Concepts
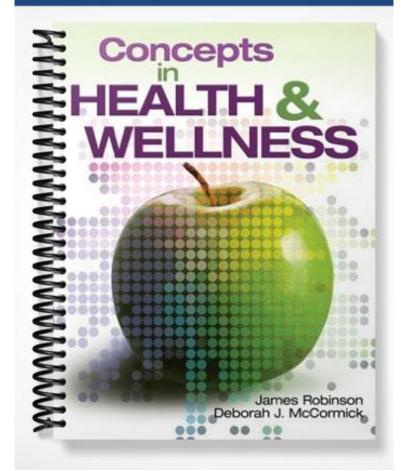in
HEALTH & WELLNESS

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MULTIPLE CHOICE

1. What is the definition of *wellness*?
   a. the process of incorporating behaviors in your daily life to positively impact your health
   b. your quality of life
   c. the most important dimension within the four dimensions of health
   d. your life expectancy

   ANS: A   PTS: 1

2. Which of the following is information included on the Health Risk Appraisal (HRA) questionnaire?
   a. satisfaction with current job   c. income level
   b. physical and behavioral measures   d. intelligence

   ANS: B   PTS: 1

3. Which of the following describe the Health Risk Appraisal (HRA)?
   a. determines a person's "health age"
   b. determines the risk for occupational injury at your current job
   c. does not inquire about family history
   d. has no medical basis

   ANS: A   PTS: 1

4. The Alameda County Study found which of the following?
   a. Eating breakfast every day had no affect on overall health and longevity.
   b. Consuming an alcoholic drink 1–2 times a week is beneficial to one's health.
   c. Practicing many of the 7 health behaviors studied resulted in longer life expectancy.
   d. Living in Alameda County had a negative effect on health when compared to living in the neighboring county.

   ANS: C   PTS: 1

5. What two diseases account for nearly 2/3 of American deaths each year?
   a. influenza and pneumonia   c. diabetes and HIV/AIDS
   b. Alzheimer's and Parkinson's   d. heart disease and cancer

   ANS: D   PTS: 1

6. Which of the following behaviors may help to prevent cancer?
   a. consuming alcohol in moderation
   b. using chewing tobacco instead of smoking tobacco
   c. consuming a diet high in animal fat
   d. taking long, hot showers at least once a day

   ANS: A   PTS: 1

7. Which of the following is considered to be a health indicator?
   a. communication   c. income
   b. physical activity   d. osteoporosis

   ANS: B   PTS: 1

8. Which of the following actions would best improve your emotional health?
   a. buying a gift for someone
   b. trying not to make big worries out of small problems
   c. making an effort to recycle
   d. trying to learn something new

   ANS: B   PTS: 1

9. Our friends, homes, community, natural resources, and the planet we live on are an example of which of the following?
   a. a network   c. an ecosystem
   b. social wellness   d. friendship

   ANS: C   PTS: 1

10. What is the study of how people's thoughts, emotions, and behaviors are influenced by the actual, imagined, and/or implied presence of others?
    a. social psychology   c. an ecosystem
    b. community   d. a social support network

    ANS: A   PTS: 1

11. You are introduced to someone new and immediately assume that they are very wealthy based on their clothing. Your assumption is most likely based on which of the following?
    a. critical thinking   c. previous experience
    b. a health belief   d. a perception

    ANS: D   PTS: 1

12. Under which circumstance are people more likely to get tested for HIV infection?
    a. They have friends who have HIV.   c. They are an ethnic minority.
    b. They are not sexually active.   d. They believe they are susceptible to HIV.

    ANS: D   PTS: 1

13. Adopting behaviors that you think important people you know will approve of is part of which model?
    a. Health Belief Model   c. Theory of Planned Behavior
    b. Wellness Motive   d. Health Promotion

    ANS: C   PTS: 1

14. What is the belief that a person has the skills and resources to perform a behavior?
    a. subjective norm   c. perceived behavioral control
    b. behavioral intention   d. attitude

    ANS: C   PTS: 1

15. Which of the following describes the likelihood that you will perform a behavior?
    a. subjective norm   c. perceived behavioral control
    b. behavioral intention   d. attitude

    ANS: B   PTS: 1

16. In the Theory of Planned Behavior, which of the following is an example of a subjective norm?
    a. choosing to eat fast food because it is convenient
    b. taking up smoking because your friends do

    c.   having the belief that drug use is unhealthy
    d.   wanting to go to the gym

ANS: B   PTS: 1

17. Both the Health Belief Model and the Theory of Planned Behavior include which component?
    a.   perceived behavioral control   c.   subjective norms
    b.   susceptibility   d.   genetics and family history

ANS: A   PTS: 1

18. A free nutrition education program for pregnant woman is an example of which of the following?
    a.   a health risk assessment   c.   social wellness
    b.   a subjective norm   d.   health promotion

ANS: D   PTS: 1

19. How can employee wellness programs and health promotion activities benefit corporations?
    a.   by allowing employees to spend more time with their families
    b.   by reducing the amount companies have to pay employees
    c.   by reducing overall costs to the company
    d.   by reducing the number of employees needed

ANS: C   PTS: 1

20. Which of the following is an example of a good employee health promotion program?
    a.   requiring all employees to lose 5% of their body weight
    b.   offering a small gift certificate to employees who participate in a lunchtime walking group
        at work
    c.   prohibiting employees from bringing junk food to work
    d.   offering a cash bonus to the employee who can lose 5 lbs the quickest

ANS: B   PTS: 1

21. Which of the following is a first step toward wellness?
    a.   exercising five times a week
    b.   working on your social health
    c.   developing a positive attitude toward health and wellness
    d.   adapting principles from the medical model

ANS: C   PTS: 1

22. The sum of knowledge, beliefs, attitudes, and values that give you reason to practice a wellness
    behavior is an example of which of the following?
    a.   a wellness motive   c.   a health indicator
    b.   health promotion   d.   emotional health

ANS: A   PTS: 1

23. Which of the following is one of the most important steps in making a health change?
    a.   making a change completely on your own without the support of others
    b.   choosing a health behavior that doesn't sound very appealing to you
    c.   trying to make the change as quickly as possible
    d.   establishing goals to keep you focused

ANS: D   PTS: 1

24. You plan to become more physically healthy by eating more nutritional foods. Which of the following will help you achieve success toward your goal?
    a. trying a new diet that you saw advertised on TV
    b. making the goal very broad and general
    c. keeping a food log and evaluating it at the end of the week
    d. trying not to eat out with your friends as much

    ANS: C   PTS: 1

25. According to research, which of the following is true about wellness behaviors?
    a. People who eat breakfast have a higher risk of premature death.
    b. People who sleep 7–8 hours a night are usually healthier than those people who sleep less.
    c. Life expectancy is not influenced by regular exercise.
    d. Drinking heavily has been shown to reduce stress.

    ANS: B   PTS: 1

26. Why is tobacco use such a concern for U.S. public health officials?
    a. Cigarette companies are gaining more and more freedom in advertising.
    b. More people smoke tobacco in the United States compared to any other country.
    c. Tobacco use is becoming more common among those 70 years old and older.
    d. Tobacco use is the most preventable cause of disease and death in the United States.

    ANS: D   PTS: 1

27. One of the focus areas of *Health People 2010* is to increase the number of households in the United States who have Internet access. Why is this a health concern?
    a. Improving Internet access may help to improve access to health information and health literacy.
    b. Information on the Internet is more accurate than print information.
    c. Improving Internet access would help drug companies to advertise their products.
    d. Most doctors today require making an appointment online instead of over the phone.

    ANS: A   PTS: 1

28. Why is it important to focus on diabetes and diabetes information in the United States?
    a. Those with diabetes have a life expectancy of only 21 years.
    b. Diabetes is 100% curable.
    c. Diabetes is difficult to diagnose.
    d. Many people with diabetes have not been educated about how to manage the disease.

    ANS: D   PTS: 1

29. Which of the following describes domains of wellness?
    a. They are the same as dimensions of health.
    c. They influence all dimensions of health.
    b. They are a list of risky behaviors.
    d. They do not include social health.

    ANS: C   PTS: 1

30. Trying to avoid drinking and driving is an example of which of the following types of wellness?
    a. personal wellness
    c. spiritual wellness
    b. emotional wellness
    d. social wellness

    ANS: A   PTS: 1

SHORT ANSWER

1. What is the major difference between public health and the "medical model"?

   ANS:
   Public health focuses on prevention. The medical model focuses on treatment after the person has already become sick.

   PTS: 1

2. Describe three of the health indicators that our nation needs to focus on to improve health and quality of life.

   ANS:
   Answers can include mental health, immunizations, injury and violence, environmental quality, substance abuse, obesity, tobacco, etc.

   PTS: 1

MATCHING

Match the correct domain of wellness with the behavior that can improve that domain.
   a. Learning something new
   b. Making an effort to get along with others, even though you may not like them
   c. Looking for ways to conserve resources, such as walking instead of driving
   d. Avoiding risky behaviors such as unprotected sex
   e. Taking time to reflect on your life's purpose and goals
   f. Participating in a volunteer program
   g. Visiting an international festival
   h. Opening up to people and communicating about hurt feelings
   i. Treating yourself to junk food once and a while

1. social wellness
2. personal wellness
3. environmental wellness
4. cultural wellness
5. spiritual wellness
6. emotional wellness
7. intellectual wellness
8. community wellness

1. ANS: B   PTS: 1
2. ANS: D   PTS: 1
3. ANS: C   PTS: 1
4. ANS: G   PTS: 1
5. ANS: E   PTS: 1
6. ANS: H   PTS: 1
7. ANS: A   PTS: 1
8. ANS: F   PTS: 1