

Chapter 01 Self, Family, and Community

Multiple Choice Questions

1. (p. 2) Which of the following describes the process in which one adopts patterns of behavior that lead to greater life satisfaction?

- A.** wellness
- B. health
- C. social determination
- D. self-efficacy

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: 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

Bloom's Taxonomy: Remember

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Topic: Personal Health in Context

3. (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
- B. sanitation systems
- C. access to health care services
- D. housing

Bloom's Taxonomy: Remember

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Topic: Personal Health in Context

Chapter 01 - Self, Family, and Community

4. (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

Bloom's Taxonomy: Understand

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Topic: Personal Health in Context

5. (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.

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

7. (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.

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

Chapter 01 - Self, Family, and Community

8. (p. 6) Alternative forms of the same gene are called

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

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

9. (p. 6-7) Genetic disorders caused by multiple genes interacting with the environment are called

- A. polygenic.
- B. autosomal.
- C. ecological.
- D. multifactorial.**

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

10. (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.**

Bloom's Taxonomy: Apply

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

Chapter 01 - Self, Family, and Community

11. (p. 8, 10) What is the main 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

Bloom's Taxonomy: Understand

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

12. (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.

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

13. (p. 10) 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

Bloom's Taxonomy: Understand

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

14. (p. 10) 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.

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

16. (p. 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.

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

17. (p. 11) Mackenzie resolves 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

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

18. (p. 11) 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. precontemplation
- D. action

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

19. (p. 11) 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.

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

Chapter 01 - Self, Family, and Community

20. (p. 12) Which of the following best illustrates a SMART goal?
- A. I will get more exercise in the new year.
 - B. I will avoid situations in which 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.**

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

21. (p. 12) 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.

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

22. (p. 13) The basic definition of *health literacy* refers to one's ability to
- A. navigate the health care system successfully.
 - B. obtain and successfully use health information.**
 - C. describe symptoms to a doctor.
 - D. achieve maximum wellness.

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

23. (p. 13) 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.

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

24. (p. 14) 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.

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

25. (p. 13) 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.**

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

Chapter 01 - Self, Family, and Community

26. (p. 14) 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.

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

27. (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.

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Self and Lifestyle Choices

28. (p. 15) 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

Bloom's Taxonomy: Apply

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

Chapter 01 - Self, Family, and Community

29. (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.**

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

30. (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.
- 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.**

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

31. (p. 17) *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.

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

32. (p. 18) 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

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

33. (p. 19) 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

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

True / False Questions

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

35. (p. 2-3) Individual choice is the only factor governing a person's ability to live a healthy lifestyle.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

Topic: Personal Health in Context

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

TRUE

Bloom's Taxonomy: Remember

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Topic: Self and Family: Heredity and Family Health History

41. (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

Bloom's Taxonomy: Remember

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Topic: Self and Family: Heredity and Family Health History

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

TRUE

Bloom's Taxonomy: Understand

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Topic: Self and Family: Heredity and Family Health History

43. (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

Bloom's Taxonomy: Apply

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

44. (p. 7) Most genetic disorders are caused by single-gene mutations.

FALSE

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

46. (p. 8) A family health tree is also called a genogram or a genetic pedigree.

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

48. (p. 10) A pattern of illness on your family tree means that you will most likely be affected by that disease and should seek genetic counseling.

FALSE

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

49. (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

Bloom's Taxonomy: Apply

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

50. (p. 8) Sally's mother was diagnosed with Alzheimer's disease at age 50. Courtney's grandmother was diagnosed with Alzheimer's disease at age 82. Sally's mother's disease is more likely to have a genetic component.

TRUE

Bloom's Taxonomy: Apply

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

51. (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

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

53. (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

Bloom's Taxonomy: Apply

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

54. (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

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

56. (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

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

58. (p. 11-12) For a person to change a behavior successfully, he or she does not need to have a perceived sense of self-efficacy.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

59. (p. 12) Behavior change contracts are among the most effective tools for change.

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

60. (p. 12) When implementing a behavior change plan that involves a long-term health goal, you should strictly avoid setting and rewarding interim goals.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

61. (p. 11-12) One of the most important factors influencing health behavior change is commitment to change.

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

62. (p. 13) In assessing your health risks, it is important to ignore any emotional reaction you may experience.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

63. (p. 13-14) Scientists typically consider the results of a single study to be conclusive and definitive.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

FALSE

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

65. (p. 17) The slogan "a society in which all people live long, healthy lives" accurately expresses the general goals of *Healthy People 2020*.

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

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

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

67. (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

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

68. (p. 19) Race should be considered a social construct, not a biological reality.

TRUE

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

69. (p. 18) Cultural values have little influence on health.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

70. (p. 18) The terms *ethnicity* and *race* can be used interchangeably.

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

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

FALSE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

72. (p. 18) Genetics cannot distinguish one race of people from another.

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

73. (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

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

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

TRUE

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

Short Answer Questions

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

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

health

Bloom's Taxonomy: Understand

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

occupational

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

Chapter 01 - Self, Family, and Community

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

ecological

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

79. (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

Bloom's Taxonomy: Understand

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

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

Bloom's Taxonomy: Remember

Learning Objective: Demonstrate a basic understanding of common health terminology.

Topic: Personal Health in Context

81. (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

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

Chapter 01 - Self, Family, and Community

82. (p. 5) The tightly-coiled molecule within the nucleus of a cell that contains an entire set of genetic instructions is called deoxyribonucleic acid, or _____.

DNA

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

83. (p. 5) The two chains that DNA consists of are joined in a double _____ structure.

helix

Bloom's Taxonomy: Remember

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Topic: Self and Family: Heredity and Family Health History

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

chromosome

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

X

Bloom's Taxonomy: Remember

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Topic: Self and Family: Heredity and Family Health History

Chapter 01 - Self, Family, and Community

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

mutations

Bloom's Taxonomy: Understand

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

trait

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

recessive

Bloom's Taxonomy: Understand

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

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

multifactorial

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

Chapter 01 - Self, Family, and Community

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

tree

Bloom's Taxonomy: Remember

Learning Objective: Explain how factors such as family health history or genetics can influence a person's patterns of health and illness.

Topic: Self and Family: Heredity and Family Health History

91. (p. 10) The _____ Model of behavior change uses the constructs of perceived susceptibility, seriousness of consequences, benefits of action, and barriers to action.

Health Belief

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

92. (p. 10) The Transtheoretical Model is also referred to as the _____ Model.

Stages of Change

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

spiral

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

Chapter 01 - Self, Family, and Community

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

contemplation

Bloom's Taxonomy: Understand

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

termination

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

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

self-efficacy

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

97. (p. 12) Signing a(n) _____ change contract is one of the most effective strategies for change.

behavior

Bloom's Taxonomy: Remember

Learning Objective: Discuss helpful strategies for health-related behavior change.

Topic: Self and Lifestyle Choices

Chapter 01 - Self, Family, and Community

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

Healthy

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Self and Community

99. (p. 18) The sense of identity that individuals draw from a common ancestry, as well as a common national, religious, tribal, language, or cultural origin, is referred to as _____.

ethnicity

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

100. (p. 18) The text uses the term _____ to mean a shared pattern of values, beliefs, language, and customs within a group.

culture

Bloom's Taxonomy: Understand

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

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

social

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society

Chapter 01 - Self, Family, and Community

102. (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

Bloom's Taxonomy: Remember

Learning Objective: Discuss health issues and concerns in a diverse and multicultural society.

Topic: Health in a Diverse Society