



Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 Which of the following are ways of coping without smoking:

- a. Take a time out
- b. Express yourself
- c. Distract yourself
- d. Have a drink

e. a, b, and c

2 Assessment of weight and health risk involves using three key measures: 1. Body Mass Index (BMI), 2. Waist circumference and 3. Risk factors for diseases and conditions associated with obesity.

True False

3 Skin cancer accounts for less than _____ percent of all cancer deaths; 85% to 95% of all cases are cured.

- a. 1**
- b. 10
- c. 60
- d. 25

4 WHOA foods are:

- a. Highest in fat and added sugar
- b. "Calorie-dense" (high in calories)
- c. Often high in nutrients

d. a and b

5 Mood changes are uncommon after you quit smoking.

True **False—Mood changes are common after you quit smoking.**

6 The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

True False

7 _____ can appear as small, smooth, shiny, pale or waxy lumps, or sometimes as

- a. Carcinomas**
- b. Chicken pox
- c. Canker sores

8 GO foods are:

- a. Lowest in fat and sugar
- b. Relatively low in calories
- c. "Nutrient dense" (rich in vitamins, minerals, and other important to health)

d. All of the above