

Name: \_\_\_\_\_

Health Unit #1 Review

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1. List five lifestyle factors that promote good health?
2. What aspect of health reflects your ability to enjoy challenges and handle frustrations?
3. Over which influences on health do you have the most control?
4. Describe the two ways that cumulative risks occur?
5. List two reasons why it is important to abstain from all sexual activity for unmarried persons of school age?
6. List the four strategies for effective communication.
7. What are two steps you should use to resolve a conflict?
8. Define the term value.
9. What are three ways that character impacts your health?
10. How can you take an active role in your character?
11. List two internal factors that can influence your buying decisions?

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12. List three techniques advertisers use to persuade consumers to buy their products.

13. Why do health care professionals have new patients fill out a medical history?

14. Describe the health care that is provided by emergency rooms and urgent care centers?

15. List three ways you can advocate for public health?

16. Vocabulary Definitions to Know

1. Wellness	5. Cumulative Risks	9. Risk Behaviors
2. Consumer	6. Advocacy	10. Health Fraud
3. Health	7. Abstinence	11. Culture
4. Conflict Resolution	8. Malpractice	12. Health Skills