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 9)

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: c-age (page 7)

a. exercise   c. age

b. diet   d. 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 5)

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

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D Kirk

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