

22 Multiple choice questions

1. adjusting the direction or focus of a service to create a fresh approach
 - a. reorientation
 - b. resilience
 - c. rural
 - d. sedentary

2. areas with a population of less than 5000
 - a. remote
 - b. resilience
 - c. rural
 - d. stereotype

3. the society in which people live and the cultural practices and expectations that exist within these communities
 - a. social norms
 - b. social health
 - c. sociocultural factors
 - d. social justice

4. a concept that recognises that people have different views based on their social circumstances
 - a. social norms
 - b. social health
 - c. social construct
 - d. social justice

5. when someone is denied resources, rights and services and is unable to participate in normal relationships and activities that are available to the majority of people in society
 - a. social justice
 - b. social norms
 - c. social exclusion
 - d. social marketing

6. health behaviours that have been found to contribute to the development of health problems or poorer levels of health
 - a. sedentary
 - b. social norms
 - c. reorientation
 - d. risk behaviours

7. a value that favours the reduction or elimination of inequity, the promotion of inclusiveness of diversity and the establishment of environments that are supportive of all people
 - a. social construct
 - b. social health
 - c. social justice
 - d. social norms

8. a lack of regular physical activity and a lot of time sitting or resting
 - a. remote
 - b. stereotype
 - c. self-efficacy
 - d. sedentary

9. a simplified and fixed image, opinion or concept to which people may feel expected to conform
 - a. remote
 - b. sedentary
 - c. stereotype
 - d. underweight

10. a term that describes areas defined as having populations between 5000 and 99000
 - a. resilience
 - b. sedentary
 - c. rural
 - d. remote

11. an economic and sociological total measure of a person's level of income, education, housing and employment
 - a. socioeconomic disadvantage
 - b. social construct
 - c. social norms
 - d. socioeconomic status

12. the capacity of individuals to deal with adversity and challenges in ways that make it possible for them to lead healthy and fulfilling lives
 - a. resilience
 - b. rural
 - c. reorientation
 - d. remote

13. our belief in our ability to be able to carry out a particular task
 - a. self-efficacy
 - b. resilience
 - c. sedentary
 - d. reorientation

14. a specialised agency of the United Nations that acts as the coordinating authority on international public health issues
 - a. social marketing
 - b. social exclusion
 - c. reorientation
 - d. World Health Organisation (WHO)

15. aeromedical emergency and general health care service for people living in rural and remote areas of Australia
 - a. sociocultural factors
 - b. Royal Flying Doctor Service
 - c. social construct
 - d. social justice

16. significant limitations to opportunity that can be experienced as a result of social and economic circumstances, such as lower education, unemployment, limited access to services, inadequate housing etc.
 - a. socioeconomic status
 - b. socioeconomic disadvantage
 - c. social construct
 - d. sociocultural factors

17. having a body mass index less than 18.5
 - a. stereotype
 - b. sedentary
 - c. underweight
 - d. remote

18. how we judge our health compared to other people or other points of time in our lives
 - a. relative nature of health
 - b. reorientation
 - c. social health
 - d. spiritual health

19. the behaviours, beliefs and values that are expected or seen as acceptable within different social groups
 - a. social health
 - b. social norms
 - c. social justice
 - d. social construct

20. a sense of purpose and meaning in our life; feeling connected with others and society
 - a. spiritual health
 - b. social health
 - c. social norms
 - d. rural

21. the use of marketing techniques to improve health and well-being by changing attitudes and behaviour in relation to a particular product or issue
 - a. social norms
 - b. social marketing
 - c. social health
 - d. social justice

22. our ability to interact with other people in an interdependent and cooperative way
 - a. spiritual health
 - b. social justice
 - c. social norms
 - d. social health