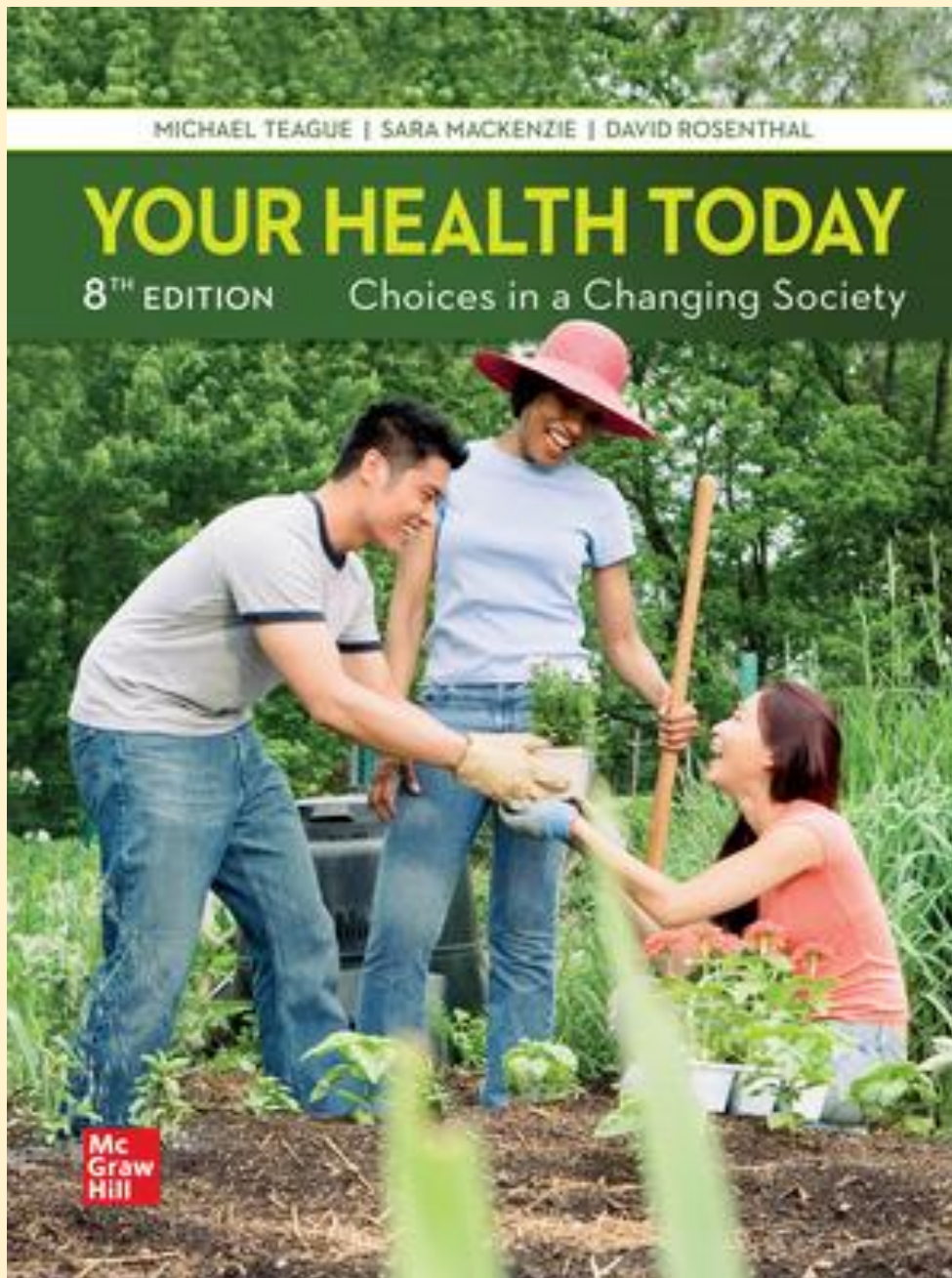


# TEST BANK & SOLUTION MANUAL



*Test Bank & Solution Manual for Your Health Today  
Choices in a Changing Society 8th Edition by  
Michael Teague, Sara Mackenzie, David Rosenthal*

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## Chapter 1: Self, Family, & Community

A(n) \_\_\_\_\_ is a unit of heredity that consists of a sequence of DNA on a chromosome

Gene

Besides basic information, what additional data might be useful for a family health tree?

Disabilities, reproductive problems, and mental health disorders

The discipline that focuses on the health of the masses in contrast to the health of individuals is known as \_\_\_\_\_ health.

Public

Gene mutations are important because they...

Allow for human diversity

How should people treat relapse in the stages of Change model?

As something that will probably happen

A person's sense of belonging or identity stemming from a common ancestry and a common national or cultural origin is defined as \_\_\_\_\_.

Ethnicity

The presence of disease in family members who have good health habits is more indicative of a(n) \_\_\_\_\_ cause than is disease in family members with poor health habits.

- A. Genetic
- B. Preventable
- C. Lifestyle
- D. Unknown

A

Public health efforts include both...

Health promotions and disease promotions

The socioecological model of health and wellness emphasizes the interrelationships between individuals and the environment. What are some of the environmental factors taken into consideration?

- A. The skills of the individual
- B. Community resources
- C. The built environment
- D. Relationships with other people

B, C, & D

Susan knows that changing her eating behavior will help her reduce her risk of obesity. According to the Health Belief Model, which class of factors does this fall into?

- A. Perceived benefits of specific action
- B. Perceived barriers to take action
- C. Perceived seriousness of consequences

D. Perceived susceptibility

A

To enjoy \_\_\_\_\_ health is to possess a set of building beliefs, principles, or values that give meaning and purpose to your life.

Spiritual

What are the dimensions of wellness?

Social, spiritual, environmental, physical, intellectual, emotional, etc

What is the abbreviation for the threadlike molecules that store the body's genetic instructions?

DNA

What is the term for statistical data about populations or groups of people?

Demographics

Whereas a person's physical traits to describe ethnic background is known as \_\_\_\_\_.

Race

Which if the following is an example of mutation that is neither biological nor harmful?

Eye color

Which of the following are elements of health literacy?

- A. The ability to understand health information
- B. The ability to understand medical instructions
- C. The ability to prescribe your own medication
- D. The ability to diagnose your own medical problems without research or consulting a doctor
- E. The ability to navigate the health care system

A, B, &E

Which of the following are examples of public health initiatives for disease prevention in contrast to health promotion?

- A. Community-sponsors 10k runs
- B. Food-safety campaigns
- C. Flu-shot campaigns
- D. Community potluck

B. & C.

Which of the following are factors that are associated with worse health outcomes in the U.S.?

Unemployment, poverty, and environmental pollution

Which of the following are goals of the Healthy People 2020 Initiative?

- A. To decrease the number of rivers and lakes for recreational activities

- B. To achieve healthy equity for all groups and individuals
- C. To promote the use of medication over the use of other forms of treatment
- D. To promote quality of life across every stage of life
- E. To eliminate preventable diseases

B, D, & E

Which of the following are included in the maintenance stage of the Stage of Changes Model?

- working to prevent yourself from falling into old habits
- engaging in the new behavior for atleast six months

Which of the following are indicative of someone being in the precontemplation stage of the Stages of Change Model?

- A. You intend to take action within 6 months
- B. You may not recognize you have a problem behavior
- C. You just want people to quit bothering you about changing your behavior
- D. You have no motivations to change behavior

B, C, & D

Which of the following belong to the action stage of th

...

Which of the following belong to the action stage of the Stages of Change Model?

- Avoiding triggers for unhealthy behavior