
Questions - Chapter_1_Taking_Charge_of_Your_Health

1. Simply defined, health means being free of disease.

- A. True
- B. False

Answer: B

2. The World Health Organization defines health as the absence of disease or illness.

- A. True
- B. False

Answer: B

3. Compared to the past, more college students take longer to graduate, have jobs, and take fewer courses per semester.

- A. True
- B. False

Answer: A

4. It is young adults, not the elderly, who are experiencing the greatest health deficits and losing the most years to illness, disability, and premature death.

- A. True
- B. False

Answer: A

5. According to their body mass index (BMI), the vast majority of undergraduates are overweight or obese.

- A. True

Access To Health 12th Edition Quizzes

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