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July Quiz

Monthly Quiz

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

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