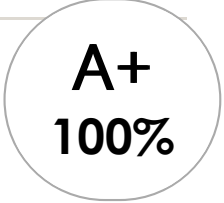


## 22 Multiple choice questions



**A+**  
**100%**

1. determinants that cannot be changed or altered
  - a. modifiable health determinants
  - b. physical health
  - c. **CORRECT: non-modifiable health determinants**
  - d. mental health disorders
  
2. those factors unique to each person that can determine their level of health
  - a. **CORRECT: individual factors**
  - b. Medicare
  - c. physical health
  - d. inequality
  
3. having a body mass index of 30 or over
  - a. morbidity
  - b. Medicare
  - c. **CORRECT: 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. **CORRECT: life expectancy**
  
5. a document that represents a global approach to health promotion by the World Health Organisation
  - a. physical health
  - b. **CORRECT: 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. **CORRECT: preventative medical approaches**
  
7. health behaviours that are likely to enhance a person's level of health
  - a. **CORRECT: protective behaviours**
  - b. ozone depletion
  - c. osteoporosis
  - d. individual factors
  
8. the incidence or level of illness or sickness in a given population
  - a. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: mortality**
  - b. inequality
  - c. Medicare
  - d. morbidity
  
13. the unequal distribution of illness or conditions throughout the population
  - a. perception
  - b. morbidity
  - c. **CORRECT: 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. **CORRECT: 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. **CORRECT: osteoporosis**
  - d. obese

16. the way something is seen or viewed by an individual or group
- morbidity
  - CORRECT: perception**
  - overweight
  - ozone depletion
17. Australia's government-funded health scheme that subsidises the cost of medical services for all Australians
- morbidity
  - mortality
  - obese
  - CORRECT: Medicare**
18. an approach to health promotion that involves establishing programs, policies and services that create environments that support health
- inequality
  - CORRECT: public health**
  - physical health
  - Medicare
19. organisations that focus on a specific disease or health issue
- mental or emotional health
  - non-modifiable health determinants
  - CORRECT: non-government organisations (NGOs)**
  - ozone depletion
20. determinants that can be changed or controlled so they have a different level of influence on our health
- mental health disorders
  - CORRECT: modifiable health determinants**
  - non-modifiable health determinants
  - ozone depletion

21. having a body mass index of 25 or over
  - a. perception
  - b. obese
  - c. morbidity
  - d. **CORRECT:** overweight
  
22. the wellness of the body and the absence of chronic pain or discomfort
  - a. public health
  - b. mortality
  - c. Medicare
  - d. **CORRECT:** physical health