

Chapter 02 Determinants of Lifelong Health, Wellness, and Fitness

Multiple Choice Questions

1. Factors that influence your health, wellness, and fitness are typically referred to as
- A. enablers.
 - B. reinforcers.
 - C. antecedents.
 - D.** determinants.

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2. Which of the following affect our health, wellness, and fitness?
- A. personal interactions
 - B. lifestyle changes
 - C. emotions
 - D.** all of these affect health, wellness, and fitness

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3. Which one of the following determinants of health, fitness, and wellness is NOT within your control?
- A. blood pressure
 - B.** age
 - C. nutrition
 - D. health care

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4. Regular exercise, eating well, and managing stress are considered to be _____ healthy lifestyles.
- A. essential
 - B. secondary
 - C. basic
 - D.** priority

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5. Which of the following determinants do we have the LEAST amount of control over?
- A. lifestyle
 - B.** heredity
 - C. health-care system
 - D. environmental factors

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6. Which of the following is the BEST way to prevent illness and early death in our society?
- A.** lifestyle change
 - B. genetic testing
 - C. understanding the health care system
 - D. practicing safe sex

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7. Which of the following statements is true?
- A. Infectious diseases are the major causes of death.
 - B. Being physically active and eating well does little to improve well-being.
 - C. Dramatic health results require major changes to lifestyle behaviors.
 - D.** More than half of early deaths are the result of chronic diseases caused by unhealthy lifestyles.

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8. Environmental determinants account for which percentage of early deaths?

- A. 10%
- B. 25%**
- C. 40%
- D. 50%

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9. Which of the following is a determinant you CAN control?

- A. heredity
- B. age
- C. disabilities
- D. lifestyle choices**

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10. Approximately _____ percent of unnecessary deaths occur as a result of disparities in the health-care system.

- A. 5
- B. 10**
- C. 25
- D. 35

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11. Which of the following health determinants do we have SOME control over?

- A. environmental factors
- B. health-care system
- C. heredity/age/disability
- D. both environmental factors and health-care system**

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12. Being aware of your personal family history is one way to limit the effects of which "determinant?"

- A. environmental factors
- B. lifestyles
- C. health care system
- D.** heredity/age/disability

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13. What is the leading "actual cause of death" in the United States?

- A. alcohol misuse
- B. medical errors
- C.** inactivity/poor nutrition
- D. tobacco use

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14. Traditional medicine that focuses primarily on the treatment of illnesses with medication, rather than illness prevention and wellness, is sometimes referred to as the _____ model.

- A.** medical
- B. wellness
- C. holistic
- D. prescription

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15. Which of the following is NOT true of "priority lifestyles?"

- A. They affect the lives of all people.
- B. Modest changes in these behaviors can make dramatic improvements in individual and public health.
- C.** They are influenced primarily by factors outside of your control.
- D. They are lifestyles in which large numbers of people can make improvement.

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16. What is the most important contributing factor to premature death in our society?

- A. heredity
- B. human biology
- C. environment
- D.** lifestyle

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17. Which of the following is currently the #1 cause of death?

- A. pneumonia
- B.** heart disease
- C. cancer
- D. tuberculosis

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18. The major causes of early death have shifted from infectious diseases to chronic lifestyle conditions because

- A. more people are going to the doctor.
- B.** scientific advancements have improved medicine.
- C. physical activity can reduce infectious diseases.
- D. healthy lifestyles are no longer a problem.

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19. The three priority healthy lifestyles are regular physical activity, sound nutrition, and
- A. low cholesterol.
 - B. low blood pressure.
 - C.** stress management.
 - D. normal body weight.

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20. Which of the following is NOT listed as one of the top three "actual" causes of death?
- A. alcohol misuse
 - B. tobacco use
 - C. inactivity and poor diet
 - D.** accidents

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21. Which of the following determinants do you have most control over?
- A. heredity
 - B.** lifestyle
 - C. environment
 - D. cognitions and emotions

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22. Which of the following describes the "medical model" as applied to health care?
- A. application of clinical research to practice
 - B.** emphasis on treating illness with medicine
 - C. hierarchy of physicians and nurses to treat patients
 - D. reimbursement process from insurance to health care provider

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23. Which of the following is true related to the causes of death in society?

- A. HIV is no longer in the top 10 causes of death.
- B. Tuberculosis is currently in the top 10 leading causes of death.
- C. Heart disease is no longer one of the top 10 causes of death.
- D. Deaths from infectious diseases have increased in the last 100 years.

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24. Which is true of environmental determinants of health?

- A. They only influence health of older adults.
- B. They can't be changed.
- C. They are both within our control and somewhat out of our control.
- D. They do not influence adoption of healthy lifestyles.

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