

Chapter 01 - The Power of Now

True / False

1. Simply defined, health means being sound in body, mind, and spirit.

- a. True
- b. False

ANSWER: True

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Remember

2. The World Health Organization defines *health* as the absence of disease or illness.

- a. True
- b. False

ANSWER: False

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Remember

3. Life expectancy at birth in the United States has decreased to an all-time low

- a. True
- b. False

ANSWER: False

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

4. Even more so than the elderly, young adults today are experiencing the greatest health deficits and most years lost to illness, disability, and premature death.

- a. True
- b. False

ANSWER: True

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Understand

5. Adults in the United States between the ages of 20 and 34 have the highest BMIs (body mass indexes) of any developed country.

- a. True
- b. False

ANSWER: True

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

6. High blood pressure and high cholesterol—two risk factors for heart disease—are rarely found among college students.

- a. True

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b. False

ANSWER: False

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

7. Between 40 and 80 percent of people who try to kick bad health habits lapse back into their unhealthy ways within six weeks.

a. True

b. False

ANSWER: True

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

8. To effect a lasting change in behavior, reinforcement must come largely from such external factors as rewards for meeting a goal.

a. True

b. False

ANSWER: False

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

9. People typically cycle and recycle through the stages of behavioral changes several times.

a. True

b. False

ANSWER: True

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

10. People who believe their actions will make a difference in their health have an internal locus of control.

a. True

b. False

ANSWER: True

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

Multiple Choice

11. Which term best describes the process of discovering, using, and protecting all the resources within our bodies, minds, spirits, families, communities, and environment?

a. protection

b. prevention

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- c. health
- d. wellness
- e. liberation

ANSWER: c

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Remember

12. Which dimension of health primarily includes your ability to think and learn from life experience?

- a. environmental
- b. emotional
- c. psychological
- d. intellectual
- e. cultural

ANSWER: d

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

13. Which dimension of health focuses on an optimal state of physical, mental, and social well-being—not merely the absence of disease or infirmity?

- a. physical
- b. psychological
- c. social
- d. intellectual
- e. environmental

ANSWER: a

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

14. Which dimension of health refers to both the emotional and mental states of a person, i.e., feelings and thoughts?

- a. psychological
- b. emotional
- c. intellectual
- d. social
- e. environmental

ANSWER: a

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

15. Which dimension of health refers to identifying one's own purpose in life, and to enjoying love, joy, and peace?

- a. psychological
- b. emotional

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- c. intellectual
- d. spiritual
- e. physical

ANSWER: d

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

16. Which dimension of health focuses on the complex interrelationships between one person's health and the health of the community and environment?

- a. psychological
- b. environmental
- c. cultural
- d. social
- e. occupational

ANSWER: d

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

17. Which dimension of health focuses on the impact your world has on your well-being?

- a. cultural
- b. environmental
- c. spiritual
- d. psychological
- e. social

ANSWER: b

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Understand

18. On average, what is the life expectancy for Americans at birth?

- a. 75 years
- b. 82 years
- c. 72 years
- d. 79 years
- e. 85 years

ANSWER: d

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

19. Citizens of which country have the shortest life expectancy?

- a. United Kingdom
- b. Australia

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- c. Germany
- d. Spain
- e. United States

ANSWER: e

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

20. What percentage of Americans exercises regularly?

- a. less than 20 percent
- b. less than 10 percent
- c. nearly 25 percent
- d. nearly 30 percent
- e. only 5 percent

ANSWER: a

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

21. In the United States, ____ of the population is overweight or obese.

- a. one-quarter
- b. one-third
- c. one-half
- d. two-thirds
- e. three-quarters

ANSWER: d

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

22. Among the diseases taking the greatest toll on the well-being of Americans are ____, heart disease, diabetes, arthritis, and autoimmune disorders.

- a. intestinal disorders
- b. food allergies
- c. hypertension
- d. underweight
- e. airborne infectious diseases

ANSWER: c

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

23. Which racial or ethnic group has the highest death rates for lung cancer in the United States?

- a. Native Americans
- b. African Americans

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- c. Alaska Natives
- d. Asian Americans
- e. Hispanics

ANSWER: b

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

24. Although African Americans and Hispanics represent only about one-quarter of the U.S. population, they account for about two-thirds of adult cases and more than 80 percent of pediatric cases of which disease?

- a. heart disease
- b. hepatitis C
- c. AIDS
- d. hepatitis B
- e. diabetes

ANSWER: c

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

25. Which two variables may have the greatest impact on how our bodies functions, how long we live, and the symptoms, course, and treatment of the diseases that strike us?

- a. genes and country of origin
- b. marital and economic status
- c. race and ethnicity
- d. sex and gender
- e. age and social status

ANSWER: d

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Understand

26. The choices college students make today have a(n) ____ impact on how they feel.

- a. temporary but pronounced
- b. immediate and long-term
- c. low to moderate
- d. negligible but immediate
- e. variable and undefined

ANSWER: b

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Understand

27. The best weapon against cancer and heart disease is ____.

- a. attitude

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- b. knowledge
- c. prevention
- d. avoiding risk
- e. spiritual well-being

ANSWER: c

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Understand

28. Which group is more likely to engage in risky behaviors?

- a. college-age men
- b. college-age women
- c. college dropouts
- d. married college students
- e. college athletes

ANSWER: a

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

29. Which activity increases the likelihood of other risky behaviors, such as smoking cigarettes, using drugs, and having multiple sexual partners?

- a. over-stressing
- b. heavy drinking
- c. gambling
- d. binge eating
- e. succumbing to peer pressure

ANSWER: b

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Understand

30. Conrad intends to wait until he is married to have sex because he believes it is the right thing to do. Which factor is most influential in his behavior?

- a. behavioral
- b. reinforcing
- c. predisposing
- d. enabling
- e. spiritual

ANSWER: c

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

31. Which term refers to the belief that you are at risk for the negative consequences of your behavior?

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- a. predisposition
- b. healthy belief model
- c. reinforcement
- d. susceptibility
- e. severity

ANSWER: d

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

32. Which term refers to the belief that you may pay a very high price unless you change your behavior?

- a. benefits
- b. healthy belief model
- c. enlightenment
- d. susceptibility
- e. severity

ANSWER: e

REFERENCES: Making Healthy Changes

KEYWORDS: Bloom's: Understand

33. Which term refers to the belief that a proposed change in behavior will be advantageous to your health?

- a. benefits
- b. healthy belief model
- c. reinforcement
- d. susceptibility
- e. enlightenment

ANSWER: a

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

34. Gloria has felt better since she received a gift membership to a health club and began attending group fitness classes. Which factor is most influential in her behavior?

- a. predisposing
- b. enabling
- c. reinforcing
- d. behavioral
- e. social

ANSWER: b

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

35. Morgan gives gold stars to her second-grade students who score high on reading tests. Which factor is most influential in her method?

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- a. reinforcing
- b. enabling
- c. behavioral
- d. predisposing
- e. social

ANSWER: a

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

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

- a. moral model
- b. enlightenment model
- c. behavioral model
- d. medical model
- e. transtheoretical model

ANSWER: b

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

37. Larry wavers between wanting to eat healthier and resisting the need to do so. Larry has reached which stage of change?

- a. precontemplation
- b. maintenance
- c. preparation
- d. contemplation
- e. action

ANSWER: d

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

38. Brenda has decided to begin exercising in the coming weeks. She has developed an exercise program, has joined a nearby gym, and has a friend who has committed to be her exercise buddy. Brenda has reached which stage of change?

- a. precontemplation
- b. contemplation
- c. preparation
- d. action
- e. maintenance

ANSWER: c

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

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39. Thomas is getting up earlier so he has enough time to walk to school rather than taking the shuttle. Thomas has reached which stage of change?

- a. contemplation
- b. preparation
- c. action
- d. maintenance
- e. termination

ANSWER: c

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

40. Mike overslept this morning, but he is not worried about lapsing into his old bad habits. Mike has reached which stage of change?

- a. contemplation
- b. maintenance
- c. preparation
- d. action
- e. termination

ANSWER: b

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

41. Which change model attributes being overweight to genetic factors and involves a medical expert to provide advice or treatment?

- a. moral
- b. enlightenment
- c. behavioral
- d. medical
- e. compensatory

ANSWER: d

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Understand

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

- a. environmental control
- b. consciousness-raising
- c. emotional arousal
- d. self-reevaluation
- e. social liberation

ANSWER: b

REFERENCES: How and Why People Change

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LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

43. Whether at work, at lunch, or at the subway station, Joan spends as much time as possible in non-smoking areas. Which change process is Joan illustrating?

- a. emotional arousal
- b. consciousness-raising
- c. social liberation
- d. self-reevaluation
- e. countering

ANSWER: c

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

44. On the side of the highway sits a crashed automobile with a sign in front of it that says, "Is sending that text worth killing a family of four?" This is an example of which process of change?

- a. social liberation
- b. self-reevaluation
- c. emotional arousal
- d. countering
- e. consciousness-raising

ANSWER: c

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

45. Bobby realizes he gambles too much and understands how he could use his time and money more wisely? Bobby exemplifies which process of change?

- a. social liberation
- b. consciousness-raising
- c. emotional arousal
- d. self-reevaluation
- e. commitment

ANSWER: d

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

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. moral
- b. enlightenment
- c. behavioral
- d. medical

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- e. compensatory

ANSWER:

e

REFERENCES:

How and Why People Change

LEARNING OBJECTIVES:

INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS:

Bloom's: Understand

47. Sheila buys herself a new dress after losing 12 pounds. This is an example of which process of change?

- a. emotional arousal
- b. consciousness-raising
- c. self-reevaluation
- d. rewards
- e. social liberation

ANSWER:

d

REFERENCES:

How and Why People Change

LEARNING OBJECTIVES:

INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS:

Bloom's: Apply

48. Which change model sees failure to take responsibility for smoking or excessive drinking as a sign of character weakness?

- a. moral
- b. enlightenment
- c. behavioral
- d. medical
- e. compensatory

ANSWER:

a

REFERENCES:

How and Why People Change

LEARNING OBJECTIVES:

INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS:

Bloom's: Understand

49. Which process of change might include doling out your stash of candy to the neighborhood children?

- a. self-reevaluation
- b. rewards
- c. environmental control
- d. commitment
- e. countering

ANSWER:

c

REFERENCES:

How and Why People Change

LEARNING OBJECTIVES:

INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS:

Bloom's: Apply

50. Frank is seeing a therapist to deal with work and family issues. Frank exemplifies which process of change?

- a. environmental control
- b. emotional arousal
- c. countering
- d. helping relationships

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e. self-reevaluation

ANSWER: d

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

Completion

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

ANSWER: Wellness

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Remember

52. Any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living conducive to the health of individuals, groups, or communities is known as _____.

ANSWER: health promotion

REFERENCES: Health and Wellness

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

KEYWORDS: Bloom's: Remember

53. Americans lose more years of life to _____ and other drugs than people in peer countries.

ANSWER: alcohol

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

54. _____ is part of a national public health initiative 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.

ANSWER: Healthy People 2020

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

55. “_____” is a term coined by researchers to refer to the extra challenges minorities face that increase the likelihood of major depression, poor physical health, functional limitations, and premature death.

ANSWER: Multiple disadvantages

REFERENCES: Health in America

LEARNING OBJECTIVES: INHB.HALE.17.1.2 - Discuss the current state of health in America.

KEYWORDS: Bloom's: Remember

56. Measures that an individual can take when participating in risky behavior to prevent injury or unwanted risks are known as _____.

ANSWER: protection

REFERENCES: Health on Campus

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LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

57. A(n) _____ refers to a behavior or an attitude that a particular group expects, values, and enforces.

ANSWER: social norm

REFERENCES: Health on Campus

LEARNING OBJECTIVES: INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

58. _____ factors encompass the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior.

ANSWER: Predisposing

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

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

ANSWER: enabling

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

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

ANSWER: reinforcing

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

61. The _____ is a model of behavior change that focuses on the individual's attitudes and beliefs.

ANSWER: health belief model

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

62. The _____ is a model of behavioral change that focuses on the individual's decision making, and includes a sequence of six stages of change.

ANSWER: transtheoretical model

REFERENCES: How and Why People Change: The Transtheoretical Model

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

63. The belief in one's ability to accomplish a goal or change a behavior is known as _____.

ANSWER: self-efficacy
self efficacy

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REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

64. The term _____ refers to an individual's belief about the sources of power and influence over his or her life.

ANSWER: locus of control

REFERENCES: How and Why People Change

LEARNING OBJECTIVES: INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember

Matching

Match the items with the appropriate description.

- a. holistic approach
- b. beliefs
- c. HALE
- d. precontemplation
- e. prevention
- f. health
- g. transtheoretical model
- h. gender
- i. behavioral model
- j. termination

REFERENCES: Health and Wellness
Health in America
Health on Campus
How and Why People Change
Making Healthy Changes

LEARNING OBJECTIVES: INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.
INHB.HALE.17.1.2 - Discuss the current state of health in America.
INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.
INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Remember | Bloom's: Understand

65. involves rewarding yourself for making positive changes

ANSWER: i

66. healthy life expectancy

ANSWER: c

67. last stage of change

ANSWER: j

68. state of complete well-being

ANSWER: f

69. rooted in biology and shaped by environment and experience

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ANSWER: h

70. predisposing factors more powerful than knowledge and attitude

ANSWER: b

71. first stage of change

ANSWER: d

72. more powerful than any medical treatment

ANSWER: e

73. focuses on universal aspects of an individual's decision-making process

ANSWER: g

74. views health and the individual as a whole, rather than by part by part

ANSWER: a

Essay

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

ANSWER: The six 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. Psychological: 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 from dangers in the air, water, and soil, as well as in products used.

REFERENCES: Health and Wellness

LEARNING OBJECTIVES INHB.HALE.17.1.1 - Comment on the aspects of health and wellness.

:

KEYWORDS: Bloom's: Apply

76. Give examples of specific new recommendations that have been added to the national health agenda for Healthy People 2020.

ANSWER: Examples of specific new recommendations that have been added to the national health agenda for 2020 include:

1. Nutrition and weight status: prevent inappropriate weight gain in youths and adults
2. Tobacco use: increase smoking-cessation success by adult smokers
3. Sexually transmitted infections: increase the proportion of adolescents who abstain from sexual intercourse or use condoms if sexually active
4. Substance abuse: reduce misuse of prescription drugs
5. Heart disease and stroke: increase overall cardiovascular health in the U.S. population
6. Injury and violence prevention: reduce sports and recreation injuries

REFERENCES: Health in America

Chapter 01 - The Power of Now

LEARNING OBJECTIVE INHB.HALE.17.1.2 - Discuss the current state of health in America.

ES:

KEYWORDS: Bloom's: Apply

77. Explain how an individual's locus of control can affect his or her behavior and health.

ANSWER: If you believe that your actions will make a difference in your health, your locus of control is internal. If you believe that external forces or factors play a greater role, your locus of control is external. Hundreds of studies have compared people who have these different perceptions of control:

- "Internals," who believe that their actions largely determine what happens to them, act more independently, enjoy better health, are more optimistic about their future, and have lower mortality rates.
- "Externals," who perceive that chance or outside forces determine their fate, find it harder to cope with stress and feel increasingly helpless over time. When it comes to weight, for instance, they see themselves as destined to be fat.

REFERENCES: How and Why People Change

LEARNING OBJECTIVES INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Analyze

Subjective Short Answer

78. Changes in six risk factors could prevent two out of every three deaths and one in three hospitalizations in the United States. What are these risk factors?

ANSWER: The six risk factors are:

1. tobacco use
2. alcohol abuse
3. accidents
4. high blood pressure
5. obesity
6. gaps in screening and primary health care

REFERENCES: Health on Campus

LEARNING OBJECTIVES INHB.HALE.17.1.3 - Describe the unhealthy habits and health issues of college students.

KEYWORDS: Bloom's: Remember

79. What are the three types of influences that shape behavior? 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

REFERENCES: Making Healthy Changes

LEARNING OBJECTIVES INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

KEYWORDS: Bloom's: Apply

80. What are the key components of the transtheoretical model? Briefly define each component.

ANSWER: The key components of the transtheoretical model, briefly defined, are:

1. stages of change: the sequence of steps involved in making a change

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2. processes of change: cognitive and behavioral activities that facilitate change
3. self-efficacy: the confidence people have in their ability to cope with challenge

REFERENCES: How and Why People Change

LEARNING OBJECTIVES INHB.HALE.17.1.4 - Summarize how healthy habits can improve the quality of life.

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KEYWORDS: Bloom's: Apply