

Study Guide for Final Exam

All items on your Final Exam are taken directly from this study guide. Page numbers refer to the printed textbook. If you are using the eBook, you can search for answers.

Chapter 1 Health in the 21st Century

1. Optimal **PHYSICAL** health physical health includes what 5 behaviors? (Page 3)
2. Briefly define each of the 7 dimensions of health and give an example of a behavior that would fall under each dimension. (Pages 3-4) **physical, intellectual, psychological, spiritual, social, environmental, and occupational**
3. What is the current life expectancy at birth in the U.S.? (Page 4) **78.8**
4. What is the leading cause of death in 15-24 year olds in the U.S? (Page 4) **accidents/unintentional injuries**
5. T or F: One of the *primary* goals of Healthy People 2020 is to achieve health equity for all. (Page 6) **T**
6. Chronic disease rates in the U.S. are lowest for which ethnic group? (Page 6) **Asian Americans**
7. T or F: Unhealthy eating habits and physical inactivity are common for college students.? (Page 7) **T**
8. What was most common health problem reported by students in a recent nationwide study? (Page 7) **allergies**
9. Define "Globesity" (Page 8) **low cost foods**
10. What does a person with health literacy have the ability to do? (Page 11) **obtain and understand basic health information and services in order to make appropriate decisions for care**
11. T or F: When looking for health information online, you should seek out sites with reputable professional accreditations. (Page 12) **T**
12. Define predisposing, enabling and reinforcing factors and give examples of each. (Page 13) **predisposing- physical, mental, emotional, or surrounding influence that affects the likelihood that a person will decide to change; enabling- skill, social support, or resource that makes it possible to succeed in changing a targeted behavior, reinforcing- influence that either rewards or opposes a change effort in progress.**
13. The theory that a person progresses through six stages of change before achieving sustained behavior change is known as the _____ model. (Page 14) **Transtheoretical model**
14. List and define each of the stages in the Stages of Change model. (Page 14)
15. What are *self-efficacy*-belief that you can make successful change and *locus of control*-person's belief about where the center of power lies in his or her life; internal or external? (Page 16)

Chapter 2 Psychological Health

1. Define Psychological health it's two components (*mental, emotional*) and six facets. (26) **broad dimension of health and wellness that encompasses both mental and**

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