

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 (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 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

Holt Lifetime Health Textbook Answer Key

Rosina Ehmann



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