

## 24 Multiple choice questions

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1. buildings and spaces that are constructed within communities
  - a. heart disease
  - b. built environment
  - c. binge drinking
  - d. empowerment
  
2. persisting over a long time, such as a long-term disease or illness
  - a. genetics
  - b. chlamydia
  - c. chronic
  - d. dynamic
  
3. things in the environment that can affect health in a positive or negative way
  - a. environmental factors
  - b. fluoridated tap water
  - c. genetics
  - d. connectedness
  
4. the attitude or feelings we have about our body and the way we look or the way we think others see us
  - a. dynamic
  - b. body image
  - c. chronic
  - d. equity
  
5. a common sexually transmitted infection in both males and females; a small proportion of infections can lead to cervical cancer
  - a. built environment
  - b. health-promotion
  - c. health-promoting schools
  - d. human papillomavirus (HPV)
  
6. the sense of belonging or attachment an individual feels towards people and places they are frequently in contact with
  - a. connectedness
  - b. genetics
  - c. illicit drugs
  - d. binge drinking

7. workplaces where policies, practices and activities are developed and implemented to improve the health and well-being of all workers
  - a. health-promoting schools
  - b. health literacy
  - c. health-promoting workplaces
  - d. health-promotion
  
8. an awareness in individuals of the choices they have and the decisions they can take in life to protect themselves and promote their health
  - a. body image
  - b. empowerment
  - c. dynamic
  - d. chronic
  
9. drugs that are illegal to use, possess, produce or sell e.g. cannabis, ecstasy and amphetamines
  - a. illicit drugs
  - b. connectedness
  - c. genetics
  - d. chlamydia
  
10. characteristics, features or hereditary diseases that are genetically linked and are passed on within a family
  - a. equity
  - b. genetics
  - c. dynamic
  - d. chronic
  
11. activities aimed at enabling people to increase control over their health and prevent illness
  - a. health determinants
  - b. health-promoting schools
  - c. health-promotion
  - d. health literacy
  
12. the individual, socioeconomic, sociocultural and environmental factors that can have positive or negative influence on the health of individuals or populations
  - a. health literacy
  - b. health determinants
  - c. heart disease
  - d. health-promotion

13. a chronic condition affecting the body's ability to take glucose from the bloodstream to use it for energy
  - a. genetics
  - b. connectedness
  - c. empowerment
  - d. diabetes mellitus
  
14. a sexually transmitted bacterial infection that can be passed on through unprotected sex and can cause infertility
  - a. dynamic
  - b. equity
  - c. chronic
  - d. chlamydia
  
15. the ability to understand or interpret health information and use it to promote and maintain good health
  - a. health-promotion
  - b. heart disease
  - c. health determinants
  - d. health literacy
  
16. the controlled addition of fluoride to public drinking water to reduce tooth decay
  - a. alternative medicine
  - b. heart disease
  - c. fluoridated tap water
  - d. environmental factors
  
17. the consumption of excessive amounts of alcohol in a short period of time
  - a. binge drinking
  - b. chronic
  - c. heart disease
  - d. body image
  
18. disease that affects the heart or blood vessels
  - a. heart disease
  - b. cardiovascular disease
  - c. connectedness
  - d. chlamydia

19. the term used for diseases of the heart and blood vessels
  - a. chlamydia
  - b. health literacy
  - c. heart disease
  - d. genetics
  
20. the constant fluctuations that occur in our level of health
  - a. dynamic
  - b. genetics
  - c. chlamydia
  - d. chronic
  
21. schools where all members of the school community work together to support improvements in student health
  - a. health-promoting workplaces
  - b. health-promoting schools
  - c. health-promotion
  - d. health determinants
  
22. the most common method of determining whether a person's weight fits into a healthy weight range; weight in kilograms divided by height in metres squared
  - a. chlamydia
  - b. dynamic
  - c. body image
  - d. body mass index (BMI)
  
23. the allocation of resources according to the needs of individuals and populations, the goal being to achieve equality of outcomes
  - a. dynamic
  - b. genetics
  - c. equity
  - d. chronic
  
24. various methods and practices that are not recognised as being conventional or traditional approaches to medicine
  - a. built environment
  - b. alternative medicine
  - c. empowerment
  - d. binge drinking