**Chapter 1**

1. All of the following are limitations of the WHO definition of health, *except*:

A. Health has been described as a “state,” whereas it is dynamic and changes from time to time.

B. The dimensions mentioned in the definition are inadequate to capture variations in health.

C. It is too easy to measure health the way it has been defined and there should be more rigor.

D. The word “well-being” is subjective.

2. Actions that are performed for reasons other than health but have health effects are known as:

A. health-directed behaviors.

B. health-related behaviors.

C. risk behaviors.

D. protective behaviors.

3. *Statement A:* Unlike health education, health promotion does not endorse voluntary change in behavior and utilizes measures that compel an individual to change behavior.

*Statement B:* Health promotion is done at the individual level.

A. Statement A is true and statement B is false.

B. Statement A is false and statement B is true.

C. Both statements are true.

D. Both statements are false.

4. Lobbying is an active support of an idea or cause that entails especially the act of pleading or arguing for something. True or False.

5. CHES stands for:

A. certification in health education studies.

B. certified health education specialist.

C. certification in higher education studies.

D. certification in health, education, and sanitation.

6. All of these are core functions of public health identified in the *Future of Public Health* report, *except*:

A. assessment.

B. health promotion.

C. policy development.

D. assurance.

7. Ethics is the study of:

A. knowledge.

B. righteousness.

C. morality.

D. religion.

8. The capacity of an individual to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways that are health enhancing is called information processing.

9. The collection of facts related to an action, idea, object, person, or situation is called:

A. awareness.

B. knowledge.

C. comprehension.

D. information.

10. Statements of perceived fact or impressions about the world are:

A. beliefs.

B. attitudes.

C. values.

D. feelings.