|  |
| --- |
| **True / False** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. ​The lack of education has been linked with poor physical health and relatively early death.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Our health is static and therefore, does not depend on the decisions we make or behaviors we practice every day.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 3. Life expectancy at birth in the United States has decreased to an all-time low for both men and women.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 4. ​The Americans experiencing the greatest health deficits and losing the most years to illness, disability, and premature death are middle-aged and older adults.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 5. ​In the American College Health Association’s National College Health Assessment survey, about 38.6 percent of undergraduates had BMIs indicating they were overweight or obese.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 6. Perceptions of social norms are often accurate.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 7. Between 40 and 80 percent of those who try to kick bad health habits lapse back into their unhealthy ways within six weeks.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 8. ​Individuals who are externally motivated may engage in an activity like exercise to gain a reward or avoid a negative consequence.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 9. People usually only cycle through the stages of change once when trying to change a behavior.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 10. ​Individuals with an internal locus of control believe that their actions will make a difference in their health.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- |
| **Multiple Choice** |

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| 11. Which term refers to discovering, using, and protecting all the resources within our bodies, minds, spirits, families, communities, and environment?   |  |  |  | | --- | --- | --- | |  | a. | ​protection | |  | b. | ​prevention | |  | c. | ​health | |  | d. | ​wellness | |  | e. | ​holistic |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. Women are 70 percent more likely than men to suffer from \_\_\_\_ over the course of their lifetimes.   |  |  |  | | --- | --- | --- | |  | a. | ​dementia | |  | b. | ​liver disease | |  | c. | ​lung disease | |  | d. | ​depression | |  | e. | ​substance abuse |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. To ensure optimal \_\_\_\_ health, we must feed our bodies nutritiously, exercise them regularly, avoid harmful behaviors and substances, watch for early signs of sickness, and protect ourselves from accidents.   |  |  |  | | --- | --- | --- | |  | a. | physical | |  | b. | psychological | |  | c. | social | |  | d. | ​intellectual | |  | e. | ​environmental |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 14. ​Which dimension of health encompasses our emotional and mental states?   |  |  |  | | --- | --- | --- | |  | a. | ​psychological | |  | b. | environmental | |  | c. | occupational and financial​ | |  | d. | ​social | |  | e. | ​physical |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 15. ​Identifying one’s own purpose in life, and enjoying love, joy, and peace are aspects of \_\_\_\_ health.   |  |  |  | | --- | --- | --- | |  | a. | ​physical | |  | b. | ​psychological | |  | c. | intellectual​ | |  | d. | ​social | |  | e. | ​spiritual |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 16. Health educators define \_\_\_\_ as “any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living conducive to the health of individuals, groups, or communities.”   |  |  |  | | --- | --- | --- | |  | a. | ​total | |  | b. | ​environmental | |  | c. | ​holistic | |  | d. | ​social | |  | e. | ​global |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 17. Which dimension of health refers to an individual’s ability to think and learn from life experience, openness to new ideas, and capacity to question and evaluate information?   |  |  |  | | --- | --- | --- | |  | a. | ​occupation and financial | |  | b. | ​intellectual | |  | c. | environmental​ | |  | d. | ​spiritual | |  | e. | ​social |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 18. Women are more likely than men to not smoke and \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | have a healthy BMI | |  | b. | wear a seatbelt | |  | c. | ​get sufficient amounts of physical activity | |  | d. | ​have a normal body fat percentage | |  | e. | ​eat a healthy diet |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 19. An overarching goal of *Healthy People 2020* is to \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | reduce the incidence of prediabetes and diabetes​ | |  | b. | ​promote healthy development and healthy behaviors across every stage of life | |  | c. | prevent inappropriate weight gain in older adults | |  | d. | ​reduce the misuse of illegal drugs | |  | e. | ​decrease the proportion of adolescents who smoke |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 20. Which dimension of health refers to the impact your world has on your well-being?   |  |  |  | | --- | --- | --- | |  | a. | ​environmental | |  | b. | spiritual​ | |  | c. | ​intellectual | |  | d. | ​social | |  | e. | ​occupational |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 21. The average HALE for Americans is about \_\_\_\_ years.   |  |  |  | | --- | --- | --- | |  | a. | 55 | |  | b. | ​59 | |  | c. | 63 | |  | d. | ​68 | |  | e. | ​74 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 22. Cancer has surpassed heart disease as the leading cause of death among \_\_\_\_ in the United States, with an overall prevalence rate of 4 percent.   |  |  |  | | --- | --- | --- | |  | a. | ​Hispanics | |  | b. | ​Pacific Islanders | |  | c. | Native Americans | |  | d. | Caucasians | |  | e. | ​African Americans |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 23. Overall, \_\_\_\_ are more likely to develop cancer than persons of any other racial or ethnic group.   |  |  |  | | --- | --- | --- | |  | a. | ​Native Americans | |  | b. | ​African Americans | |  | c. | ​Native Hawaiians | |  | d. | ​Asian Americans | |  | e. | ​Caucasians |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 24. Caucasians are prone to PKU, cystic fibrosis, skin cancer, and \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​dementia | |  | b. | depression | |  | c. | ​osteoporosis | |  | d. | hypertension | |  | e. | ​diabetes |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 25. Which variables most likely have the greatest impact on how our bodies function, life expectancy, and the symptoms, course, and treatment of the diseases that strike us?   |  |  |  | | --- | --- | --- | |  | a. | ​nutrition and exercise | |  | b. | ​genetics and environment | |  | c. | ​race and weight status | |  | d. | ​wealth and social status | |  | e. | ​sex and gender |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 26. Many college students have several risk factors for heart disease, including high blood pressure and \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​osteoporosis | |  | b. | ​kidney disease | |  | c. | ​diabetes | |  | d. | high cholesterol | |  | e. | ​high triglycerides |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 27. What is the best weapon against cancer and heart disease?   |  |  |  | | --- | --- | --- | |  | a. | ​vaccination | |  | b. | ​treatment | |  | c. | ​prevention | |  | d. | ​protection | |  | e. | ​medication |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 28. Approximately \_\_\_\_ percent of the deaths in the 15- to 24-year-old age range are men.   |  |  |  | | --- | --- | --- | |  | a. | 45 | |  | b. | ​55 | |  | c. | 65 | |  | d. | ​75 | |  | e. | 85 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 29. Which behavior increases the likelihood of other risky behaviors, such as smoking cigarettes, using drugs, and having multiple sexual partners?   |  |  |  | | --- | --- | --- | |  | a. | regular physical activity | |  | b. | heavy drinking | |  | c. | using marijuana | |  | d. | binge eating | |  | e. | drinking caffeinated beverages |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. A teenager decides to wait until he is married to have sex because he believes it is the right thing to do. This type of \_\_\_\_ factor will most likely influence his behavior.   |  |  |  | | --- | --- | --- | |  | a. | ​environmental | |  | b. | ​reinforcing | |  | c. | ​predisposing | |  | d. | ​enabling | |  | e. | ​spiritual |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 31. Which term describes the belief that individuals may pay a very high price if they do not make a change?   |  |  |  | | --- | --- | --- | |  | a. | ​accessibility | |  | b. | stability | |  | c. | ​advocacy | |  | d. | ​susceptibility | |  | e. | ​severity |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 32. James has access to a health club in his neighborhood. This type of \_\_\_\_ factor will most likely influence his behavior.   |  |  |  | | --- | --- | --- | |  | a. | ​predisposing | |  | b. | ​enabling | |  | c. | ​reinforcing | |  | d. | ​exclusivity | |  | e. | ​adaptability |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. A second grade teacher gives gold stars to her students who score high on reading tests. This type of \_\_\_\_ factor will most likely influence their behavior.   |  |  |  | | --- | --- | --- | |  | a. | ​reinforcing | |  | b. | ​enabling | |  | c. | ​resiliency | |  | d. | ​predisposing | |  | e. | ​subjective |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 34. Readiness to act on health beliefs, in the \_\_\_\_ model, depends on how vulnerable individuals feel, how severe they perceive the danger to be, the benefits they expect to gain, and the barriers they think they will encounter.   |  |  |  | | --- | --- | --- | |  | a. | ​enabling | |  | b. | ​reinforcement | |  | c. | ​self-efficacy | |  | d. | ​health belief | |  | e. | ​transtheoretical |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 35. In the \_\_\_\_ stage of change, you may alternate between wanting to take action and resisting it.   |  |  |  | | --- | --- | --- | |  | a. | ​precontemplation | |  | b. | relapse​ | |  | c. | preparation | |  | d. | action​ | |  | e. | contemplation |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 36. Brenda decided to start an exercise program next week and recently joined a nearby gym. Which stage of change has she reached?   |  |  |  | | --- | --- | --- | |  | a. | ​contemplation | |  | b. | ​preparation | |  | c. | ​action | |  | d. | ​maintenance | |  | e. | ​relapse |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 37. Which belief does an individual have if they acknowledge that they are at risk for the negative consequences of their behavior?   |  |  |  | | --- | --- | --- | |  | a. | ​severity | |  | b. | ​benefits | |  | c. | ​reinforcement | |  | d. | ​susceptibility | |  | e. | ​physical |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 38. Which term describes the belief that a proposed change will be advantageous to an individual's health?   |  |  |  | | --- | --- | --- | |  | a. | ​benefits | |  | b. | ​enabling | |  | c. | ​reinforcement | |  | d. | ​susceptibility | |  | e. | ​severity |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 39. If you are actively modifying your behavior according to your plan, you are in the \_\_\_\_ stage of change.   |  |  |  | | --- | --- | --- | |  | a. | ​contemplation | |  | b. | ​preparation | |  | c. | ​action | |  | d. | ​maintenance | |  | e. | ​termination |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. In the \_\_\_\_ stage of change, you strengthen, enhance, and extend the changes you’ve initiated.   |  |  |  | | --- | --- | --- | |  | a. | ​contemplation | |  | b. | ​maintenance | |  | c. | ​preparation | |  | d. | ​action | |  | e. | ​precontemplation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 41. In the \_\_\_\_ stage of change, you have no intention of making a change.   |  |  |  | | --- | --- | --- | |  | a. | ​contemplation | |  | b. | ​maintenance | |  | c. | ​relapse | |  | d. | ​self-reevaluation | |  | e. | ​precontemplation |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 42. Which change process is the most widely used, and involves increasing knowledge about yourself or the nature of your problem?   |  |  |  | | --- | --- | --- | |  | a. | ​rewards | |  | b. | ​consciousness-raising | |  | c. | ​emotional arousal | |  | d. | ​self-reevaluation | |  | e. | countering​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 43. Which change process requires thoughtful reappraisal of your problem, including an assessment of the person you might be once you have changed the behavior?   |  |  |  | | --- | --- | --- | |  | a. | ​contemplation | |  | b. | ​consciousness-raising | |  | c. | ​social liberation | |  | d. | ​self-reevaluation | |  | e. | ​environmental control |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 44. Resolving never to text while driving after the death of a friend in a car accident is an example of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​social liberation | |  | b. | ​self-reevaluation | |  | c. | ​emotional arousal | |  | d. | ​countering | |  | e. | ​commitment |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 45. Which process of change involves taking advantage of alternatives in the external environment that can help you begin or continue your efforts to change?   |  |  |  | | --- | --- | --- | |  | a. | ​social liberation | |  | b. | ​consciousness-raising | |  | c. | ​emotional arousal | |  | d. | ​self-reevaluation | |  | e. | ​commitment |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 46. Joining Alcoholics Anonymous for help with a drinking problem is an example of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​commitment | |  | b. | ​social liberation | |  | c. | ​emotional arousal | |  | d. | ​helping relationships | |  | e. | ​environmental control |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 47. Sheila buys herself a new dress after losing 12 pounds. This is an example of which process of change?​   |  |  |  | | --- | --- | --- | |  | a. | ​emotional arousal | |  | b. | ​consciousness-raising | |  | c. | ​self-reevaluation | |  | d. | ​rewards | |  | e. | ​social liberation |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 48. Chewing gum rather than smoking is an example of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​environmental control | |  | b. | ​countering | |  | c. | ​emotional arousal | |  | d. | ​action | |  | e. | ​consciousness-raising |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Which change process may include getting rid of your stash of cigarettes?   |  |  |  | | --- | --- | --- | |  | a. | ​self-reevaluation | |  | b. | ​rewards | |  | c. | ​environmental control | |  | d. | ​commitment | |  | e. | ​countering |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 50. Exercising with a personal trainer is an example of \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | ​environmental control | |  | b. | ​emotional arousal | |  | c. | ​countering | |  | d. | commitment | |  | e. | ​helping relationships |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| **Matching** |

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| *Match each item with the most appropriate description.*   |  |  | | --- | --- | | a. | ​health | | b. | ​health belief model | | c. | ​locus of control | | d. | ​osteoporosis | | e. | ​prevention | | f. | ​protection | | g. | ​self-determination theory | | h. | ​self-efficacy | | i. | ​social norm | | j. | ​transtheoretical model | |

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| 51. ​a behavior or an attitude that a particular group expects, values, and enforces   |  |  | | --- | --- | | *ANSWER:* | i | |

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| 52. ​an individual’s belief about the sources of power and influence over his or her life   |  |  | | --- | --- | | *ANSWER:* | c | |

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| 53. ​a model of behavioral change that focuses on an individual’s decision making, and states that an individual progresses through a sequence of six stages as he or she makes a change in behavior   |  |  | | --- | --- | | *ANSWER:* | j | |

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| 54. ​measures that an individual can take when participating in risky behavior to prevent injury or unwanted risks   |  |  | | --- | --- | | *ANSWER:* | f | |

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| 55. belief in one’s ability to accomplish a goal or change a behavior   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 56. ​a model of behavioral change that focuses on an individual’s attitudes and beliefs   |  |  | | --- | --- | | *ANSWER:* | b | |

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| 57. ​progressive weakening of bone tissue   |  |  | | --- | --- | | *ANSWER:* | d | |

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| 58. ​information and support offered to help healthy people identify their health risks, reduce stressors, prevent potential medical problems, and enhance their well-being   |  |  | | --- | --- | | *ANSWER:* | e | |

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| 59. ​focuses on whether an individual lacks motivation, is externally motivated, or is intrinsically motivated   |  |  | | --- | --- | | *ANSWER:* | g | |

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| 60. ​a state of complete well-being, including physical, psychological, spiritual, social, intellectual, and environmental dimensions   |  |  | | --- | --- | | *ANSWER:* | a | |

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| **Completion** |

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| 61. ​The World Health Organization defines \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as “not merely the absence of disease or infirmity” but “a state of complete physical, mental, and social well-being.”   |  |  | | --- | --- | | *ANSWER:* | health​ | |

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| 62. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health is defined.   |  |  | | --- | --- | | *ANSWER:* | Wellness | |

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| 63. Examples on campus of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* may include establishing smoke-free policies for all college buildings, residences, and dining areas; prohibiting tobacco advertising and sponsorship of campus social events; ensuring safety at parties; and enforcing alcohol laws and policies*.*   |  |  | | --- | --- | | *ANSWER:* | health promotion | |

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| 64. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health refers to the ability to interact efficiently with other people and the social environment, to develop satisfying interpersonal relationships, and to fulfill social roles.   |  |  | | --- | --- | | *ANSWER:* | Social | |

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| 65. ​Every decade since 1980, the U.S. Department of Health and Human Services (HHS) has published a comprehensive set of national public health objectives as part of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Initiative.  ​   |  |  | | --- | --- | | *ANSWER:* | Healthy People  healthy people | |

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| 66. ​Americans who are members of racial and ethnic groups are (more/less) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likely than whites to suffer disease and disability.   |  |  | | --- | --- | | *ANSWER:* | more | |

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| 67. Applying the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model, you submit to strict discipline to correct a problem.   |  |  | | --- | --- | | *ANSWER:* | ​  enlightenment | |

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| 68. Genetic variations, environmental influences, and specific health behaviors contribute to healthy disparities, but  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may be a more significant factor.   |  |  | | --- | --- | | *ANSWER:* | ​poverty | |

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| 69. Measures that an individual can take when participating in risky behavior to prevent injury or unwanted risks is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | *ANSWER:* | protection | |

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| 70. Two percent of college-age women already have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a bone-weakening disease.   |  |  | | --- | --- | | *ANSWER:* | osteoporosis | |

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| 71. A recent analysis of community college students identified four types of undergraduates: dreamers, drifters, passengers, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | *ANSWER:* | planners | |

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| 72. Psychologists use the term social \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to refer to a behavior or an attitude that a particular group expects, values, and enforces.   |  |  | | --- | --- | | *ANSWER:* | norm | |

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| 73. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* factors include knowledge, attitudes, beliefs, values, and perceptions.   |  |  | | --- | --- | | *ANSWER:* | Predisposing | |

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| 74. Researchers report that people are most likely to change health behavior if they hold three beliefs, including susceptibility, severity, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | *ANSWER:* | benefits | |

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| 75. The skills, resources, and physical and mental capabilities that shape our behavior are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors.   |  |  | | --- | --- | | *ANSWER:* | enabling | |

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| 76. Rewards, encouragement, and recognition that influence our behavior in the short run are known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors.   |  |  | | --- | --- | | *ANSWER:* | reinforcing | |

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| 77. Psychologists developed the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model about 50 years ago to explain and predict health behaviors by focusing on the attitudes and beliefs of individuals.   |  |  | | --- | --- | | *ANSWER:* | health belief | |

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| 78. ​The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ model has become the foundation of programs for smoking cessation, exercise, healthy food choices, alcohol cessation, weight control, condom use, drug use cessation, mammography screening, and stress management.  ​   |  |  | | --- | --- | | *ANSWER:* | transtheoretical | |

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| 79. The belief in one’s ability to accomplish a goal or change a behavior is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | *ANSWER:* | self-efficacy  self efficacy | |

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| 80. If you believe that external forces or factors play a greater role in your health, your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is external.   |  |  | | --- | --- | | *ANSWER:* | locus of control | |

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| **Essay** |

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| 81. What are the dimensions of health? How can each dimension be maintained?   |  |  | | --- | --- | | *ANSWER:* | 1. Physical: eat nutritious food, exercise regularly, practice illness and accident prevention, and avoid harmful behaviors and substances.  2. Psychological: develop awareness and acceptance of a wide range of feelings in oneself and others, express emotions appropriately, function independently, and develop coping mechanisms for stress.  3. Spiritual: identify own basic purpose in life, learn how to experience love, joy, peace, and fulfillment, and devotion to others’ needs.  4. Social: participate and contribute to community, live in harmony with others, develop positive interdependent relationships, and practice healthy sexual behaviors.  5. Intellectual: increase ability to think and learn from life experience, be open to new ideas, and increase capacity to question and evaluate all types of information.  6. Environmental: protect yourself from dangers in the air, water, and soil, as well as in products used and working to preserve the environment itself.  7. Occupational and Financial: contribute your unique talents and skills to work that is rewarding in many ways—intellectually, emotionally, creatively, financially, choose and prepare for a career that is consistent with your personal values and beliefs, and learn how to manage your money and your time. | |

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| 82. Give five examples of specific new recommendations that have been added to the national health agenda for 2020.   |  |  | | --- | --- | | *ANSWER:* | 1. Nutrition and weight status: prevent inappropriate weight gain in youths and adults  2. Tobacco use: increase smoking-cessation success by adult smokers  3. Sexually transmitted infections: increase the proportion of adolescents who abstain from sexual intercourse or use condoms if sexually active  4. Substance abuse: reduce misuse of prescription drugs  5. Heart disease and stroke: increase overall cardiovascular health in the U.S. population  6. Injury and violence prevention: reduce sports and recreation injuries | |

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| 83. ​A number of deaths and hospitalizations in the United States could be prevented by changes in six main risk factors. What are the risk factors?   |  |  | | --- | --- | | *ANSWER:* | 1. tobacco use  2. alcohol abuse  3. accidents  4. high blood pressure  5. obesity  6. gaps in screening and primary health care | |

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| 84. What are the three types of influences that shape behavior? Give an example of each type.   |  |  | | --- | --- | | *ANSWER:* | 1. predisposing factors: knowledge, attitudes, beliefs, values, and perceptions  2. enabling factors: skills, resources, accessible facilities, physical and mental capabilities  3. reinforcing factors: praise, rewards, encouragement, and recognition for meeting a goal | |

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| 85. What are the key components of the transtheoretical model? Briefly explain each component.   |  |  | | --- | --- | | *ANSWER:* | 1. stages of change: a sequence of steps involved in making a change  2. processes of change: cognitive and behavioral activities that facilitate change  3. self-efficacy and locus of control: the confidence people have in their ability to cope with challenge | |