

# CHAPTER 1

REVIEW - TEST MONDAY 1/22

# Review will be on the wiki

[chswebbhealth.pbworks.com](https://chswebbhealth.pbworks.com)

## TRUE OR FALSE

People of the same age who share similar interests and same body types are referred to as peers.

# ANSWER

False - A similar body type does not make someone your peer.

# TRUE OR FALSE

Risk behaviors are actions that potentially harm your health or the health of others.

# ANSWER

True

# TRUE OR FALSE

The first step in becoming responsible for your health is to change behaviors and values that are health risks.

# ANSWER

False - Increase your awareness of risk behaviors in your life.



# TRUE OR FALSE

An example of cumulative risk is eating many high-fat meals and smoking.

# ANSWER

TRUE

# TRUE OR FALSE

Abstinence is best described as avoiding illegal behaviors.

# ANSWER

FALSE - Abstinence is just not avoiding illegal behaviors. It is avoiding harmful behaviors.

# TRUE OR FALSE

Environment includes the places you go and the physical conditions in which you live.

# ANSWER

TRUE

# TRUE OR FALSE

Your physical health involves your ability to make and keep friends.

# ANSWER

FALSE - Social Health



# TRUE OR FALSE

People with good mental/emotional health see mistakes as personal defects.

# ANSWER

FALSE

# TRUE OR FALSE

All changes along the health continuum occur gradually.

# ANSWER

FALSE - gradually and suddenly

# TRUE OR FALSE

Choosing friends who share your values will help you withstand peer pressure to do things you don't want to do.

# ANSWER

TRUE

# TRUE OR FALSE

Becoming health literate requires understanding of medical background and terms.

# ANSWER

FALSE



# TRUE OR FALSE

Studies have shown that as people become more educated, the health of the population improves.

# ANSWER

TRUE

# TRUE OR FALSE

Food, holidays, religion, tradition and language are all components of culture.

# ANSWER

TRUE

# TRUE OR FALSE

Longevity refers to how long a person lives.

# ANSWER

TRUE

# TRUE OR FALSE

Heredity influences traits such as eye color, but it does not play a part in your overall health.

# ANSWER

FALSE - Your heredity does play a factor in your overall health.



# Your personal behavior

- A. Is not influenced by the environment.
- B. Can affect your friends and family.
- C. Is dictated by your heredity.
- D. Has consequences for you only.

# ANSWER

B. Can affect your friends and family.

## A health-literate individual

- A. Understands basic health information and services, and uses these sources to promote health and wellness.
- B. Puts their own health before any other consideration, such as family.
- C. Believes that serious disease only strikes the elderly and those with poor nutrition.
- D. Believes only what they want to believe about health.

# ANSWER

- A. Understands basic health information and services, and uses these sources to promote health and wellness.

# Being healthy

- A. Is an absolute state.
- B. Means you will never be sick.
- C. Means striving to be the best you can be at any given time.
- D. Is the same as being physically well.

# ANSWER

C. Means striving to be the best you can be at any given time.

Which of the following best describes the health triangle?

- A. When two sides of the triangle are strong, the third will take care of itself.
- B. It is best to focus on only your strongest area of the triangle.
- C. To be truly healthy, all three sides need to be in balance.
- D. The triangle has two sides that are more important to overall health than the other.

# ANSWER

C. To be truly healthy, all three sides need to be in balance.



# What influence on your health can not be changed?

- A. Your environment.
- B. Technology.
- C. Your values.
- D. Your heredity.

# ANSWER

D. Your Heredity

“Dynamic nature” of our health means that

- A. It is constantly changing.
- B. We have little control over it
- C. It changes very slowly
- D. It is largely due to heredity.

# ANSWER

A. It is constantly changing

## The three parts to the health triangle are

- A. Relationships, physical exercise and stress management.
- B. Heredity, lifestyle factors and nutrition.
- C. Physical, mental/emotional and social health.
- D. Risk behavior, prevention and environment

# ANSWER

C. Physical, Mental/Emotional, and social health.

Which of the following is NOT a lifestyle factor?

- A. Smoking cigarettes
- B. Being born with poor eyesight
- C. Having many friends
- D. Walking to school.

# ANSWER

B. Being born with poor eyesight



## Abstinence can lead to

- A. Getting a sexually transmitted disease
- B. An addiction to drugs or alcohol
- C. An unplanned/unwanted pregnancy.
- D. A lower risk for disease.

# ANSWER

D. A lower risk for disease

Which of the following is an INCORRECT statement if you are in physical health?

- A. You are able to resist diseases.
- B. You can cope with everyday stresses and challenges.
- C. You are able to protect yourself from injury.
- D. You do not have the energy to perform daily tasks.

# ANSWER

D. You do not have the energy to perform daily tasks.

# VOCAB

Avoiding harmful behaviors

# Answer

Abstinence

# VOCAB

The collective beliefs, customs, and behaviors of a group.

# ANSWER

Culture



# VOCAB

The various methods of communicating information.

# ANSWER

Media

# VOCAB

The nationwide health promotion and disease prevention plan.

# ANSWER

Healthy People 2010

# VOCAB

Combination of physical, mental, and social well being.

# ANSWER

Health

# VOCAB

Related risks that increase with each added risk.

# ANSWER

Cumulative Risks



# VOCAB

A person's capability to learn about and understand basic health information and services and use them to promote their health and wellness.

# ANSWER

Health Literacy

# VOCAB

An overall state of well- being.

# ANSWER

Wellness

# VOCAB

People of the same age who share similar interests.

# ANSWER

Peers

# VOCAB

All the traits that were biologically passed down to you.

# ANSWER

Heredity



# VOCAB

The sum of your surroundings.

# ANSWER

Environment

# VOCAB

Practicing health and safety habits to prevent disease and injury.

# ANSWER

Prevention

# VOCAB

Actions that can threaten your health and the health of others.

# ANSWER

Risk behaviors

# VOCAB

Providing accurate health information to help people make healthy choices.

# ANSWER

Health Education