Foundations 1E UT Chapter 1

1. Which of the following scenarios describes a high school student as experiencing wellness?

a. Like other members of his family, Martin is very healthy and rarely even catches cold or gets the flu.

b. Janae exercises constantly and takes gymnastics, even though she has few friends outside the gym.

c. Walking to work after school keeps Frida fit and mentally alert, and it also enables her to think about schoolwork and her future plans.

d. Although Melvin eats too much and rarely exercises, he is fun to hang out with and has many friends.

Answer: \_\_\_\_\_

2. Managing your levels of stress is a(n) \_\_\_\_\_\_\_\_\_\_ determinant for your health.

a. lifestyle

b. social

c. environmental

d. individual

Answer: \_\_\_\_\_

3. Ricardo says vaping is unhealthy and has told his friends that he is quitting. However, he still vapes in secret on his own. Which stage of behavior change is Ricardo in?

a. stage 1

b. stage 2

c. stage 3

d. stage 4

Answer: \_\_\_\_\_

4. If Dinesh is to find the most reliable information about treating a rash, he should consult websites with which of the following domain names? **Select all that apply.**

a. .org

b. .gov

c. .com

d. .edu

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Teresa has learned to use refusal skills to make healthy decisions among her friends. Which of the following is an effective refusal skill?

a. Make eye contact.

b. State your feelings.

c. Restate what you are hearing.

d. Be assertive.

Answer: \_\_\_\_\_

6. White blood cells, which form a crucial defense against invading pathogens, are made in which part of the body?

a. heart

b. liver

c. lungs

d. bone marrow

Answer: \_\_\_\_\_

7. Following an intense week of study for a final exam in chemistry, Trae came down with the flu. What is the most likely explanation for Trae's illness?

a. His increased stress level released hormones that weakened his immune response.

b. He had caught the flu last year, and so he was more susceptible this year.

c. His long hours of studying made him more vulnerable to any pathogen.

d. He didn't get enough exercise for the week, which affected his immune system's ability to ward off pathogens.

Answer: \_\_\_\_\_

8. Cancer of the immune system is called

a. leukopenia

b. HIV

c. lymphoma

d. lupus

Answer: \_\_\_\_\_

9. Fungal infections give off poisonous substances called toxins.

a. True

b. False

Answer: \_\_\_\_\_

10. Gerald has a piano recital tomorrow night, and he is worried about catching a virus that is going around at his high school. While eating in the crowded lunch room, Gerald should do what to protect himself?

a. Wipe off the table before starting to eat.

b. Refrain from sharing any forks, spoons, or cups.

c. Sit at a table with close friends.

d. Eat only hot food.

Answer: \_\_\_\_\_

11. Ramón’s grandfather was diagnosed with arteriosclerosis at age 59. Which of the following is the best explanation for why this is such a common chronic disease?

a. A rteries can become clogged early in adulthood due to a poor diet and smoking.

b. Blood flow in the arteries varies according to family history and exercise habits.

c. Blood gets thicker as a person ages, and it pools more easily in the legs and feet.

d. Everyone’s arteries lose some flexibility and become hard and rigid with age.

Answer: \_\_\_\_\_

12. Which of the following is a sign of a heart attack?

a. discomfort or pain radiating in the arm or shoulder

b. balance issues and trouble walking properly

c. wheezing and gasping for breath

d. sudden blurred vision in one or both eyes

Answer: \_\_\_\_\_

13. Hygiene is the maintenance of

a. personal fitness

b. personal cleanliness

c. teeth and gums

d. bones and muscles

Answer: \_\_\_\_\_

14. Mitchell's acne seems to be getting worse by the day. Which of the following methods should he use to reduce or get rid of his acne?

a. He should sunbathe or use a tanning bed.

b. He should squeeze pimples as soon as they appear.

c. He should wash his face twice a day with gentle soap.

d. He should take long showers in very hot water.

Answer: \_\_\_\_\_

15. Yukio's parents are both nearsighted and wear eyeglasses. It is likely that Yukio will also experience vision problems.

a. True

b. False

Answer: \_\_\_\_\_

16. Rashida is struggling at school because she won't wear her new glasses, even though they help her see the chalkboard more clearly. How could Rashida's best friend help her overcome the negative effect of social norms about glasses?

a. Tell Rashida that teachers call on students with eyeglasses more often.

b. Warn Rashida that her friends are liable to make fun of how she looks in eyeglasses.

c. Remind Rashida that students with eyeglasses are viewed as nerds or know-it-alls.

d. Tell Rashida that her eyeglasses are cool and make her look more sophisticated.

Answer: \_\_\_\_\_

17. Since Byron was injured in a car wreck, he either cannot fall asleep at night or wakes up and cannot go back to sleep. Which common sleep problem does Byron have?

a. insomnia

b. nightmares

c. sleepwalking

d. sleep apnea

Answer: \_\_\_\_\_

18. Evaluate which of these bedtime routines is most effective.

a. Eddie sips ice tea and listens to heavy metal music right before bed.

b. Each night at the same time, Syreeta takes a bath and turns the thermostat down before getting in bed.

c. Whenever he feels sleepy, Hubert gets into bed and starts scrolling through his social media sites.

d. Right before bedtime, Tracy puts on earbuds and listens to her favorite bluegrass band while texting her boyfriend.

Answer: \_\_\_\_\_

19. Getting \_\_\_\_\_\_\_\_\_\_ during the day helps your biological clock and improves your sleep.

a. exercise

b. naps

c. vitamin A

d. natural light

Answer: \_\_\_\_\_

20. Learning how the major systems of the body work is an important self-care ability.

a. True

b. False

Answer: \_\_\_\_\_

21. While cleaning up a glass she broke in the kitchen, Tessa suffered a severe cut on her hand and was taken to a local emergency room. In checking Tessa's medical history, the nurse needs to know all of the following EXCEPT

a. any known allergies she has to medications

b. the name, dose, and reason for taking any medications in the last six months

c. the last time she had a skin laceration of any kind

d. all shots or vaccinations she has had

Answer: \_\_\_\_\_

22. Most people in the United States are covered by insurance plans through

a. the military

b. their employer

c. the state government

d. the federal government

Answer: \_\_\_\_\_

23. Your doctor hurried through her explanation of what medications you need and why. Which is the best way to communicate your concern and be assertive?

a. "I know you are busy, and I hate to take up your time, but could you maybe go over those medications one more time if it's not too much trouble?"

b. "I felt that your mind is not completely focused on my case when you spoke so fast in describing my medications. You need to do something different."

c. "I felt disrespected when you spoke so fast and breezed past my questions. You obviously don't care about me or any of your patients."

d. "I felt confused when you explained what medications I need because you were talking so fast. I need you to speak more slowly and give me a complete explanation."

Answer: \_\_\_\_\_

24. Which is the best description of health equity?

a. providing all people with opportunity and equal access to achieve good health and quality of life

b. providing all people with equal healthcare outcomes regardless of their age, ethnicity, income level, or medical condition

c. shifting resources to provide healthcare for lower income people, while requiring wealthier people to pay more for healthcare

d. delivering healthcare without regard to the different circumstances and challenges that people face

Answer: \_\_\_\_\_

25. Which of the following is a policy influence on health?

a. local health fairs and events that promote healthy lifestyles

b. dietary habits and practices based on ethnicity

c. city requirements that restaurants post dietary information on their menus

d. access to neighborhood grocery stores and produce markets

Answer: \_\_\_\_\_

26. Walter's cerebral palsy requires him to wear leg braces and use a walker. Which of the following would be a reasonable accommodation for Walter's high school to make for his condition?

a. a closed-caption device in each classroom

b. a button-controlled front entrance door

c. a 10-minute delay for the start of Walter's classes

d. a covered walkway from the parking lot to the school building

Answer: \_\_\_\_\_

27. Universal design began as an architectural concept that would benefit

a. people with physical disabilities

b. people with mental or emotional impairments

c. most people with physical or mental disabilities

d. all people

Answer: \_\_\_\_\_

28. One of the principles of universal design is to minimize the cost of facilities for the disabled.

a. True

b. False

Answer: \_\_\_\_\_

29. Which of the following is NOT a responsibility of public health services?

a. tracking rates of injury, illness, and disease in a community

b. enforcing laws related to food handling in restaurants

c. educating citizens about health and safety procedures

d. creating medications and conducting clinical trials for them

Answer: \_\_\_\_\_

30. The ways that family, friends, community, and society influence personal health is different for each person.

a. True

b. False

Answer: \_\_\_\_\_

31. Shaima's uncle is an epidemiologist for the state health department. What does her uncle do?

a. provides vaccinations and treatments for infectious diseases

b. researches and investigates patterns of infectious diseases

c. gathers and tracks data related to every phase of public health

d. researches microorganisms to develop drugs to fight infectious diseases

Answer: \_\_\_\_\_