

Chapter 001 - Instructor Test Items

- 1 ■— The current life expectancy at birth in the United States is
- 67.7 years.
 - 72.7 years.
 - 78.7 years.
 - 82.7 years.

- 2 ■— The four keys to good health include all the following except
- not smoking.
 - following healthy eating habits.
 - practicing relaxation techniques.
 - exercising regularly.

- 3 ■— Which of the following statements best defines the term disease as we understand it today?
- It is a subjective state in which a person feels ill.
 - It is an alteration of a person's mental and physical state.
 - It is an imbalance of the body's internal fluids.
 - It is an alteration in body structure or biochemistry that causes the body's regulatory mechanisms to fail.

- 4 ■— Intellectual health is characterized by
- being physically active.
 - an openness to new ideas and skills and a capacity to think critically.
 - the ability to perceive reality accurately.
 - satisfying interactions with friends and family.

- 5 ■— Psychological health is a broad category that encompasses all of the following except
- having healthy relationships.
 - being physically fit.
 - having autonomy.
 - continually growing as a person.

- 6 ■— Recall Corey's Student Story in the chapter. Corey is the student who has a large scar from surgery to correct a skeletal condition. Based on his story, he is
- at the low end of the wellness continuum.
 - at the high end of the wellness continuum.
 - moving in a negative direction in the wellness

continuum.

- in a diseased state.

- 7 All of the following has contributed to improvements in health and an increase in life expectancy in the United States except
- an increase in vigorous leisure-time exercise among the U.S. population.
 - medical innovations.
 - widespread vaccinations.
 - safer food handling.

- 8 The leading cause of death in 15-24 year olds in the United States is
- heart disease.
 - accidents/unintentional injuries.
 - cancer.
 - suicide.

- 9 One of the two primary initiatives of Healthy People 2020 is to explore
- strategies to increase awareness about immunizations.
 - strategies to decrease substance abuse.
 - strategies to achieve a long, healthy life expectancy for everyone.
 - techniques to improve mental health.

- 10 The highest rates of hypertension are found in this ethnic population.
- Asian Americans
 - Caucasian Americans
 - African Americans
 - Native Americans

- 11 Which of the following statements is true regarding college students' health behaviors?
- Unhealthy eating habits and physical inactivity are common for college students.
 - Research shows that students underestimate how many of their peers regularly use of alcohol, tobacco, and drugs.
 - Over 50% reported their health as fair to poor.
 - Over 50% meet the national recommendations for moderate physical activity.

- 12 The Healthy Campus initiative is

- a federal initiative to facilitate broad, positive health changes in the U.S. population.
- an initiative to address health concerns for college students.
- a mandatory high school program focused on decreasing alcohol and drug abuse.
- a program outlining college campus progress towards meeting Healthy People 2020 goals.

- 13 ■ — Which of the following statements best reflects the relationship between college achievement and student health?
- Stress has a positive effect on college achievement.
 - Exercising regularly significantly decreases academic performance because it decreases study time.
 - Tobacco use can increase academic performance since nicotine is a stimulant drug.
 - Negative health behaviors and illness can decrease academic performance.

- 14 ■ — The most common health problem reported by students in a recent nationwide study was
- allergies.
 - bronchitis.
 - strep throat.
 - sinus infection.

- 15 ■ — According to a recent nationwide study on student health, most students describe their health as
- very good or excellent.
 - good.
 - fair.
 - poor.

- 16 ■ — All of the following are true regarding college students and chronic illness risks except
- college students experience lower rates of chronic illness than the adult population as a whole.
 - over 50% of all college students meet the American Heart Association's recommendations for physical activity.
 - the majority of students report being at a healthy weight.
 - college students often engage in behaviors that increase the risk of developing chronic illnesses.

- 17 ■ — Infectious diseases, such as malaria and cholera are a common problem in

- the United States.
- Northern Europe.
- Canada.
- Africa and Asia.

18 ■■■ = Infectious disease is a global health concern because ■■■ =

- airplane travel is a primary means of spreading the diseases.
- countries with more economic development face diseases that have been eradicated from other areas.
- vitamin and mineral deficiencies in the United States and Europe have increased the prevalence of deficiency diseases, such as rickets and scurvy.
- some infections have become resistant to treatment.

19 ■■■ = "Globesity" refers to ■■■ =

- increased global rates of HIV.
- increased global rates of infectious diseases.
- nutritional diseases around the world.
- increased global rates of obesity.

20 ■■■ = Global health concerns include all the following except ■■■ =

- obesity.
- nutritional deficiencies.
- upper respiratory infections.
- drug resistant strains of microorganisms.

21 ■■■ = Which of the following is true with respect to ■■■ = differences in health outcomes between men and women? ■■■ =

- Women tend to live about 4 years longer than men.
- Women have lower rates of disabling health problems such as arthritis.
- Women are more likely to experience high blood pressure.
- Women are more likely to abuse alcohol.

22 ■■■ = Which of the following terms describes health ■■■ = disparities between the rich and the poor? ■■■ =

- socioeconomic status
- cultural norms
- social biological differences
- status syndrome

- 23 ■■■ — Health literacy includes the ability to
■■■ —
- read, understand, evaluate, and follow medical instructions.
 - make medical choices based on gut instinct.
 - decide what medications are actually necessary to treat a condition.
 - describe symptoms to a physician.

- 24 ■■■ — Life expectancy in the United States is highest for
■■■ —
- Hispanics.
 - African Americans.
 - Asian Americans.
 - Native Americans.

- 25 ■■■ — The highest incidence for cancer of any type is most
■■■ — common among
- Hispanics.
 - African American males.
 - Native Americans.
 - Caucasians females.

- 26 ■■■ — The following are all examples of enabling factors that
■■■ — influence health behavior except
- the financial ability to afford health care.
 - the availability of fresh produce in your local grocery store.
 - strong personal motivation and willpower.
 - a history of cancer in your family.

- 27 ■■■ — Rewarding yourself for successfully quitting smoking
■■■ — would be an example of a(n)
- predisposing factor in behavior change.
 - enabling factor in behavior change.
 - reinforcing factor in behavior change.
 - self-efficacy factor in behavior change.

- 28 ■■■ — The theory that a person progresses through six stages
■■■ — of change before achieving sustained behavior change is known as the
- stress-diasthesis model.
 - transtheoretical model.
 - health belief model.
 - general adaptation syndrome model.

- 29 ■■■ — Kara wants to start jogging for exercise, has just
■■■ —

bought a pair of shoes and workout clothes, and has signed up to join a jogging group. Based on this information, what stage in the Stages of Change model is Kara in?

- Contemplation
- Preparation
- Action
- Maintenance

30 ■■■ = Which of the following is true regarding the ■■ = Maintenance stage of the Stages of Change Model?

- The new behavior is maintained for only 3 months.
- Relapses are unlikely.
- It can last months or even years.
- There is no longer a need to work actively to keep from reverting back to old habits.

31 ■■■ = Which of the following is not a factor in the Health ■■ = Belief Model of behavior change?

- Perceived threat
- Perceived benefit
- Cues to action
- Positive reinforcement

32 ■■■ = Recall Jasmine's Student Story in the chapter. Jasmine ■■ = is the night owl who is a college freshman. Based on her story in your text, what does Jasmine need to work on changing?

- Social relationships
- Sleep habits
- Eating habits
- Work schedule

33 ■■■ = Recall Jasmine's Student Story in the chapter. What ■■ = benefit might Jasmine perceive as a motivator to changing her current behavior?

- Achieving a better financial situation
- Getting higher grades in school
- Making lasting relationships
- Having more time to spend with family

34 ■■■ = Self efficacy, as it relates to behavior change, is all of ■■ = the following except

- the belief that you can make successful change.
- demonstrating a sense of personal control over a situation.
- the view that you avoid thinking about a difficult situation.
- the ability to take action to change a behavior.

- 35 ■ ■ ■ = Strategies for successful behavior change include all of the following except
- learning behaviors by watching others.
 - breaking a big task into smaller tasks.
 - implementing punishment if change is not sustained.
 - using positive self-talk.

- 36 ■ ■ ■ = Janet eats a large doughnut every morning with her coffee. Since she wants to decrease her intake of foods high in sugar and fat, she plans to start substituting a whole-wheat bagel for the doughnuts. She is practicing this strategy.
- Self-discipline
 - Cue control
 - Counter conditioning
 - Health belief

- 37 ■ ■ ■ = When looking for health information online, you should
- avoid sites with URLs that end with ".gov".
 - stick to commercial sites advertising products and services.
 - seek out sites with reputable professional accreditations.
 - prioritize sites that are attractively designed.

- 38 ■ ■ ■ = An article about the results of the latest study on the health effects of vitamin B₁₂ is more credible if it is
- carried out by an individual organization that sells a B12 product.
 - the first study showing a health benefit for taking vitamin B12.
 - supported by other researchers who have replicated the same results.
 - lacking information about how the study was funded.

- 39 ■ ■ ■ The top three causes of death in the United States are lifestyle-related diseases.

- True
- False

Through thermonuclear fusion, four protons (hydrogen nuclei) are transformed to a helium nucleus (two protons, two neutrons) and energy. This is called the proton-proton chain. The process changes a little bit of mass into energy ($E = mc^2$) and the energy is produced

in the form of a gamma-ray photon, a positron (positively charged electron), which soon interacts with an electron and completely annihilates or turns into energy, and a neutrino.

40 ■ ■ A growing number of consumers are seeking health information on the internet.

- True
- False

A small amount of mass is transformed into energy through the proton-proton chain to produce energy through thermonuclear fusion: c = speed of light, m = mass, and E = energy (in joules).

41 ■ ■ A person suffering from a high level of stress will be moving in the negative direction of the wellness continuum regardless of efforts to manage the stress.

- True
- False

The layers are the core, the radiative zone, and the convective zone. In the core, the energy is produced by thermonuclear fusion and is transported outward by radiative diffusion, and this is called the radiative zone. In the convective zone, energy is transported through fluid transfer in convective currents.

42 ■ ■ Being respected by coworkers is one sign of occupational health.

- True
- False

The layers are the photosphere, the chromosphere, and the corona. Essentially, all of the Sun's visible light emanates from a single, thin layer of gas called the photosphere or "sphere of light." Granulation, or the bubbling convection currents of gas can be seen in the photosphere. The tenuous chromosphere can be seen as a glowing, pinkish layer of gas above the photosphere during a total solar eclipse. The corona, or outermost region of the Sun's atmosphere, begins at the top of the chromosphere. It extends out to a distance of several million kilometers. It is very thin and tenuous and the temperatures can reach 2 million K.

43 ■ ■ Colleges who participate in the Healthy Campus initiative can choose which health issues they want to focus on improving.

- True
- False

Sunspots are dark, cooler areas on the photosphere of the Sun and often come in pairs or groups. They are formed by magnetic field loops getting tangled because of the differential rotation of the Sun, which causes magnetic polarity in the sunspots.

44 ■ ■ Student health influences whether a college meets its goal of providing the best education possible.

- True
- False

The Zeeman effect is the splitting of spectral lines in the presence of a strong magnetic field. Features on the Sun, like sunspots, that display the Zeeman effect are strongly magnetic in nature.

45 ■ ■ According to research on student behaviors, over 40% smoke marijuana.

- True
- False

There is a cycle of increased and decreased solar activity on the Sun's surface, which includes sunspots. From solar sunspot maximum to maximum, it is approximately 11 years. Because the magnetic polarity of the sunspot groups switches each sunspot cycle, it is sometimes said to be a 22-year cycle until the polarity cycles through two sunspot cycles.

46 ■ ■ Though individual factors influence our health, we all have the same basic health needs.

- True
- False

The corona is actually not very "hot," that is, it contains very little thermal energy. The reason is that the corona is nearly a vacuum. Because of the corona's high temperature, the atoms there are moving at very high speeds. The corona's temperature is thought to be produced by magnetic heating.

47 ■ ■ Health literacy is the ability to evaluate and understand health information and make informed choices for your own health care.

- True
- False

Neutrinos are elementary particles that have little or no electric charge with little or no mass and weakly interact with matter. This means that they are difficult to detect. What they tell astronomers is if the models of thermonuclear fusion that produce the energy in the core of the Sun are correct.

48 ■ ■ Poverty is an example of a physical determinate of health.

- True
- False

Earth's magnetic field has important effects far above the atmosphere, where it interacts dramatically with charged particles from the Sun's solar wind. Some of these particles are able to leak through Earth's magnetic field at its weaker points and cascade down into Earth's upper atmosphere, where Earth's magnetic field connects with Earth near Earth's north and south poles. This is usually observed as a ring-shaped pattern above Earth's polar regions.

49 ■ ■ Societal pressures can undermine the emotional wellness of gay, lesbian, and transgender adults.

- True
- False

Astronomers can tell by looking at the splitting of the light spectra of sunspots. This only happens with objects that have strong magnetic fields.

50 ■ ■ Geographical differences such as air pollution and proximity to trauma centers can affect a person's health risks.

- True
- False

It was a period of time between 1645 and 1715 in which virtually no sunspots were observed. This shows that variations in solar activity seem to affect climates on Earth; however, the origin of this connection is still being studied.

51 ■ ■ People who are underinsured are as likely to have preventative screenings as higher income Americans.

- True
- False

The planet would need a magnetic field, an atmosphere and be near a star with a solar-type wind with charged particles for the magnetic field to deflect.

52 ■ ■ The Affordable Care Act has created exchange markets where the uninsured can purchase health insurance.

- True
- False

A prominence is a bright, arching column of gas that extends for tens of thousands of miles above the

photosphere. Violent, eruptive events on the Sun are called solar flares and occur in complex sunspot groups. Coronal mass ejections are the most energetic of the three and are explosive events related to large-scale alterations in the Sun's magnetic field.

53 ■ ■ ■ Native Americans have the lowest rates of diabetes in the world.

- True
- False

54 ■ ■ ■ State, local, and federal policies can indirectly have a positive effect on health.

- True
- False

55 ■ ■ ■ A person's attitude toward screening to detect diseases can be a predisposing factor that influences health behavior.

- True
- False

56 ■ ■ ■ Encouragements and rewards that promote positive behavior change are examples of predisposing factors.

- True
- False

57 ■ ■ ■ If a person is thinking about making a behavior change in the next few months, he/she has entered the precontemplation phase of the Transtheoretical Model.

- True
- False

58 ■ ■ ■ A person with an external locus of control has higher self-efficacy than someone with an internal locus of control.

- True
- False

59 ■ ■ Telling yourself "I can train and run a 10K road race" is an example of "shaping."
 True
 False

60 ■ ■ If you have a strong internal locus of control, you think that external events are out of your control.
 True
 False

61 ■ ■ Social networks can provide an opportunity for health advocacy.
 True
 False

62 ■ ■ "Media" includes books, magazines, newspapers, television, the internet, and advertising.
 True
 False

63 ■ ■ Sites that end in ".gov" or ".edu" are more likely to provide credible information than ".com" sites.
 True
 False

64 ■ ■ SMART goals should be based on those of celebrities in magazines who have been successful at losing weight or gaining muscle.
 True
 False

65 ■ ■ Many Americans use search engines for information about their health.
 True
 False

66 ■ ■ The ecological model of behavior change is based on an individual following three steps to achieve a change.

- True
- False

67 ■ ■ The process of actively making choices to improve one's health is known as physical well-being.

- True
- False

68 ■ ■ Health disparities are differences in quality of health among various segments of the population.

- True
- False

69 ■ ■ Healthy Campus is an offshoot of the Healthy People initiative, specifically geared toward high school students.

- True
- False

70 ■ ■ Healthy People 2020 takes an economical approach to health.

- True
- False

71 ■ ■ Health literacy can be enhanced by the availability of medically-based websites.

- True
- False

72 ■ ■ The first stage of change in the transtheoretical model of behavior change is understanding the severity of the behavior.

- True
- False

73 ■ ■ Encouragements or rewards that promote positive behavior change are called reinforcing factors.

- True
- False

74 ■ ■ Since Maria is fearful of heart disease, she is more likely to start exercising.

- True
- False

75 ■ ■ The health belief model is a model of behavior change emphasizing personal beliefs in the process of creating effective change.

- True
- False

76 ■ ■ Russ blames his lack of skills in math for his poor grades. He has an internal locus of control.

- True
- False

77 ■ ■ A person with an external locus of control believes that the ability to change is out of his/her control.

- True
- False

78 ■ ■ Ariana has started an exercise program to increase her strength for cheerleading. She follows her coaches' workout routines. She is practicing the technique of modeling.

- True
- False

79 Match the following:

A smoker who doesn't think he has a health problem is in this stage of behavior change.

Precontemplation

Stopping smoking to reduce the risk of lung cancer is an example of this.

Seeing a perceived benefit

Someone who admits he has a smoking problem and is thinking about quitting is in this stage of behavior change.


Contemplation

Seeing a friend die of lung cancer is an example of this.


Cue to action

A theory describing the six stages a person goes through to stop smoking.


Transtheoretical model of change

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Answer:

84 Match the following:

Quality of relationships with others

Social health

How well the body functions

Physical health

Centers on the beliefs we hold that lend meaning to life


Spiritual health

Ability to perceive reality accurately


Psychological health

Capacity to think critically


Intellectual health

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Answer:

89 Match the following:

An alteration in body structure or biochemistry significant enough to cause the body's regulatory mechanisms to fail.

Disease

A state of well-being encompassing social, physical, and psychological dimensions.

Health

The most preventable health problem in the United States.


Chronic disease

An active process of being aware of and making choices toward a more successful existence.


Wellness

A subjective state of not feeling well.


Illness

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Answer:

94 Match the following:

Rewards for sustained behavior change

Reinforcing factors

A person's internal dialogue

Self-talk

Division of a large task into smaller tasks


Shaping

Learning by watching others


Modeling

Changing the stimuli that provoke the unwanted behavior


Cue control

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Answer:

- 99  Describe the primary factors that affect personal health.

Answer:

* Lifestyle choices-such as deciding not to smoke, to be

physically active, to avoid drinking excessively and eat nutritiously can greatly reduce risk of illness.

* Age-as we get older, some diseases such as chronic illness, become more likely.

* Sex-biological differences in gender can result in different health outcomes.

* Ethnic background-health disparities exist between different population subgroups.

* Geography-geographic region can affect exposure to diseases, risk factors, and access to health care.

* Income and health insurance-people at lower socioeconomic levels or without health insurance are less likely to get preventive care.

* Sexual orientation-Gay or bisexual men face greater risk of HIV/AIDS and other infectious diseases. Teens struggling with sexual orientation may face emotional challenges as well as physical abuse.

* Health literacy-Health information and the healthcare system can often be confusing and complex. Those with better navigational skills can positively affect their health.

100



What are some health disparities that different ethnic groups face?

Answer:

Hispanics are more likely to suffer from obesity or die from complications of stroke or diabetes. African American babies have higher infant mortality rates and adults are less likely to have cancer diagnosed at an early stage. Although Asians typically have longer life spans, certain subgroups suffer from disparities such as a higher incidence of infectious diseases like Hepatitis B. Native Americans suffer from the highest rates of diabetes in the world. They also have shorter life expectancies due to high rates of accidental injuries, substance abuse, and suicide. Caucasian women have a higher rate of breast cancer. In addition, certain genetic diseases such as cystic fibrosis occur more frequently among Caucasians.

101




Choose a health behavior and using the transtheoretical model, outline the stages a person would progress through while trying to change the behavior.

Answer:

Answers will vary depending upon behavior chosen.


* Precontemplation-the person may not be aware that a problem exists and is not considering change.

- * Contemplation-the person acknowledges the problem and thinks about changing it within the next 6 months.
- * Preparation-the person prepares for change by developing a plan for implementation within the next month.
- * Action-the person modifies behavior in an observable way.
- * Maintenance-the person maintains new behavior for at least 6 months and actively tries to prevent relapse.
- * Termination-the person has achieved behavior change and is confident that relapse will not occur.

102  Using the health belief model, provide an example of why someone would or would not get a recommended flu shot?


Answer:

The perceived threat of actually contracting the flu would need to be compared to the perceived benefit (i.e., that getting a flu shot would prevent them from getting the flu). In addition, the individual would have to overcome perceived barriers such as the time, cost, dislike of shots, etc. If barriers are minimized and the perceived benefit is high, the person is likely to obtain the shot if they feel the threat is also high.

103  Give some examples of basic behavior change strategies people can use to increase their physical activity.

Answer:

- * They can model others who are more physically active by observing their behavior and trying to mimic it.
- * They can create a plan to shape the behavior. The plan should break up large tasks into smaller tasks that can be more easily accomplished.
- * Rewards should be built into the program.
- * The individual can also use positive self-talk (e.g. "I can be more physically active") to help overcome barriers in a constructive way.

104  When evaluating a health supplement, what are some things that you should consider when deciding whether to buy it?

Answer:

You should evaluate the source carefully. The manufacturer will have a financial investment in the

product and is probably not the best resource to use. Look for government, nonprofit, or educational sites that may have less biased information about the product. Trace information presented back to its source. Look for published research findings about the product and its uses. Look for the most relevant and up-to-date information.