

## 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 9)

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 8-10)

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

# Holt Lifetime Health Chapter Review Answers

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## Holt Lifetime Health Chapter Review Answers:

*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      **Books in Print Supplement**, 2002      *Forthcoming Books* Rose Army, 2003-04      Alcohol Holt Rinehart & Winston, Holt, Rinehart and Winston Staff, 2004      Children's Books in Print R R Bowker Publishing, Bowker, 1999-12      Consumer Health & Nutrition Index, 1990      **The Good News About Bad Behavior** Katherine Reynolds Lewis, 2018-04-17 The current model of parental discipline is as outdated as a rotary phone Why don't our kids do what we want them to do Parents often take the blame for misbehavior but this obscures a broader trend in our modern highly connected age children have less self control than ever About half of the current generation of children will develop a mood or behavioral disorder or a substance addiction by age eighteen Contemporary kids need to learn independence and responsibility yet our old ideas of punishments and rewards are preventing this from happening To stem this growing crisis of self regulation journalist and parenting expert Katherine Reynolds Lewis articulates what she calls The Apprenticeship Model a new theory of discipline that centers on learning the art of self control Blending new scientific research and powerful individual stories of change Lewis shows that if we trust our children to face consequences they will learn to adapt and moderate their own behavior She watches as chaotic homes become peaceful bewildered teachers see progress and her own family grows and evolves in light of these new ideas You'll recognize your own family in Lewis's sensitive realistic stories and you'll find a path to making everyone in your home more capable kinder and happier including yourself      *Forum and Column Review*, 1928      **The American Review of Reviews**, 1919      The American Review of Reviews Albert Shaw, 1919      *American Monthly Review of Reviews* Albert Shaw, 1918      **American Monthly Review of Reviews**, 1919      *Te HS&T a* Holt Rinehart & Winston, Holt, Rinehart and Winston Staff, 2004-02      *Te HS&T 2007 Shrt Crs M* Holt Rinehart & Winston, 2007      **Disasters in Field Research** Gillian H. Ice, Darna L. Dufour, Nancy J. Stevens, 2015-01-22 From ravenous ants and temperamental gear to debilitating illness and unpredictable politics field research can be fraught with challenges and opportunities for mishap Disasters in Field Research is your guide to what can go wrong while conducting fieldwork and what you can do to avoid or minimize the impact of unexpected events Ice Dufour and Stevens address the issues confronting both students and professional researchers as they embark on field research For example permits may be difficult to obtain or even revoked at the last minute Cultural differences and misunderstandings can disrupt data collection Equipment can be held up by customs or fail to work as expected The authors offer practical advice on preparing for such possibilities while active researchers from a wide array of disciplines relate in brief first person narratives their own encounters with disaster how they solved or failed to solve the problem and their recommendations for avoiding similar issues in the future Each thematic chapter concludes with strategies and suggestions for making the most of your preparations recovering from missteps and coping with calamity The result is an

excellent companion book for field methods courses in a variety of disciplines and an excellent companion to carry with you into the field      **Hayes' Principles and Methods of Toxicology** A. Wallace Hayes, Claire L. Kruger, 2014-10-10 Hayes Principles and Methods of Toxicology has long been established as a reliable reference to the concepts methodologies and assessments integral to toxicology The new sixth edition has been revised and updated while maintaining the same high standards that have made this volume a benchmark resource in the field With new authors and new chap      **New York Herald Tribune Books** ,1927      **Principles and Methods of Toxicology** A. Wallace Hayes, 2007-09-25 Founded on the paradox that all things are poisons and the difference between poison and remedy is quantity the determination of safe dosage forms the base and focus of modern toxicology In order to make a sound determination there must be a working knowledge of the biologic mechanisms involved and of the methods employed to define these mechanis

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