WELCOA
HEALTH BULLETINS

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November 2016 Quiz

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Monthly Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 According to the Dietary Guidelines for Americans, moderate drinking is up to _____ .

a. 1 drink per day for women and up to 2 drinks per day for men
b. 2 drinks per day for women and up to 2 drinks per day for men
c. 2 drinks per day for women and up to 3 drinks per day for men

2 Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

True False

3 Superbugs infect over 12 million people across the U.S. each year and kill more than 23,000.

True False

4 Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of _____.

a. exercise
b. martial arts
c. meditation

5 ALS stands for arthrosis lateral sclerosis. It's also called Lou Gehrig's disease.

True False

6 Bacterial strains that are resistant to many types of antibiotics are called _____.

a. giant germs
b. microbes
c. superbugs

7 Nationwide, more than people have_____ ALS. It affects people of all races and ethnicities. ALS most commonly strikes between the ages of 40 and 60, but younger and older people also can develop the disorder

a. 12,000
b. 500,000
c. 60,000

8 Problem drinking was more common in men than in women. It was also more common in young adults than in older adults.

True False