

Chapter 1—An Invitation to Health and Wellness

MULTIPLE CHOICE

1. Which of the following have an interconnectedness, according to Aboriginal health, as guided by holism?
 - a. the mind and the spiritual world
 - b. the body, mind, and spirit
 - c. the individual and health care
 - d. 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?
 - a. physical, intellectual, emotional, social
 - b. psychological, mental, religious, social
 - c. psychological, mental, emotional, religious
 - d. physical, mental, emotional, social

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

3. How does the World Health Organization define health?
 - a. physical health accompanied by sound mental health
 - b. a state of complete physical, mental, and social well-being
 - c. having regular medical check-ups
 - d. 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?
 - a. health care organizations, lifestyle, environment, human biology
 - b. lifestyle, health care organizations, human biology, illness prevention
 - c. health promotion, human biology, lifestyle, health care organizations
 - d. 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?
 - a. wellness
 - b. intellectual health
 - c. holistic health
 - d. 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”?
- reducing inequities, increasing prevention effort, enhancing people’s capacity to cope
 - increasing prevention effort, reducing disease rates, reducing inequities
 - enhancing people’s capacity to cope, increasing prevention effort, reducing disease rates
 - 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?
- healthy eating, supportive care, supportive environment
 - healthy environments, supportive care, healthy eating
 - healthy environments, self-care, mutual aid
 - supportive environments, self-care, mutual aid

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

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

ANS: A PTS: 1 DIF: 2 REF: 5 | 7
BLM: Remember

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

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

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

ANS: A PTS: 1 DIF: 2 REF: 5
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?
- epidemiologic
 - epidemic
 - analytic
 - diagnostic

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

12. Which phrase best describes “wellness”?
- having a positive outlook
 - purposeful, enjoyable living
 - being psychologically healthy
 - 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?
- psychological
 - social
 - emotional
 - spiritual

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

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

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

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

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

16. Which of the following is NOT an aspect of intellectual wellness?
- the ability to think and learn from life's experiences
 - the capacity to question and evaluate information
 - openness to new ideas
 - the ability to ask for help when needed

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

17. What does emotional wellness refer to?
- intelligence quotient (I.Q.)
 - the absence of problems or illness
 - critical thinking
 - the capacity to express and manage feelings

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

18. What is a difference in women's health, as compared to men's health?
- Women are more likely to be physically active than men.
 - Women are more likely to develop an eating disorder than men.
 - Women are more likely to have a lower life expectancy than men.
 - Women are more likely to be overweight than men.

ANS: D PTS: 1 DIF: 3 REF: 13
BLM: Remember

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

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

20. What are the three types of factors that are responsible for shaping our behaviours?
- enabling, predisposing, reinforcing
 - enhancing, predisposing, positive praise
 - enabling, confirming, reinforcing
 - enhancing, positive praise, confirming

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

21. 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?
- confirming factor
 - enabling factor
 - positive praise factor
 - behavioural factor

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

22. Greg has recently lost 10 pounds by being more physically active and eating more fruit 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?
- reinforcing factor
 - enabling factor
 - confirming factor
 - positive praise factor

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

23. 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?
- predisposing factor
 - low self-efficacy factor
 - behavioural factor
 - reinforcing factor

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

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

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

25. Which term best describes encouragement and recognition for meeting a goal?
- behavioural factors
 - reinforcing factors
 - predisposing factors
 - enabling factors

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

26. 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

27. 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

28. 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: 18
BLM: Remember

29. 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. a confidence in the truth

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

30. According to the SMART model, what is a realistic goal for an inactive individual?
- a. doing 30 minutes of activity 4 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

31. According to the SMART model, what term is a defining characteristic for goal setting?
- meaningful
 - simple
 - appropriate
 - measurable

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

32. Which behaviour change model involves rewarding oneself when making positive changes?
- medical model
 - compensatory model
 - enlightenment model
 - behavioural model

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

33. Ava has decided to change her eating habits and completely avoids any foods with sugar. Which behaviour change model is Ava using?

- moral model
- compensatory model
- adjustment model
- medical model

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

34. Jack has been physically active five days a week for over two years. Which stage of change is Jack in?

- maintenance stage
- action stage
- continuous stage
- termination stage

ANS: D PTS: 1 DIF: 2 REF: 19-27
BLM: Higher order

35. 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

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

ANS: C PTS: 1 DIF: 2 REF: 18
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 about the social and economic forces that shape the health of Canadians is the definition of _____ 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 considers social, ecological, and environmental factors influencing behaviour.

ANS: Health Belief

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

6. The organization that attempts to increase the awareness of the benefits of regular physical activity and sustain the active living movement in Canada 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. Being able to balance work and family life 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. 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

12. 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

13. 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

14. Behaviours that are expected, accepted, and supported by a group are known as social and _____ norms.

ANS: cultural

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

15. 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: 20 BLM: Higher order

16. Having the belief that you can and will succeed at changing a negative health behaviour is known as _____.

ANS: self-efficacy

PTS: 1 DIF: 2 REF: 20 BLM: Remember

MATCHING

Match the following definitions to each term.

- a. death rates
 - b. encouragement, praise, rewards
 - c. identifying our purpose in life
 - d. everyday good living
 - e. average life expectancy for a Canadian female
 - f. effective interaction with others
 - g. average life expectancy for a Canadian male
 - h. openness to new ideas
 - i. disease rates
 - j. attitudes, beliefs, values
-
1. intellectual wellness
 2. predisposing factors
 3. spiritual wellness
 4. Bimaadiziwin
 5. reinforcing factors
 6. social wellness
 7. 78.3 years
 8. mortality
 9. 83.0 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 and describe the three life domains and subdomains of the Quality of Life Model

ANS:

- A. Being – physical being, psychological being, spiritual being
- B. Belonging – physical belonging, social belonging, community belonging
- C. Becoming – practical becoming, leisure becoming, growth becoming

PTS: 1 DIF: 2 REF: 5 | 7 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: 10 | 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, or 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 re-evaluate

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