and explain how each of these individuals might support you.

Answer: Change agents selected might include loving family members who are dedicated to their own and the student's health and well-being; friends who could encourage or join in the behavior-change effort; and professionals such as health care providers, counselors, coaches, nutrition or fitness instructors, and others willing to support the change. Responses will vary and should include a well-thought-out explanation of why the change agents were selected and how they might help the student in planning and carrying out a behavior change.

Diff: 4

Skill: Analyzing

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6

102) Jean drinks at least eight cans of soda each day. She knows that she should drink water, but the soda is much more satisfying because she loves its sweet taste. She has decided that she is going to stop drinking so much soda Sunday through Friday; she will reward herself by drinking soda on Saturday, and not making herself drink any water that day. She is confident that by the end of eight weeks, she will successfully overcome her soda habit and learn to like drinking water. Do you think Jean will successfully reach her goal by following her plan? Critique her plan and propose an alternate series of steps for her to follow to achieve her goal.

Answer: Jean is unlikely to reach her goal. Her goal is not specific enough and is probably unrealistic. Also, she is trying to change two behaviors at once: reducing her soda intake and increasing her water intake. She should focus on changing one behavior at a time: either cut back to a specific number of cans of soda per day or drink a specific amount of water per day. Her reward needs to be more meaningful and less like the behavior she is actually trying to change.

Diff: 4

Skill: Analyzing

Section: How Can You Improve Your Health Behaviors?

Learning Outcome: 1.6