Unit 1, Chapter 1, Section 1 Review Questions and Answers (page 10 of the text)

#### USING KEY TERMS

1. Identify the term for a "disease caused partly by unhealthy behaviors and partly by other factors."

Arenwar: Lifestylo dispessas (page 6)

2. Identify the term for "not taking part in physical activity on a regular basis."

Arenenii: Sodentary (page 9)

#### UNDERSTANDING KEY IDEAS

3. State the type of disease that causes most deaths in the United States today.

Areneon: Lifestyle discuses (page 6)

List three examples of uncontrollable risk factors.

Arewer: The four listed on page 7 size: age, rape, pender, and heredity.

Identify which of the following is not a controllable risk factor. Answer: c-age (page 7)

a. cicroiso o. ago

b. dist d. weight

Compare the karding causes of cleath for toons with those of all ages.

Arreven: The leading cause of death for teens is motor vehicle socidents, while the leading single cause for people of all ages is heart disease. (graph on page 5)

7. State the six risk behaviors that lead to health problems in toens.

Armeer: Sedentary lifestyle, sizohol and other drug use, accusi activity, behaviors that cause injuries, tobacco use, and poor eating habits (pages 9-10)

B. Identify the risk behavior that leads to the most deaths in towns.

Arenwar: Sphaylors that cause injuries (page 10)

9. Identify the risk behavior that is the leading preventable cause of death in the United States.

Armen: Totacco use (orge 10)

#### CRITICAL THINKING

# <u>Lifetime Health Chapter 10 Section Review Answers</u>

Alexander, Judith H. LaRosa, Helaine Bader, William Alexander, Susan Garfield

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