

Student name: _____

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

The key element of wellness is the absence of disease.

true

false

Self-confidence affects self-esteem.

true

false

Strong friendships are a key component of a person's environmental wellness.

true

false

Religion is a requirement for good spiritual health.

true

false

It is not possible to have health in the absence of wellness.

true

false

Interpersonal wellness includes the ability to detect problems.

true

false

Prior to the 20th century, infectious diseases were a primary cause of mortality.

true

false

Poor lifestyle choices are a primary factor in American mortality in the 21st century.

true

false

Morbidity and mortality are synonymous.

true

false

One goal being developed for *Healthy People 2030* is to eliminate health disparities among Americans.

true

false

Gender differences in rates of chronic diseases are reflected in the fact that men have higher risk of Alzheimer's disease and women are at a greater risk of depression.

true

false

Deaths from opioid overdose and alcohol abuse increased during the Covid-19 pandemic.

true

false

According to the National Center for Health Statistics, significant progress to reduce racial and ethnic health disparities has been made over the past 15 years and there is no longer a gap in life expectancy between white people and Black people.

true

false

Education and economic status are among the factors considered significant health determinants within *Healthy People 2030*.

true

false

The attainment of a four-year college degree is associated with an additional decade of life expectancy.

true

false

Deeply rooted behaviors like addiction can never be changed through independent self-management techniques alone.

true

false

A detailed cost-benefit analysis of a behavior change is recommended in the precontemplation stage of change.

true

false

Motivation and commitment to change behavior increase with an external locus of control.

true

false

Motivation for behavior change is unaffected by social support.

true

false

The role of visualization in behavior change is to increase your external locus of control.

true

false

Lapses into previous unhealthy behaviors should be considered failures.

true

false

A health journal should address only the specific target behavior rather than the circumstances around that behavior.

true

false

Most people are more likely to be motivated toward behavior change by long-term goals such as the avoidance of disease in the future.

true

false

In the maintenance phase of behavior change, a person has exited the cycle of change and is no longer tempted to revert to their old behavior.

true

false

Making adjustments to an original plan of action is a common part of the termination phase of behavior change.

true

false

Effective rewards and support for behavior change are a key element of “SMART” goal setting.

true

false

A person has just moved to a new town, started a new job, and is settling into a new apartment when they learn that their grandmother has passed away. This may be the perfect time to institute a behavior change program.

true

false

Making a successful change in a physical health behavior has the additional benefit of improved self-efficacy.

true

false

Behavior choices and actions have no impact beyond the health and wellness of the individual making the change.

true

false

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

According to data from the National Center for Health Statistics on the leading causes of death, which lifestyle factors are associated with an increased risk of death from chronic liver disease and cirrhosis?

smoking and poor dietary habits

poor dietary habits and obesity

obesity and excessive alcohol consumption

inactive lifestyle and smoking

Which of the following is NOT considered one of the nine dimensions of wellness?

dietary wellness

emotional wellness

environmental wellness

cultural wellness

The nine dimensions of wellness

are entirely within people's control.

are interrelated and may affect each other.

ensure the separation of mind and body.

are static and unchangeable.

Which behavior or practice would contribute to a person's financial wellness?

participating in workplace training opportunities

avoiding unsafe casual sex

avoiding debt and impulse buying

establishing an intimate relationship

Compassion, forgiveness, and the sense of belonging to something greater than yourself are components of

emotional wellness.

interpersonal wellness.

intellectual wellness.

spiritual wellness.

Which quality is a component of emotional wellness?

trust

self-confidence

ability to understand and accept

All of these answers are correct.

Which of the following is a component of environmental wellness?

optimism

sense of meaning and purpose

maintaining sustainable development

eating well

Immigrant parents are not concerned about their child's ability to adapt to school because the child is curious, open to new ideas, and eager to learn new skills. Which wellness dimension BEST reflects the child's qualities?

emotional

intellectual

interpersonal

cultural

Spiritual wellness is enhanced by having

a strong support network of family and friends.

a selfless concern for the well-being of others.

the ability to express oneself creatively.

an openness to new ideas.

The ability to build satisfying relationships with coworkers is an aspect of

emotional wellness.

occupational wellness.

intellectual wellness.

cultural wellness.

Financial wellness includes a person's ability to
find a job that has a retirement pension.
balance income and expenses.
avoid occupational hazards.
earn enough money to leave a regular occupation.

What is the significance of annual percentage rate (APR) and the minimum monthly payment for credit cards?

The minimum monthly payment determines the APR.

The APR is reflected in the interest you pay on your balance with each monthly payment.

APR and minimum monthly payment are the same thing.

Debit cards have a higher APR than credit cards.

Which behavior or quality best demonstrates a person's intellectual wellness?

motivation to master new skills

creativity and capacity for love

the ability to cultivate a support system of friends and family

a sense of belonging to something greater than oneself

Occupational wellness can be enhanced by all of the following EXCEPT

contributing to a retirement fund.

being recognized and valued by the employer.

enjoying social time with coworkers on lunch breaks.

participating in continuing education opportunities at work.

Every Saturday, a couple walks to and from the local soup kitchen, where they volunteer. They have made new friends and never miss a shift, even when it's raining or inconvenient. This routine improves their

emotional and environmental wellness.

intellectual and cultural wellness.

occupational and interpersonal wellness.

spiritual and physical wellness.

Self-acceptance differs from self-esteem in that it

means having a set of guiding beliefs, principles, or values that give meaning and purpose to their life.

is concerned with how a person perceives that others view them.

is a feeling of trust in one's own abilities and qualities.

refers to personal satisfaction with oneself, regardless of other people's opinions.

What is the role of genetics in determining life span?

The strongest correlation between genes and mortality is susceptibility to coronary artery disease.

Studies show that over 75% of the variability in life span can be traced to genetics.

Mortality is entirely determined by environmental and behavioral factors.

Mortality is unrelated to genetics.

According to data from the National Center for Health Statistics, which of the following was one of the top three leading causes of death in 2022?

stroke

high blood pressure

cancer

suicide

Which of the following lifestyle factors plays a role in deaths by suicide?

diet

excessive alcohol use

inactive lifestyle

smoking

Public health achievements during the 20th century are credited with giving Americans an additional _____ of life expectancy.

10 years

15 years

20 years

25 years

Life expectancy among Americans almost doubled from 1900 to 1980 due to all of the following measures EXCEPT

development of vaccines.

production of antibiotics.

purification of water.

availability of more immunotherapy drugs.

Which was the number one cause of death in 2022 in the United States?

accidents

malignant neoplasms

heart disease

Covid-19

Which of the following statements about obesity and life expectancy is FALSE?

Researchers have identified obesity as a cause of recent declines in life expectancy.

Rates of obesity among children have recently stabilized at about 10%, or 1 in 10 children.

Developing obesity as a younger age is associated with greater obesity-related health effects due to longer exposure to excess body fat.

Obesity is associated with multiple of the U.S. leading causes of death, including Covid-19.

To address the obesity epidemic, health promotion advocates proposed a solution to change food pricing to promote healthful options.

include daily physical education classes in schools.

control advertising of unhealthy foods targeting children.

All of these answers are correct.

Which lifestyle factor would contribute to the development of heart disease?

sex

cigarette smoking

family history

age

The leading cause of death among Americans aged 15 to 24 is

accidents.

infectious diseases.

homicide.

suicide.

Which of the following was one of the three leading causes of death among Americans aged 15 to 24 in 2022?

cirrhosis

homicide

cancer

cardiovascular diseases

The dominant focus of U.S. government health policies is

- improving diversity among health care providers.
- preventing unhealthy behaviors.
- improving access to healthcare through provisions of the Affordable Care Act (ACA).
- preventing deaths from respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD).

One of the goals of *Healthy People 2030* is to

- shift the focus to environmental factors instead of social factors in determining health.
- improve living conditions to reduce the impact of negative health determinants.
- increase life expectancy beyond 100 years.
- provide free health care insurance for all Americans.

Which statement about the Affordable Care Act (ACA) is TRUE?

- Being a student disqualifies a person from being eligible for Medicaid.
- “Catastrophic” health plans are available but will have a higher premium.
- The majority of people can avoid a penalty if they choose not to get a health plan.
- Rehabilitative services are recognized as one of the policy’s 10 essential benefits.

On average, compared to people living in urban areas, people living in rural areas are

- more likely to seek preventive health care.
- more likely to be physically active.
- less likely to die of an injury-related cause.
- less likely to wear a seatbelt when driving.

Income and education are correlated with health status. The relationship between the poverty rate and health status is _____, while the relationship between education level and health status is _____.

direct; direct

inverse; direct

direct; inverse

inverse; inverse

As opposed to health difference, which of the following best describes a health disparity?

Women have a higher rate of breast cancer than men.

Black women with breast cancer are more likely to die of the disease than white women.

Women are more likely to die from Alzheimer's disease than men.

Men are more likely to develop cancer than women.

As used in the discussion of health issues for diverse populations, the concept of sex differs from that of gender in that sex refers to

the act of intercourse.

an individual's internal sense of self.

behaviors learned by a person according to prevailing cultural norms.

the biological and physiological characteristics that define men, women, and intersex people.

Which of the following statements about gender and sex-related characteristics that affect wellness is TRUE?

Compared to women, men are at greater risk for Alzheimer's disease.

Men are more likely than women to visit physicians for regular exams.

Transgender people are more likely to use health care services.

Compared to women, men have higher rates of death from injuries, suicide, and homicide.

Which statement regarding the health of diverse population groups is TRUE?

Rates of death related to smoking and alcohol use are lower among American Indians and Alaska Natives than the general population.

Latinos on average have higher rates of suicide than the general population.

Rates of diabetes and asthma are lower among Pacific Islanders than the general population.

Compared with white people, Black and Hispanic people are less likely to get appropriate medication for heart conditions.

Compared to the general population, which of the following diseases is of special concern for many groups of American Indians and Alaska Natives?

stroke

heart disease

cancer

diabetes

Compared to the general population, African American people have lower rates of osteoporosis.

asthma.

high blood pressure.

stroke.

Early screening for _____ may be recommended for African American men due to significantly elevated risk for the condition.

osteoporosis

suicide

prostate cancer

skin cancer

On average, Latinos have lower rates of _____ compared to the general population.

heart disease

obesity

diabetes

gallbladder disease

Compared to the general population, American Indians and Alaska Natives have higher rates of early deaths from causes linked to

sedentary lifestyle.

cardiovascular diseases.

smoking and alcohol consumption.

cancer.

When compared to the overall U.S. population, Asian Americans have

lower rates of lung cancer.

higher rates of alcohol abuse.

lower rates of coronary heart disease.

shorter life expectancies.

Which of the following statements about persons with disabilities are TRUE?

Many people with disabilities do not have access to health care services.

People with disabilities are more likely to have obesity, heart disease, diabetes, and to smoke, compared with the general population.

One in every four people in the United States has some form of disability, and the rate is rising, particularly among younger generations.

All of these answers are correct.

How many adults in the United States have a mobility disability?

2%

12%

5%

9%

Which of the following is a goal from *Healthy People 2030*?

Reduce the current use of any tobacco product by adults.

Maintain the proportion of people with health insurance.

Increase the proportion of adults with hypertension.

Increase the proportion of adults who are obese.

Which of the following health determinants does a person have the LEAST control over?

diet

exercise

heredity

stress

What has contributed most to the 60% increase in the incidence of diabetes among Americans since 1990?

genetic changes in the population

lower vaccination rates

poor dietary choices and lack of physical activity

increased costs for basic necessities

Which is NOT considered an environmental factor that affects health?

household cleaning products

amount of crime in your community

access to vaccinations and screening tests

radiation from sun exposure

Which statement would BEST differentiate the underlying factors related to cystic fibrosis from those related to diabetes?

Both conditions are primarily the result of genetic errors.

Both conditions are due primarily to the interaction of behavior and environment.

Diabetes is primarily related to genetic errors, whereas the interaction of behavior and environment contributes significantly to cystic fibrosis.

Cystic fibrosis is the result of genetic errors, whereas the interaction of behavior and environment contributes significantly to diabetes.

Which action would be considered the initial step in improving wellness through lifestyle management?

seeking guidance and assistance from local programs

selecting a target behavior

asking a family member for assistance

evaluating one's current habits

Which strategy would MOST likely contribute to success in changing a person's unhealthy behavior?

emphasizing a single target behavior they wish to change

asking family members to track the behavioral changes

adding only the short-term costs of behavior change that they identified and letting go of past failures

identifying many unhealthy target behaviors and working on them all simultaneously

What is a target behavior?

a habit or mannerism that is the focus of your behavior change plan

a friend's behavior that you identified needs to be changed

a health condition such as diabetes

a characteristic such as obesity

A person can help prevent procrastination when creating their own personal behavior change program by

specifying important dates.

stating their goal.

listing down the steps they will take to measure their progress.

having someone to actively help them with the program.

Which element is MOST likely to indicate the reliability of the information on a website?

the popularity of the website

the date of the post on the topic

the “About Us” link

the testimonials page of the website

Which strategy is LEAST helpful in promoting a behavior change for better health?

Target multiple behaviors simultaneously.

Identify cues to behaviors.

Incorporate rewards for reaching goals.

Make slow, systematic changes in behavior.

The belief in one's ability to be successful in the performance of a given task is referred to as self-control.

self-efficacy.

self-esteem.

self-talk.

Luis's most recent lab tests indicated that he has pre-diabetes and is at risk for full-blown diabetes. His physician recommended changes to his diet and increased physical activity, but Luis doesn't see such change as useful. Many of Luis's relatives, including his parents, have diabetes, and he assumes he will develop the condition as well, regardless of his behavior. Based on this information, you can conclude that this person has

poor self-esteem.

a lack of self-confidence.

an external locus of control.

an internal locus of control.

Individuals with an internal locus of control believe that events turn out as they do based on fate or luck.

heredity.

divine power.

their own input and actions.

Visualizing one's self engaging in a new, healthier behavior is one of the best ways to boost self-efficacy.

improve physical strength.

identify barriers to change.

externalize locus of control.

Which strategy is MOST likely to improve a person's chances of success while attempting to change a behavior?

select a different behavior to change in the event of temporary failure

stick with the program even during periods of high stress

utilize visualization techniques

rationalize temporary setbacks to minimize feelings of failure

The precontemplation stage is characterized by

no acknowledgement of a need to change.

an outward modification of behavior.

thinking about making a change.

seeking outside support for the problem.

For which stage of behavior change is practicing visualization and realistic, positive self-talk recommended?

contemplation

preparation

precontemplation

action

Following an annual physical, a patient reviews the lab work and finds out that their cholesterol level is elevated. The physician explains that this can increase the risk of heart disease and stroke and recommends exercise. The patient plans to start a walking program when the snow melts in roughly four months. The patient is in which phase of the transtheoretical model of change?

denial

precontemplation

contemplation

action

A person noticed that their eating behaviors were unhealthy. Their response to stress in the past was to severely restrict calorie intake, frequently eating only one modest meal each day, and their weight plummeted to dangerously low levels. They made numerous changes to address poor eating habits and have been eating better for the past four weeks. They are a lot happier now. Which phase of the transtheoretical model of behavior change is the person in?

preparation

action

maintenance

termination

At what stage of behavior change is a person no longer tempted to lapse back into old habits?

contemplation

action

maintenance

termination

Which action is a key to successful behavior change?

beginning with identifying all the behaviors to be changed

concentrating on several interrelated behaviors

refusing to tolerate temporary setbacks

anticipating problems and providing rewards

Which set of actions is the recommended sequence to develop a personalized plan for change?

identify patterns, monitor behavior, establish action plan, set goals, make a personal contract

establish action plan, set goals, monitor behavior, identify patterns, make a personal contract

make a personal contract, set goals, establish action plan, monitor behavior, analyze data

monitor behavior, identify patterns, set goals, establish action plan, make a personal contract

When creating a plan for behavior change, what is the minimum suggested timeframe for monitoring your target behavior to gather data on it?

for a few hours

for at least one day

for at least a week or two

for at least a month

A young person has the goal of exercising at least 30 minutes a day, five days a week, in order to lose 10 pounds within two weeks. According to the “SMART” criteria, which element should they reconsider?

the specificity

the target behavior

the time frame

the reality of committing to five days a week of exercising

The chance to succeed in modifying a behavior would increase if a person set a very ambitious goal.

ignored related habits.

recruited support from friends or family.

focused solely on short-term benefits.

To help ensure success with a behavior change program, a person should establish a very broad goal.

involve the people around them.

avoid setting a firm deadline for completion.

give themselves a reward when the final goal is attained.

Rewards included in health action plans should

be planned in advance.

be provided only when the overall goal has been reached.

come in the form of food or alcohol.

be given when someone recognizes the person’s success.

Which item is NOT generally included in a personal contract for behavior change?

setting a date to begin

stating the goal

identifying how to measure progress

establishing consequences for failure to reach the goal

Which of the following goals best meets the “SMART” criteria?

eat more fruits and vegetables

lose 10 pounds a week for two weeks

run 2 miles, three days a week within three months

drink more water every day by the end of the month

A teenager has a genuine desire to become healthier. Which is the BEST first step for the teenager to take in moving toward that goal?

Begin journaling about things that trigger unhappiness.

Identify community resources for help.

Choose two unhealthy behaviors and make goals for change.

Perform a self-assessment and discuss the results with a close friend or family member.

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

Select five of the nine dimensions of wellness discussed in the text and, for each dimension, list three behaviors or habits that you would consider engaging in to promote its development.

Explain and give an example of the interrelationship between emotional wellness and interpersonal wellness. Clearly distinguish between the two and then demonstrate their interrelationship.

Discuss three ways in which a new graduate with a limited income can improve their financial wellness in the first year out of school.

Discuss the role of lifestyle choices in determining quality of life. Give at least three examples of healthy lifestyle choices and explain how they promote quality of life and specifically affect the individual dimensions of wellness.

Describe the four broad national goals of *Healthy People 2030*. Then choose one of the special population groups described in *Healthy People 2030* and identify two health issues of particular importance for that group.

Describe five strategies for critically evaluating health-related information.

SECTION BREAK. Answer all the part questions.

Carla has become very busy since she came to college. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel that she has let her friends down because she has had to miss several activities they had planned, but she also feels guilty if she isn't able to

meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She is frustrated that she cannot spend more time with her friends without giving up her other activities.

Carla's frustration surrounding limitations to her time with her friends is affecting her _____ wellness.

spiritual

interpersonal

cultural

intellectual

If Carla succeeds in improving her time management and spending more time with her friends, she will most likely see a corresponding improvement in her _____ wellness.

financial

physical

emotional

occupational

Carla wants to make a plan to spend more time with her friends. Which strategy is most likely to enhance the success of her plan?

closely monitoring and evaluating her schedule

focusing on what motivated her to change her behavior

establishing a reward she can give herself once she has succeeded

developing an external locus of control

Which of Carla's characteristics would most help her succeed in balancing her time so that she can study, be active on campus, and have fun with her friends?

her belief that she is in control of her own life

her ability to resist rewards

her ability to persuade friends to do as she asks

her rigid application of a plan without allowing for alterations

Answer Key

Test name: ch1 Connect e18

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Essay

Answers will vary.

Essay

Answers will vary but should include a definition of each and then a discussion of how emotional and interpersonal wellness are intertwined.

Essay

Answers will vary but should include some aspect of budget awareness, understanding of responsible use of credit cards, contribution to employer sponsored retirement plans, paying off high interest rate debts, etc.

Essay

Answers will vary.

Essay

Answers will vary.

Essay

Answers will vary.

Section Break

B

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