

22 Multiple choice questions

1. determinants that cannot be changed or altered
 - a. modifiable health determinants
 - b. physical health
 - c. non-modifiable health determinants
 - d. mental health disorders

2. those factors unique to each person that can determine their level of health
 - a. individual factors
 - b. Medicare
 - c. physical health
 - d. inequality

3. having a body mass index of 30 or over
 - a. morbidity
 - b. Medicare
 - c. obese
 - d. overweight

4. the average number of years of life remaining to a person at a particular age, based on current death rates
 - a. lifestyle approach
 - b. Medicare
 - c. inequality
 - d. life expectancy

5. a document that represents a global approach to health promotion by the World Health Organisation
 - a. physical health
 - b. Ottawa Charter for Health Promotion
 - c. ozone depletion
 - d. modifiable health determinants

6. approaches that use medical treatments or interventions to promote health
 - a. lifestyle approach
 - b. protective behaviours
 - c. mental health disorders
 - d. preventative medical approaches

7. health behaviours that are likely to enhance a person's level of health
 - a. protective behaviours
 - b. ozone depletion
 - c. osteoporosis
 - d. individual factors

8. the incidence or level of illness or sickness in a given population
 - a. morbidity
 - b. mortality
 - c. obese
 - d. inequality

9. a group of mental illnesses in which a person experiences disturbances of mood or thought that lead to difficulties functioning normally; these include depression, anxiety disorders and schizophrenia
 - a. modifiable health determinants
 - b. mental health disorders
 - c. physical health
 - d. public health

10. the decline in the ozone layer present in the atmosphere that shields the Earth from harmful levels of ultraviolet radiation
 - a. inequality
 - b. ozone depletion
 - c. overweight
 - d. perception

11. a state of well-being where we can realise our abilities, cope with the normal stresses of life, work productively and make a contribution to the community
 - a. physical health
 - b. public health
 - c. mental or emotional health
 - d. mental health disorders

12. the number of deaths in a given population from a particular cause over a period of time
 - a. mortality
 - b. inequality
 - c. Medicare
 - d. morbidity

13. the unequal distribution of illness or conditions throughout the population
 - a. perception
 - b. morbidity
 - c. inequality
 - d. mortality

14. an approach to health promotion that aims to reduce or prevent the incidence of risk behaviours that contribute to poor health
 - a. life expectancy
 - b. lifestyle approach
 - c. osteoporosis
 - d. perception

15. a musculoskeletal condition in which there is deterioration in the bone structure, leading to an increased risk of bone fracture
 - a. overweight
 - b. perception
 - c. osteoporosis
 - d. obese

16. the way something is seen or viewed by an individual or group
 - a. morbidity
 - b. perception
 - c. overweight
 - d. ozone depletion

17. Australia's government-funded health scheme that subsidises the cost of medical services for all Australians
 - a. morbidity
 - b. mortality
 - c. obese
 - d. Medicare

18. an approach to health promotion that involves establishing programs, policies and services that create environments that support health
 - a. inequality
 - b. public health
 - c. physical health
 - d. Medicare

19. organisations that focus on a specific disease or health issue
 - a. mental or emotional health
 - b. non-modifiable health determinants
 - c. non-government organisations (NGOs)
 - d. ozone depletion

20. determinants that can be changed or controlled so they have a different level of influence on our health
 - a. mental health disorders
 - b. modifiable health determinants
 - c. non-modifiable health determinants
 - d. ozone depletion

21. having a body mass index of 25 or over
 - a. perception
 - b. obese
 - c. morbidity
 - d. overweight

22. the wellness of the body and the absence of chronic pain or discomfort
 - a. public health
 - b. mortality
 - c. Medicare
 - d. physical health