

## USING KEY TERMS

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

Answer: Lifestyle diseases (page 6)

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

Answer: Sedentary (page 6)

## UNDERSTANDING KEY IDEAS

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

Answer: Lifestyle diseases (page 6)

4. **List** three examples of uncontrollable risk factors.

Answer: The four listed on page 7 are: age, race, gender, and heredity.

5. **Identify** which of the following is **not** a controllable risk factor. (Answer on page 7)

a. exercise

d. age

b. diet

e. weight

6. **Compare** the leading causes of death for teens with those of all ages.

Answer: The leading cause of death for teens is motor vehicle accidents, while the leading single cause for people of all ages is heart disease. (Graph on page 8)

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

Answer: Sedentary lifestyle, alcohol and other drug use, sexual activity, behaviors that cause injuries, tobacco use, and poor eating habits (pages 9-10)

8. **Identify** the risk behavior that leads to the most deaths in teens.

Answer: Behaviors that cause injuries (page 10)

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

Answer: Tobacco use (page 10)

## CRITICAL THINKING

# Answer Key For Holt Lifetime Health

**J Rink**



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Lifetime Health Holt Rinehart and Winston,2005      *A Lifetime of Health* Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004      **A Lifetime of Health** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004

**Forthcoming Books** Rose Arny,2003-04      **Books in Print Supplement** ,2002      *Alcohol* Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004      **Consumer Health & Nutrition Index** ,1991      Children's Books in Print R R Bowker Publishing,Bowker,1999-12      *The Publishers' Trade List Annual* ,1967      **Lifetime Living** ,1953      *The Only 127 Things You Need* Donna Wilkinson,2008-05-15

For The Only 127 Things You Need author Donna Wilkinson spoke to more than fifty experts authorities on the mind the body and the spirit to discover the absolute essential items for living a good life Ever wish you could strip you life down to just the bare essentials that you could de clutter not just the physical items littering your home but the endless to do lists flooding your mind But what to throw away And what to keep This miracle of a book includes expert opinions on what s essential in life from Dr Gail Saltz and Martha Beck the mind Dr Christiane Northrup and Dr Andrew Weil the body Rabbi Harold Kushner and Thomas Moore the spirit For so many of us it s hard to move forward with the important things in life without first paring down and straightening up With this complete guide to life s essentials it will finally be possible to see the forest for all those trees

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**Congressional Record** United States. Congress,2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873      *Dollars & Sense* ,2002      *InfoWorld* ,1986-08-11 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects

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