

## **Chapter 1—An Invitation to Health and Wellness**

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### **MULTIPLE CHOICE**

1. Which of the following have an interconnectedness, according to Aboriginal health, as guided by holism?
- the mind and the spiritual world
  - the body, mind, and spirit
  - the individual and health care
  - the individual and the spiritual world

ANS: B                      PTS: 1                      DIF: 2                      REF: 4  
BLM: Remember

2. According to the First Nations Medicine Wheel, which four aspects of our lives should be in balance?
- physical, intellectual, emotional, social
  - psychological, mental, religious, social
  - psychological, mental, emotional, religious
  - physical, mental, emotional, spiritual

ANS: D                      PTS: 1                      DIF: 2                      REF: 4  
BLM: Remember

3. How does the World Health Organization define health?
- physical health accompanied by sound mental health
  - a state of complete physical, mental, and social well-being
  - having regular medical checkups
  - being sound in body, mind, and spirit

ANS: B                      PTS: 1                      DIF: 2                      REF: 4  
BLM: Remember

4. Which group of four elements is included in the Health Field Concept framework?
- health-care organizations, lifestyle, environment, human biology
  - lifestyle, health-care organizations, human biology, illness prevention
  - health promotion, human biology, lifestyle, health-care organizations
  - human biology, environment, health-care organizations, health promotion

ANS: A                      PTS: 1                      DIF: 2                      REF: 5  
BLM: Remember

5. Which term is defined as the process of enabling people to increase control over their health and improve it?
- wellness
  - intellectual health
  - holistic health
  - health promotion

ANS: D                      PTS: 1                      DIF: 2                      REF: 5  
BLM: Remember

6. Which three national health challenges were identified in the 1986 report titled *Achieving Health for All: A Framework for Health Promotion*?
- a. reducing inequities, increasing prevention effort, enhancing people's capacity to cope
  - b. increasing prevention effort, reducing disease rates, reducing inequities
  - c. enhancing people's capacity to cope, increasing prevention effort, reducing disease rates
  - d. reducing disease rates, reducing inequities, enhancing people's capacity to cope

ANS: A                      PTS: 1                      DIF: 2                      REF: 5  
BLM: Remember

7. In the *Achieving Health for All: A Framework for Health Promotion* report, which three mechanisms to health promotion were identified?
- a. healthy eating, supportive care, supportive environment
  - b. healthy environments, supportive care, healthy eating
  - c. healthy environments, self-care, mutual aid
  - d. supportive environments, self-care, mutual aid

ANS: C                      PTS: 1                      DIF: 2                      REF: 5  
BLM: Remember

8. Which three life domains were identified in the Quality of Life Model?
- a. beginning, belonging, and becoming
  - b. being, belonging, and becoming
  - c. being, belonging, and togetherness
  - d. belonging, becoming, and togetherness

ANS: B                      PTS: 1                      DIF: 2                      REF: 5-7  
BLM: Remember

9. What does the term "population health" refer to?
- a. predisposing factors concerning health in the Canadian population
  - b. population density and its impact on the health of Canadians
  - c. the accessibility of health care for Canadians
  - d. the social and economic forces that shape the health of Canadians

ANS: D                      PTS: 1                      DIF: 2                      REF: 5  
BLM: Remember

10. Which health model encourages the assessment of our behaviour, lifestyle, and environment?
- a. Precede-Proceed Model
  - b. Health Promotion Model
  - c. Public Health Model
  - d. Health Belief Model

ANS: A                      PTS: 1                      DIF: 2                      REF: 5-6  
BLM: Remember

11. Suppose that the local health unit has released a report on the number of people diagnosed with cancer in the region. Which type of study would this report be an example of?
- a. epidemiologic
  - b. epidemic
  - c. analytic
  - d. diagnostic

ANS: A                      PTS: 1                      DIF: 2                      REF: 8  
BLM: Higher order

12. Which best describes the term “wellness”?
- a. having a positive outlook
  - b. taking steps to prevent illness
  - c. being psychologically healthy
  - d. the absence of disease or infirmity

ANS: B                      PTS: 1                      DIF: 2                      REF: 9  
BLM: Remember

13. Which dimension of health is associated with enhancing personal relationships?
- a. psychological
  - b. emotional
  - c. social
  - d. spiritual

ANS: C                      PTS: 1                      DIF: 2                      REF: 10  
BLM: Higher order

14. Finding something you like to do while also having time to spend with your family and friends is reflected by which dimension of health?
- a. emotional
  - b. intellectual
  - c. social
  - d. occupational

ANS: D                      PTS: 1                      DIF: 2                      REF: 10  
BLM: Higher order

15. Which of the following is an essential component of spiritual wellness?
- a. experiencing love, joy, peace, and fulfillment
  - b. feeling excited about oneself and one’s life
  - c. attending a religious service on a weekly basis
  - d. actively seeking out new friendships

ANS: A                      PTS: 1                      DIF: 2                      REF: 10  
BLM: Remember

16. Which of the following is an essential step toward maintaining optimal physical wellness?
- a. taking an aspirin every day
  - b. regular aerobic activity
  - c. moderate alcohol consumption
  - d. counting calories

ANS: B                      PTS: 1                      DIF: 2                      REF: 11  
BLM: Higher order

17. Learning from our mistakes is an example of which dimension of health?
- a. social
  - b. mental
  - c. intellectual
  - d. environmental

ANS: C                      PTS: 1                      DIF: 2                      REF: 11  
BLM: Higher order

18. What does emotional wellness refer to?
- a. intelligence quotient (I.Q.)
  - b. the absence of problems or illness
  - c. critical thinking
  - d. expressing and managing feelings

ANS: D                      PTS: 1                      DIF: 2                      REF: 11  
BLM: Remember

19. What is a difference in women's health compared to men's health?
- a. Women are more likely to be overweight than men.
  - b. Women are more likely to develop an alcohol problem than men.
  - c. Women are more likely to have a lower life expectancy than men.
  - d. Women are more likely to be physically active than men.

ANS: A                      PTS: 1                      DIF: 3                      REF: 12-13  
BLM: Remember

20. What is a difference in men's health compared to women's health?
- a. Men are more likely to be overweight than women.
  - b. Men are more likely to live longer than women.
  - c. Men are more likely to be physically active than women.
  - d. Men are more likely to develop autoimmune disorders than women.

ANS: C                      PTS: 1                      DIF: 3                      REF: 12-13  
BLM: Remember

21. What are the three types of factors that influence our behaviours?
- a. enabling, predisposing, reinforcing
  - b. enhancing, predisposing, positive praise
  - c. enabling, confirming, reinforcing
  - d. enhancing, positive praise, confirming

ANS: A                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Remember

22. Mandy is trying to be physically active each day. The office building where she works recently opened a new fitness facility that is free to all employees. Which type of factor is the free membership at the fitness facility an example of?
- a. confirming factor
  - b. enabling factor
  - c. positive praise factor
  - d. behavioural factor

ANS: B                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Higher order

23. Greg has recently lost 10 kilograms by being more physically active and eating more vegetables as snacks. His best friend, Dan, commented on how great he looked and asked how much weight he has lost. Which type of factor is Dan's comment to Greg an example of?
- a. reinforcing factor
  - b. enabling factor
  - c. confirming factor
  - d. positive praise factor

ANS: A                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Higher order

24. Silvia would like to start an exercise program to increase her upper body strength, but she does not feel confident using the weight machines at the local recreation centre. Which type of factor is Silvia's lack of confidence an example of?
- a. reinforcing factor
  - b. low self-efficacy factor
  - c. behavioural factor
  - d. predisposing factor

ANS: D                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Higher order

25. Which type of influencing factor is having a membership to a health club an example of?
- a. behavioural factor
  - b. enabling factor
  - c. influencing factor
  - d. reinforcing factor

ANS: B                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Remember

26. Which term best describes encouragement and recognition for meeting a goal?
- a. behavioural factors
  - b. reinforcing factors
  - c. predisposing factors
  - d. enabling factors

ANS: B                      PTS: 1                      DIF: 2                      REF: 16-17  
BLM: Remember

27. Which term refers to a stable set of beliefs, feelings, and behavioural tendencies in relation to something or someone?
- a. attitude
  - b. perception
  - c. affirmation
  - d. acceptance

ANS: A                      PTS: 1                      DIF: 2                      REF: 17  
BLM: Remember

28. What is one of the defining characteristics of a belief?
- a. knowing you are right
  - b. an outlook on life
  - c. a perception of how things should be
  - d. confidence in the truth

ANS: D                      PTS: 1                      DIF: 2                      REF: 17  
BLM: Remember

29. According to the Health Belief Model, which factors must support a belief in order for change to occur?
- a. perceived severity, perceived susceptibility, cues to action
  - b. perceived susceptibility, perceived cautiousness, perceived accessibility
  - c. perceived severity, perceived susceptibility, perceived cautiousness
  - d. perceived cautiousness, perceived accessibility, cues to action

ANS: A                      PTS: 1                      DIF: 2                      REF: 17-18  
BLM: Remember

30. What is believed to be one of the most important factors of the Health Belief Model?
- a. perceived severity
  - b. cues to action
  - c. perceived susceptibility
  - d. self-efficacy

ANS: D                      PTS: 1                      DIF: 2                      REF: 18  
BLM: Remember

31. According to the SMART model, what is a realistic goal for an inactive individual?
- a. doing 30 minutes of activity 3 days a week
  - b. becoming more physically active
  - c. running for 30 minutes daily
  - d. doing 30 minutes of activity every day

ANS: A                      PTS: 1                      DIF: 2                      REF: 18  
BLM: Higher order

32. According to the SMART model, which term is a defining characteristic for goal setting?
- a. meaningful
  - b. simple
  - c. appropriate
  - d. measurable

ANS: D                      PTS: 1                      DIF: 2                      REF: 18  
BLM: Remember

33. Rewarding yourself by buying a new outfit after sticking to your goal of being active three days a week for a month is an example of which approach to making a lifestyle change?
- a. medical model
  - b. compensatory model
  - c. behavioural model
  - d. enlightenment model

ANS: C                      PTS: 1                      DIF: 2                      REF: 18  
BLM: Higher order

34. Ava has decided to change her eating habits and completely avoids any foods with sugar. Which lifestyle change model is Ava using?
- a. moral model
  - b. compensatory model
  - c. adjustment model
  - d. medical model

ANS: B                      PTS: 1                      DIF: 2                      REF: 18  
BLM: Higher order

35. Jack has been physically active five days a week for over two years. Which stage of change is Jack in?
- a. maintenance stage
  - b. action stage
  - c. continuous stage
  - d. termination stage

ANS: D                      PTS: 1                      DIF: 2                      REF: 19-20  
BLM: Higher order

36. Roy is a smoker but does not acknowledge that this might be harmful to his health. Which stage of change is Roy in?
- action stage
  - contemplation stage
  - preparation stage
  - precontemplation stage

ANS: D                      PTS: 1                      DIF: 2                      REF: 19-20  
BLM: Higher order

37. One type of behaviour change strategy is believing that you are able to accomplish a goal. What is the term for this strategy?
- self-talk
  - modelling
  - positive reinforcement
  - shaping

ANS: A                      PTS: 1                      DIF: 2                      REF: 20  
BLM: Higher order

## COMPLETION

1. The term for the actions people take to help each other cope is \_\_\_\_\_.

ANS: mutual aid

PTS: 1                      DIF: 2                      REF: 5                      BLM: Remember

2. A way of thinking that builds upon public health and health promotion but goes beyond the previous understanding of health and illness is \_\_\_\_\_ health.

ANS: population

PTS: 1                      DIF: 2                      REF: 5                      BLM: Remember

3. The process of enabling people to increase control over and improve their health is known as \_\_\_\_\_.

ANS: health promotion

PTS: 1                      DIF: 2                      REF: 5                      BLM: Remember

4. The measure of \_\_\_\_\_ provides an indication of the degree to which a person enjoys his/her life.

ANS: quality of life

PTS: 1                      DIF: 2                      REF: 5                      BLM: Remember



5. The \_\_\_\_\_ Model focuses on attitudes and beliefs to explain health behaviours.

ANS: Health Belief

PTS: 1 DIF: 2 REF: 5 | 17 BLM: Remember

6. The organization that attempts to inspire Canadians to become more physically active is known as \_\_\_\_\_.

ANS: ParticipACTION

PTS: 1 DIF: 2 REF: 6 BLM: Remember

7. \_\_\_\_\_ is the study of the distribution of diseases in a population.

ANS: Epidemiology

PTS: 1 DIF: 2 REF: 8-9 BLM: Remember

8. Having job satisfaction is associated with \_\_\_\_\_ wellness.

ANS: occupational

PTS: 1 DIF: 2 REF: 10 BLM: Higher order

9. The ability to question what you read and hear is an example of \_\_\_\_\_ wellness.

ANS: intellectual

PTS: 1 DIF: 2 REF: 11 BLM: Higher order

10. Apart from self-care, several other factors known as \_\_\_\_\_ influence our overall health.

ANS: social determinants

PTS: 1 DIF: 2 REF: 13 BLM: Remember

11. The increase in the exchange of capital, goods, and people is known as \_\_\_\_\_.

ANS: globalization

PTS: 1 DIF: 2 REF: 13 BLM: Remember

12. Removing soft drinks from vending machines in schools in order to address the problem of childhood obesity is an example of a(n) \_\_\_\_\_ factor.

ANS: enabling

PTS: 1 DIF: 2 REF: 16 BLM: Higher order

13. According to the Health Belief Model, being short of breath after climbing a flight of stairs is associated with \_\_\_\_\_.

ANS: perceived severity

PTS: 1                      DIF: 2                      REF: 18                      BLM: Higher order

14. In the \_\_\_\_\_ model of behavioural change, the individual acquires the skills to overcome their problems.

ANS: compensatory

PTS: 1                      DIF: 2                      REF: 18                      BLM: Remember

15. Hanging out with friends who believe it is cool to smoke is an example of a \_\_\_\_\_ norm.

ANS: social

PTS: 1                      DIF: 2                      REF: 18                      BLM: Higher order

16. Whitney intends to stop smoking within the next 30 days. According to the trans-theoretical model of change, Whitney is in the \_\_\_\_\_ stage.

ANS: preparation

PTS: 1                      DIF: 2                      REF: 19-20                      BLM: Higher order

17. Tony's belief that he can eat eight servings of fruit and vegetables a day is an example of \_\_\_\_\_.

ANS: self-efficacy

PTS: 1                      DIF: 2                      REF: 20                      BLM: Higher order

18. Rachel's belief that being more physically active on a daily basis will be good for her overall health is an example of a \_\_\_\_\_ locus of control.

ANS: self-efficacy

PTS: 1                      DIF: 2                      REF: 20                      BLM: Higher order

## MATCHING

*Match the following definitions to each term.*

- a. death rates
  - b. encouragement, praise, rewards
  - c. classification based on reproductive organs
  - d. everyday good living
  - e. average life expectancy for a Canadian female
  - f. self-representation as male or female
  - g. average life expectancy for a Canadian male
  - h. to heal
  - i. disease rates
  - j. attitudes, beliefs, values
- 
- 1. panacea
  - 2. predisposing factors
  - 3. sex
  - 4. Bimaadiziwin
  - 5. reinforcing factors
  - 6. gender
  - 7. 78.8 years
  - 8. mortality
  - 9. 83.3 years
  - 10. morbidity
- 
- |            |        |
|------------|--------|
| 1. ANS: H  | PTS: 1 |
| 2. ANS: J  | PTS: 1 |
| 3. ANS: C  | PTS: 1 |
| 4. ANS: D  | PTS: 1 |
| 5. ANS: B  | PTS: 1 |
| 6. ANS: F  | PTS: 1 |
| 7. ANS: G  | PTS: 1 |
| 8. ANS: A  | PTS: 1 |
| 9. ANS: E  | PTS: 1 |
| 10. ANS: I | PTS: 1 |

## ESSAY

1. List the three life domains of the Quality of Life Model and describe what the model emphasizes.

ANS:

- A. Being
- B. Belonging
- C. Becoming

The model emphasizes an individual's physical, psychological, and spiritual functioning; the connections with his/her environment; and opportunities for maintaining and enhancing skills.

PTS: 1                      DIF: 2                      REF: 5                      BLM: Remember

2. List and define the six dimensions of wellness.

ANS:

- A. Social—effectively interacting with others
- B. Occupational—choosing a career that is consistent with personal values, interests, and beliefs
- C. Spiritual—identifying a basic purpose in life; learning to experience love, joy, and fulfillment
- D. Physical—engaging in physical activity and healthy eating, maintaining a healthy body weight, and avoiding harmful behaviours
- E. Intellectual—ability to think and learn from life experience, and openness to new ideas
- F. Emotional—being positive, enthusiastic, and having the capacity to express and manage feelings

PTS: 1                      DIF: 2                      REF: 9-11                      BLM: Remember

3. List and briefly describe any five social determinants of health.

ANS:

- A. Income and income distribution—lower income predisposes to social deprivation, resulting in inability to afford basic needs such as food, clothing, and housing
- B. Education—individuals with higher levels of education tend to have better health and access to better job training and employment opportunities
- C. Unemployment and job security—unemployment and lack of job security may lead to unhealthy lifestyle choices, such as smoking and alcohol misuse
- D. Employment and working conditions—unrealistic working demands can cause high levels of work stress, leading to poor health and poor working conditions, which may lead to workplace injuries

E. Early childhood development—children with limited opportunities for learning at an early age are at risk of cognitive and emotional immaturity and lower educational attainment in the future, all of which increase the risk of health problems later in life

F. Food insecurity—food insecurity is linked to behavioural, emotional, and academic problems later in life. Malnutrition can result in chronic disease, such as heart disease and diabetes later in life.

G. Housing—Individuals without adequate housing have an increased risk of physical health conditions, mental health issues, and barriers to self-care

H. Social exclusion—social exclusion based on gender, age, ability, sexual orientation, race, ethnicity, and religious beliefs are often denied participation in civil affairs, social and cultural activities; access to goods and services, well-paying jobs, and economic resources

I. Social safety net—changes to eligibility requirements for social assistance programs and services has limited people from taking advantage of this once accessible program

J. Health services—access to care between rural areas and cities is an issue, low-income earners are more likely to have to wait for medical care or appointments, less likely to see a specialist when needed, and less likely to fill prescriptions or access other treatments due to cost

K. Aboriginal status—low income, food and housing insecurity, low education attainment, and high rates of chronic disease are all challenges faced by Canada's Aboriginal peoples

L. Gender—underemployment, income differences, and greater child-care responsibilities have a greater influence on the health of women; whereas suicide, violence, and crime have a greater influence on the health of men

M. Race—immigrants and Canadians of colour tend to experience unemployment and low health status

N. Disability—individuals with disabilities tend to be disadvantaged in terms of income and employment

PTS: 1

DIF: 2

REF: 13-15

BLM: Remember

4. List the three types of influences that shape our behaviours and give examples of each.

ANS:

A. Predisposing factors—knowledge, attitudes, beliefs, values, and perceptions

B. Enabling factors—skills, resources, accessible facilities, physical and mental capacities

C. Reinforcing factors—praise, encouragement, rewards, recognition

PTS: 1

DIF: 2

REF: 16-17

BLM: Remember

5. List the various steps of decision making suggested by the text.

ANS:

- A. Set priorities
- B. Inform yourself
- C. Consider all your options
- D. Tune in to your intuitive feelings
- E. Consider a worst-case scenario

PTS: 1

DIF: 2

REF: 17

BLM: Remember

6. Your best friend has asked for your help in reaching the goal of being more physically active. Using the SMART model, briefly outline your recommendations to your friend to achieve this goal.

ANS:

(responses will vary)

Make the goal specific—e.g., engage in physical activity four days a week

Be able to measure the goal—e.g., do 30 minutes of activity each of the four days

Make the goal achievable—e.g., choose an activity you like to do

Be realistic with the goal—e.g., make sure you have the time available

Make the goal time based—e.g., commit to one month and then reevaluate

PTS: 1

DIF: 2

REF: 17-18

BLM: Higher order

7. List the various stages as described by the Trans-Theoretical Model of Change.

ANS:

- A. Precontemplation
- B. Contemplation
- C. Preparation
- D. Action
- E. Maintenance
- F. Termination

PTS: 1

DIF: 2

REF: 19-20

BLM: Remember

8. Describe the relationship between prevention and protection. Provide an example of each in your response.

ANS:

(responses will vary)

Prevention seeks to avoid potential problems (e.g., abstaining from sex to prevent pregnancy), while protection seeks to decrease the risk (e.g., using a method of birth control).

PTS: 1

DIF: 2

REF: 22

BLM: Higher order