c1

Student: _____

1. Good health is a means to attain what ultimate goal?
A. the highest possible quality of life
B. a multicultural approach to wellness
C. freedom from disease
D. greater control over lifestyle decisions

2. Which of the following is considered a social determinant of health?
A. heredity
B. employment status
C. your values
D. the physical environment

3. Which of the following best demonstrates an ecological model of health and wellness?
A. seeking a natural balance between your own life forces and those in your environment
B. being aware of hereditary risks and avoiding unhealthy environments and behaviors
C. going to the doctor whenever you suspect an illness
D. seeking nontraditional medical treatments

4. One of the hallmarks of community health promotion is its emphasis on improving
A. common health-related resources.
B. privately-funded wellness programs.
C. taxpayer-funded health initiatives.
D. the regulation of hospitals and clinics.

5. Which of the following best illustrates a public health measure?
A. upgrading the local hospital's dialysis equipment
B. preventing the spread of disease-carrying insects
C. medical schools competing for research grants
D. promoting a new surgical technique

6. The aspect of personal health that is most within your control is
A. genetic inheritance.
B. human biology.
C. environment.
D. lifestyle.

7. What is the major goal of primary disease-prevention efforts?
A. Detect diseases before they become symptomatic.
B. Treat a person for particular problems associated with a disease.
C. Find a cure for prevalent diseases.
D. Inhibit the development of diseases.

8. According to the ecological model of health and wellness, which of the following is a factor in a person's natural physical environment?
A. air quality
B. sanitation systems
C. access to health care services
D. housing

9. In 2010 approximately _____ percent of the U.S. population were members of racial or ethnic minority groups.
A. 15
B. 28
C. 35
D. 41

10. In general, what can American ethnic minority populations expect concerning their health, as compared to the general population?
A. lower lifestyle risk factors
B. equal health benefits from medical advances
C. higher rates of cancer, infant mortality, and alcoholism
D. decreased exposure to carcinogens

11. Adam's sister lectures him daily about the threat his smoking poses to his health. She argues that, if he quits, he would improve both his health and his athletic performance. Adam knows his sister is right, but according to the Stages of Change Model, he will actually quit smoking when he reaches the
A. precontemplation stage.
B. contemplation stage.
C. preparation stage.
D. action stage.

12. The Stages of Change Model of health behavior change emphasizes that
A. change happens as a process.
B. people change only when faced with an illness.
C. change occurs only when the environment supports it.
D. changes are more effective when based on personal perceptions.

13. Mackenzie has resolved to start exercising three times a week when her membership at a local gym begins in two weeks. In which stage of change in the Transtheoretical Model is Mackenzie operating?
A. contemplation
B. preparation
C. precontemplation
D. action
E. maintenance

14. In which stage of change in the Transtheoretical Model does an individual intend to change a specific health behavior within the next six months?
A. preparation
B. contemplation
C. maintenance
D. precontemplation
E. action

15. Which of the following statements best illustrates a sense of self-efficacy?
A. I can do it.
B. I can't do it.
C. I must do it.
D. I should do it.

16. Which of the following best illustrates a SMART goal?
A. I will get more exercise in the new year.
B. I will avoid situations where I am tempted to eat junk food.
C. I will make smart health choices in each major life activity.
D. I will eat my meals on time and limit myself to one snack daily.

17. Which of the following best illustrates an action step?
A. Working out will help me lose weight.
B. Beginning next week, I will work out three days a week.
C. My workouts will involve weight-lifting.
D. I hope to start working out every day.

18. The purpose of making a clinical study *double-blind* is to
A. reduce researcher bias.
B. guarantee the results.
C. disguise the study's sponsors.
D. make the results depend on the outcomes of other studies.

19. Which of the following statements is true concerning medical research studies?
A. Subjects are not randomly assigned to either a treatment group or control group.
B. To be considered reliable results, the same results must be obtained by no other researchers conducting the same study.
C. Researchers assign participants to either a treatment group or control group in order of when the participants register for the study.
D. Clinical studies attempt to establish cause-and-effect relationships.

20. Of the following, the best type of website on which to research health issues is one that is sponsored by
A. a commercial health organization.
B. a nonprofit political organization.
C. an educational institution.
D. an individual.

21. Which of the following statements about health risks is FALSE?
A. By definition, a health risk involves the probability or likelihood of an event occurring.
B. A health risk is the probability of exposure to a hazard that can result in negative consequences.
C. All health risks can be avoided.
D. Health risks include factors such as age, gender, family history, income, and education.

22. The basic definition of health literacy refers to one's ability to
A. navigate the health care system successfully.
B. obtain and use health information.
C. describe symptoms to a doctor.
D. achieve maximum wellness.

23. Which of the following is NOT a specific national health objective of *Healthy People 2020*?
A. Eliminate preventable disease, disability, injury, and premature death.
B. Create social and physical environments that promote good health for all.
C. Achieve health equity, eliminate disparities, and improve the health of all groups.
D. Focus on promoting health for older individuals.

24. *Healthy People 2020* places increased emphasis on "health determinants," which
A. target and measure important public health issues.
B. include both social and environmental determinants.
C. are based on scientific studies.
D. are defined as a person's internal sense of control.

25. What is the purpose of creating a family health tree?
A. to discover your personal health risks and strengths
B. to identify environmental factors that influence your health
C. to illustrate patterns of lifestyle habits in your family
D. to estimate your life expectancy

26. Which of the following statements is true regarding family health trees?
A. Basic information for each relative in the family health tree includes date of birth, major diseases, age, and cause of death.
B. Results from genetic testing are required to create a family health tree.
C. Lifestyle habit information should not be included.
D. A family health tree traces a family's origin.

27. What information found in a family health tree indicates that a disease might have a genetic link?
A. presence of a disease in family members with poor health habits
B. onset of a disease at a late age
C. appearance of a disease in one family member
D. a family member with multiple cancers

28. Which of the following statements about cells and genes is FALSE?
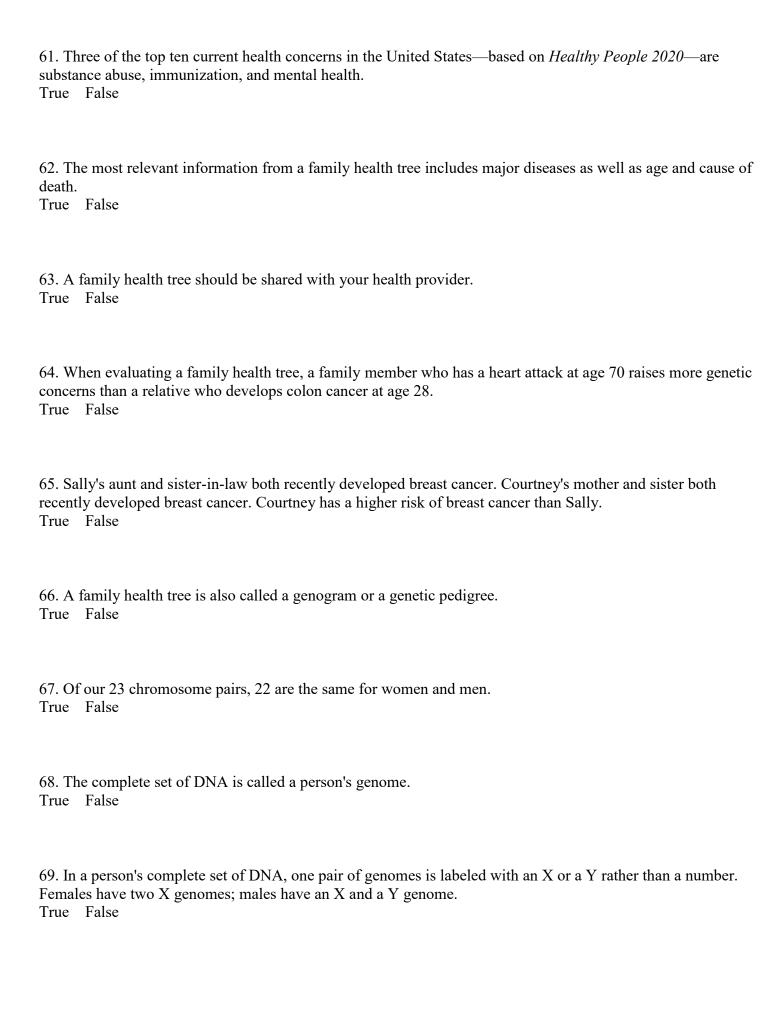A. The sequencing of bases within a gene is of little significance.
B. Each cell contains 23 pairs of chromosomes.
C. Our bodies are made up of about 260 different types of cells.
D. Each chromosome contains from hundreds to thousands of genes.

29. Deoxyribonucleic acid, or DNA, includes which of the following?
A. a triple helix
B. proteins
C. a nucleus
D. four bases

30. When a change occurs in a gene, it is called
A. a recessive gene.
B. an allele.
C. a mutation.
D. a chromosomal disorder.

31. Alternative forms of the same gene are called
A. recessive genes.
B. alleles.
C. mutations.
D. chromosomes.

32. Genetic disorders caused by multiple genes interacting with the environment are called
A. polygenic.
B. autosomal.
C. ecological.
D. multifactorial.

33. Heart disease is an example of a multifactorial illness. Which of the following does NOT support this statement?
A. Both smoking tobacco and having high blood pressure increase the risk for heart disease.
B. First-degree relatives have a six-fold increase in their risk for heart disease.
C. Genetic screening and information may lead an individual to modify his or her environmental risk factors to prevent the disease from developing.
D. Random error in the formation of ovum or sperm causes heart disease.

34. Health is conceptualized as having several domains, such as physical, mental, social, and spiritual domains.
True   False

35. Individual choice is the only factor governing a person's ability to live a healthy lifestyle.
True   False

36. The terms *disease prevention* and *health promotion* mean the same thing.
True   False

37. Factors such as income level, available health care services, and literacy are examples of social determinants of health.
True   False

38. The ecological model of health and wellness focuses exclusively on environmental factors as health determinants.
True   False

39. In the United States, poor health outcomes are associated with environmental pollution, low educational attainment, and poverty.
True   False

40. Ethnicity is synonymous with race.
True   False

41. Cultural values have little influence on health.
True   False

42. The terms *ethnicity* and *race* can be used interchangeably.
True   False

43. Advances in medical technology, lifestyle improvements, and environmental protection have produced significant and equal health benefits for most American ethnic populations.
True   False

44. Although Alzheimer's "ranks" as the 6th leading cause of death overall for Americans, it is "outranked" by 10 other causes for African Americans and Hispanic/Latino populations.
True   False

45. The Stages of Change Model emphasizes that change happens not as a one-time event, but as a process.
True   False

46. Adam is in the contemplation stage of the Transtheoretical Model when he decides that he will stop drinking alcohol at the beginning of next month.
True   False

47. In the maintenance stage of the Transtheoretical Model for health behavior change, a new behavior has been in place for a minimum of two years.
True   False

48. For some types of behaviors, the maintenance stage of the Stages of Change Model can be an ongoing, lifelong process.
True   False

49. Activities such as developing social support systems and establishing goals and rewards help people to move through stages in the Stages of Change Model.
True   False

50. A successful behavior change plan will include strategies for dealing with potential barriers to change.
True   False

51. For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.
True   False

52. Behavior change contracts are among the most effective tools for change.
True   False

53. When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.
True   False

54. One of the most important factors influencing health behavior change is commitment to change.
True   False

55. In assessing your health risks, it is important to ignore any emotional reaction you may experience.
True   False

56. A key difference between the Health Belief Model and the Stages of Change Model for understanding individual health behavior change is that the Health Belief Model acknowledges the role of perception, while the Stages of Change Model does not.
True   False

57. Arturo, an 18-year-old male, is more likely to die from an unintentional injury than heart disease.
True   False

58. The slogan "healthy people in healthy communities" accurately expresses the general goals of *Healthy People 2020*.
True   False

59. *Healthy People 2020* includes a focus on health determinants.
True   False

60. Scientists typically consider the results of a single study to be conclusive and definitive.
True   False

61. Three of the top ten current health concerns in the United States—based on *Healthy People 2020*—are substance abuse, immunization, and mental health.
True   False

62. The most relevant information from a family health tree includes major diseases as well as age and cause of death.
True   False

63. A family health tree should be shared with your health provider.
True   False

64. When evaluating a family health tree, a family member who has a heart attack at age 70 raises more genetic concerns than a relative who develops colon cancer at age 28.
True   False

65. Sally's aunt and sister-in-law both recently developed breast cancer. Courtney's mother and sister both recently developed breast cancer. Courtney has a higher risk of breast cancer than Sally.
True   False

66. A family health tree is also called a genogram or a genetic pedigree.
True   False

67. Of our 23 chromosome pairs, 22 are the same for women and men.
True   False

68. The complete set of DNA is called a person's genome.
True   False

69. In a person's complete set of DNA, one pair of genomes is labeled with an X or a Y rather than a number. Females have two X genomes; males have an X and a Y genome.
True   False

70. Genetic mutations can be beneficial or harmful—or neither—to one's health.
True   False

71. If an individual receives a faulty, mutated copy of a gene from his or her mother, that person will most likely acquire a genetic disorder.
True   False

72. Most genetic disorders are caused by single-gene mutations.
True   False

73. Genetics cannot distinguish one race of people from another.
True   False

74. Multifactorial disorders are those caused by the interaction of both environmental and genetic factors.
True   False

75. The term _____ is generally defined as the process of adopting patterns of behavior that can lead to improved health and life satisfaction.

76. Your health is affected by your _____ physical environment (including schools, sanitation, and transportation) and your natural physical environment (such as air and water quality).

77. The WHO defined _____ in 1947 as a state of complete physical, mental, and social well-being.

78. The dimensions of wellness include the physical, the emotional, the intellectual, the spiritual, the interpersonal or social, the environmental, and the _____.

79. The _____ model of health and wellness addresses the interrelationships between individuals and their environment.

80. External environmental conditions that can be altered by social and health policies and programs are known as the social _____ of health.

81. The sense of identity that individuals draw from a common ancestry, as well as a common national, religion, tribal, language, or cultural origin, is referred to as _____.

82. The text uses the term _____ to mean a shared pattern of values, beliefs, language, and customs within a group.

83. The more accurate way to view race is as a(n) _____ category, rather than a biological one.

84. Most ethnic and racial minority populations in the U.S. have significantly higher _____ risk factors such as high-fat diets, lack of exercise, and more exposure to environmental toxins.

85. The _____ People Initiative sets national health objectives aimed at improving the quality of life for all Americans.

86. In the Transtheoretical Model, a person in the _____ stage intends to change a specific health behavior within the next six months.

87. In the Transtheoretical Model, a sixth stage called _____ occurs when the new behavior is firmly entrenched in a person's lifestyle.

88. The term _____ refers to an internal state in which a person feels competent to perform a task.

89. Signing a(n) _____ change contract is one of the most effective strategies for change.

90. According to the Health Belief Model, health behaviors are influenced by four classes of factors, including _____ barriers to taking action.

91. Using the Health Belief Model to understand why a woman might attempt to quit smoking, we would consider how she sees her susceptibility, or _____ for problems related to smoking.

92. The process of change is more like a(n) _____ than a linear progression.

93. An illustration of an individual's family genetic history is commonly referred to as a(n) _____.

94. The series of four bases arranged to form a distinct message, located at a precise point along a chromosome, is called a(n) _____.

95. The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called _____ (DNA).

96. The two chains that DNA consists of are joined in a(n) _____ structure.

97. Of our 23 _____ pairs, 22 are the same for men and women.

98. Females have two _____ chromosomes; males have only one.

99. Changes that occur during the process of parents passing genes to their children are called _____.

100. A single-gene _____, such as whether earlobes are detached or attached, is determined by either a dominant or a recessive gene.

101. A health condition caused by interactions among one or more genes and the environment is called a(n) _____.

102. A mutated gene that is not expressed when paired with a healthy gene is called _____.

103. The study and practice of health promotion and disease prevention at the population level
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

104. Actions taken to protect individuals from specific diseases
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

105. Activities directed toward bettering the health of the public
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

106. The process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

107. Actions designed to maintain a current healthy state or to advance to a more desirable state
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

108. Expressed only when both copies of the inherited gene are the same
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

109. Process in which genes turn on or off to regulate the specialization of cells in your body
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

110. Caused by interactions among one or more genes and the environment
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

111. Gene that is expressed and determines a trait
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

112. Change, in a gene, in which a letter is left out, an incorrect letter is inserted, or a series of letters is left out, duplicated, or reversed

A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

c1 Key

1. *(p. 3)* Good health is a means to attain what ultimate goal?
A. the highest possible quality of life
B. a multicultural approach to wellness
C. freedom from disease
D. greater control over lifestyle decisions

Blooms Taxonomy: Knowledge
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #1
Topic Area: Personal Health in Context

2. *(p. 4)* Which of the following is considered a social determinant of health?
A. heredity
B. employment status
C. your values
D. the physical environment

Blooms Taxonomy: Knowledge
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #2
Topic Area: Personal Health in Context

3. *(p. 3)* Which of the following best demonstrates an ecological model of health and wellness?
A. seeking a natural balance between your own life forces and those in your environment
B. being aware of hereditary risks and avoiding unhealthy environments and behaviors
C. going to the doctor whenever you suspect an illness
D. seeking nontraditional medical treatments

Blooms Taxonomy: Comprehension
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #3
Topic Area: Personal Health in Context

4. *(p. 15-16)* One of the hallmarks of community health promotion is its emphasis on improving
A. common health-related resources.
B. privately-funded wellness programs.
C. taxpayer-funded health initiatives.
D. the regulation of hospitals and clinics.

Blooms Taxonomy: Knowledge
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #4
Topic Area: Self and Lifestyle Choices

5. *(p. 15)* Which of the following best illustrates a public health measure?
A. upgrading the local hospital's dialysis equipment
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C. medical schools competing for research grants
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Blooms Taxonomy: Application
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #5
Topic Area: Self and Lifestyle Choices

6. *(p. 10)* The aspect of personal health that is most within your control is
A. genetic inheritance.
B. human biology.
C. environment.
D. lifestyle.

Blooms Taxonomy: Knowledge
Learning Objective: Discuss helpful strategies for health-related behavior change.
Teague - Chapter 01 #6
Topic Area: Self and Lifestyle Choices

7. *(p. 15)* What is the major goal of primary disease-prevention efforts?
A. Detect diseases before they become symptomatic.
B. Treat a person for particular problems associated with a disease.
C. Find a cure for prevalent diseases.
D. Inhibit the development of diseases.

Blooms Taxonomy: Comprehension
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #7
Topic Area: Self and Lifestyle Choices

8. *(p. 4)* According to the ecological model of health and wellness, which of the following is a factor in a person's natural physical environment?

A. air quality
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C. access to health care services
D. housing

9. *(p. 18)* In 2010 approximately _____ percent of the U.S. population were members of racial or ethnic minority groups.

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10. *(p. 19)* In general, what can American ethnic minority populations expect concerning their health, as compared to the general population?

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A. navigate the health care system successfully.
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C. describe symptoms to a doctor.
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23. *(p. 17)* Which of the following is NOT a specific national health objective of *Healthy People 2020*?
A. Eliminate preventable disease, disability, injury, and premature death.
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B. include both social and environmental determinants.
C. are based on scientific studies.
D. are defined as a person's internal sense of control.

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A. to discover your personal health risks and strengths
B. to identify environmental factors that influence your health
C. to illustrate patterns of lifestyle habits in your family
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26. *(p. 8)* Which of the following statements is true regarding family health trees?
A. Basic information for each relative in the family health tree includes date of birth, major diseases, age, and cause of death.
B. Results from genetic testing are required to create a family health tree.
C. Lifestyle habit information should not be included.
D. A family health tree traces a family's origin.

27. *(p. 9)* What information found in a family health tree indicates that a disease might have a genetic link?
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B. onset of a disease at a late age
C. appearance of a disease in one family member
D. a family member with multiple cancers

28. *(p. 5)* Which of the following statements about cells and genes is FALSE?
A. The sequencing of bases within a gene is of little significance.
B. Each cell contains 23 pairs of chromosomes.
C. Our bodies are made up of about 260 different types of cells.
D. Each chromosome contains from hundreds to thousands of genes.

29. *(p. 5)* Deoxyribonucleic acid, or DNA, includes which of the following?
A. a triple helix
B. proteins
C. a nucleus
D. four bases

30. *(p. 6)* When a change occurs in a gene, it is called
A. a recessive gene.
B. an allele.
C. a mutation.
D. a chromosomal disorder.

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A. recessive genes.
B. alleles.
C. mutations.
D. chromosomes.

32. *(p. 7)* Genetic disorders caused by multiple genes interacting with the environment are called
A. polygenic.
B. autosomal.
C. ecological.
D. multifactorial.

33. *(p. 7)* Heart disease is an example of a multifactorial illness. Which of the following does NOT support this statement?
A. Both smoking tobacco and having high blood pressure increase the risk for heart disease.
B. First-degree relatives have a six-fold increase in their risk for heart disease.
C. Genetic screening and information may lead an individual to modify his or her environmental risk factors to prevent the disease from developing.
D. Random error in the formation of ovum or sperm causes heart disease.

34. *(p. 2)* Health is conceptualized as having several domains, such as physical, mental, social, and spiritual domains.
TRUE

35. *(p. 3)* Individual choice is the only factor governing a person's ability to live a healthy lifestyle.
FALSE

36. *(p. 15)* The terms *disease prevention* and *health promotion* mean the same thing.
FALSE

37. *(p. 4)* Factors such as income level, available health care services, and literacy are examples of social determinants of health.
TRUE

38. *(p. 3)* The ecological model of health and wellness focuses exclusively on environmental factors as health determinants.
FALSE

39. *(p. 4)* In the United States, poor health outcomes are associated with environmental pollution, low educational attainment, and poverty.
TRUE

40. *(p. 19)* Ethnicity is synonymous with race.
FALSE

41. *(p. 9, 19)* Cultural values have little influence on health.
FALSE

42. *(p. 19)* The terms *ethnicity* and *race* can be used interchangeably.
FALSE

43. *(p. 19)* Advances in medical technology, lifestyle improvements, and environmental protection have produced significant and equal health benefits for most American ethnic populations.
FALSE

44. *(p. 20)* Although Alzheimer's "ranks" as the 6th leading cause of death overall for Americans, it is "outranked" by 10 other causes for African Americans and Hispanic/Latino populations.
TRUE

45. *(p. 11)* The Stages of Change Model emphasizes that change happens not as a one-time event, but as a process.
TRUE

46. *(p. 11)* Adam is in the contemplation stage of the Transtheoretical Model when he decides that he will stop drinking alcohol at the beginning of next month.
FALSE

47. *(p. 11)* In the maintenance stage of the Transtheoretical Model for health behavior change, a new behavior has been in place for a minimum of two years.
FALSE

48. *(p. 11)* For some types of behaviors, the maintenance stage of the Stages of Change Model can be an ongoing, lifelong process.
TRUE

49. *(p. 11-12)* Activities such as developing social support systems and establishing goals and rewards help people to move through stages in the Stages of Change Model.
TRUE

50. *(p. 12)* A successful behavior change plan will include strategies for dealing with potential barriers to change.
TRUE

51. *(p. 11, 13)* For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.
FALSE

52. *(p. 13)* Behavior change contracts are among the most effective tools for change.
TRUE

53. *(p. 13)* When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.
FALSE

54. *(p. 12-13)* One of the most important factors influencing health behavior change is commitment to change.
TRUE

55. *(p. 13-14)* In assessing your health risks, it is important to ignore any emotional reaction you may experience.
FALSE

56. *(p. 10-11)* A key difference between the Health Belief Model and the Stages of Change Model for understanding individual health behavior change is that the Health Belief Model acknowledges the role of perception, while the Stages of Change Model does not.
FALSE

57. *(p. 20)* Arturo, an 18-year-old male, is more likely to die from an unintentional injury than heart disease.
TRUE

58. *(p. 17)* The slogan "healthy people in healthy communities" accurately expresses the general goals of *Healthy People 2020*.
TRUE

59. *(p. 17)* *Healthy People 2020* includes a focus on health determinants.
TRUE

60. *(p. 14)* Scientists typically consider the results of a single study to be conclusive and definitive.
FALSE

61. *(p. 17)* Three of the top ten current health concerns in the United States—based on *Healthy People 2020*—are substance abuse, immunization, and mental health.
TRUE

62. *(p. 8)* The most relevant information from a family health tree includes major diseases as well as age and cause of death.
TRUE

63. *(p. 9)* A family health tree should be shared with your health provider.
TRUE

64. *(p. 9)* When evaluating a family health tree, a family member who has a heart attack at age 70 raises more genetic concerns than a relative who develops colon cancer at age 28.
FALSE

Blooms Taxonomy: Application
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #64
Topic Area: Self and Family: Heredity and Family Health History

65. *(p. 9)* Sally's aunt and sister-in-law both recently developed breast cancer. Courtney's mother and sister both recently developed breast cancer. Courtney has a higher risk of breast cancer than Sally.
TRUE

Blooms Taxonomy: Application
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #65
Topic Area: Self and Family: Heredity and Family Health History

66. *(p. 7)* A family health tree is also called a genogram or a genetic pedigree.
TRUE

Blooms Taxonomy: Knowledge
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #66
Topic Area: Self and Family: Heredity and Family Health History

67. *(p. 5)* Of our 23 chromosome pairs, 22 are the same for women and men.
TRUE

Blooms Taxonomy: Knowledge
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #67
Topic Area: Self and Family: Heredity and Family Health History

68. *(p. 5)* The complete set of DNA is called a person's genome.
TRUE

Blooms Taxonomy: Knowledge
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #68
Topic Area: Self and Family: Heredity and Family Health History

69. *(p. 5)* In a person's complete set of DNA, one pair of genomes is labeled with an X or a Y rather than a number. Females have two X genomes; males have an X and a Y genome.
FALSE

70. *(p. 6)* Genetic mutations can be beneficial or harmful—or neither—to one's health.
TRUE

71. *(p. 6)* If an individual receives a faulty, mutated copy of a gene from his or her mother, that person will most likely acquire a genetic disorder.
FALSE

72. *(p. 7)* Most genetic disorders are caused by single-gene mutations.
FALSE

73. *(p. 19)* Genetics cannot distinguish one race of people from another.
TRUE

74. *(p. 7)* Multifactorial disorders are those caused by the interaction of both environmental and genetic factors.
TRUE

75. *(p. 2)* The term _____ is generally defined as the process of adopting patterns of behavior that can lead to improved health and life satisfaction.

wellness

76. *(p. 4)* Your health is affected by your _____ physical environment (including schools, sanitation, and transportation) and your natural physical environment (such as air and water quality).

built

77. *(p. 2)* The WHO defined _____ in 1947 as a state of complete physical, mental, and social well-being.

health

78. *(p. 2)* The dimensions of wellness include the physical, the emotional, the intellectual, the spiritual, the interpersonal or social, the environmental, and the _____.

occupational

79. *(p. 3)* The _____ model of health and wellness addresses the interrelationships between individuals and their environment.

ecological

80. *(p. 4)* External environmental conditions that can be altered by social and health policies and programs are known as the social _____ of health.

determinants

81. *(p. 19)* The sense of identity that individuals draw from a common ancestry, as well as a common national, religion, tribal, language, or cultural origin, is referred to as _____.

ethnicity

82. *(p. 19)* The text uses the term _____ to mean a shared pattern of values, beliefs, language, and customs within a group.

culture

83. *(p. 19)* The more accurate way to view race is as a(n) _____ category, rather than a biological one.

social

84. *(p. 19)* Most ethnic and racial minority populations in the U.S. have significantly higher _____ risk factors such as high-fat diets, lack of exercise, and more exposure to environmental toxins.

lifestyle

85. *(p. 17)* The _____ People Initiative sets national health objectives aimed at improving the quality of life for all Americans.

Healthy

86. *(p. 11)* In the Transtheoretical Model, a person in the _____ stage intends to change a specific health behavior within the next six months.

contemplation

87. *(p. 11)* In the Transtheoretical Model, a sixth stage called _____ occurs when the new behavior is firmly entrenched in a person's lifestyle.

termination

88. *(p. 11)* The term _____ refers to an internal state in which a person feels competent to perform a task.

self-efficacy

89. *(p. 12-13)* Signing a(n) _____ change contract is one of the most effective strategies for change.

behavior

90. *(p. 10)* According to the Health Belief Model, health behaviors are influenced by four classes of factors, including _____ barriers to taking action.

perceived

91. *(p. 10)* Using the Health Belief Model to understand why a woman might attempt to quit smoking, we would consider how she sees her susceptibility, or _____ for problems related to smoking.

risk

92. *(p. 11)* The process of change is more like a(n) _____ than a linear progression.

spiral

93. *(p. 7)* An illustration of an individual's family genetic history is commonly referred to as a(n) _____.

family health tree

94. *(p. 5)* The series of four bases arranged to form a distinct message, located at a precise point along a chromosome, is called a(n) _____.

gene

95. *(p. 5)* The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called _____ (DNA).

deoxyribonucleic acid

96. *(p. 5)* The two chains that DNA consists of are joined in a(n) _____ structure.

double helix

97. *(p. 5)* Of our 23 _____ pairs, 22 are the same for men and women.

chromosome

98. *(p. 5)* Females have two _____ chromosomes; males have only one.

X

99. *(p. 6)* Changes that occur during the process of parents passing genes to their children are called _____.

mutations

100. *(p. 6)* A single-gene _____, such as whether earlobes are detached or attached, is determined by either a dominant or a recessive gene.

trait

101. *(p. 7)* A health condition caused by interactions among one or more genes and the environment is called a(n) _____.

multifactorial disorder

102. *(p. 6)* A mutated gene that is not expressed when paired with a healthy gene is called _____.

recessive

103. *(p. 15)* The study and practice of health promotion and disease prevention at the population level
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

104. *(p. 15)* Actions taken to protect individuals from specific diseases
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

105. *(p. 15)* Activities directed toward bettering the health of the public
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

106. *(p. 2)* The process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

Blooms Taxonomy: Knowledge
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #106
Topic Area: Personal Health in Context

107. *(p. 15)* Actions designed to maintain a current healthy state or to advance to a more desirable state
A. Wellness
B. Public health
C. Disease prevention
D. Health promotion
E. Community health

Blooms Taxonomy: Knowledge
Learning Objective: Demonstrate a basic understanding of common health terminology.
Teague - Chapter 01 #107
Topic Area: Self and Lifestyle Choices

108. *(p. 6)* Expressed only when both copies of the inherited gene are the same
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

Blooms Taxonomy: Comprehension
Learning Objective: Explain how factors such as family health history or genetics can influence a persons patterns of health and illness.
Teague - Chapter 01 #108
Topic Area: Self and Family: Heredity and Family Health History

109. *(p. 5-6)* Process in which genes turn on or off to regulate the specialization of cells in your body
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

110. *(p. 7)* Caused by interactions among one or more genes and the environment
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

111. *(p. 6)* Gene that is expressed and determines a trait
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

112. *(p. 6)* Change, in a gene, in which a letter is left out, an incorrect letter is inserted, or a series of letters is left out, duplicated, or reversed
A. Recessive allele
B. Dominant allele
C. Mutifactorial disorder
D. Mutation
E. Differentiation

c1 Summary

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