

Health Final Review

1. List the three leading causes of death in the USA and Teens

2. Match the symptoms to the correct mental disease / disorder:

Schizophrenia	manic to depressive mood swings
PTSD (Post Traumatic Stress Disorder)	has trouble falling or staying asleep
BiPolar Disorder	recurrent thoughts and repetitive behaviors
Depression	delusions and a break with reality
Dissociative Identity Disorder (DID)	More than one personality
OCD (Obsessive Compulsive Disorder)	Anxiety following a traumatic event
Insomnia	Prolonged sadness

3. List a positive, a negative, and a disorganized symptom of schizophrenia.

4. List 5 possible warning signs of suicide and stages to suicide

5. Organic vs Functional Disorders

6. Treatment for Mental Illness

7. Difference between Mental Health, Mental health concerns and Mental illness

8. What is Stigma?

9. What is necessary for a healthy diet?

10. How many calories are in a gram of fat? Carbohydrates? Protein?

11. What are the 4 fat-soluble vitamins?
12. What are the 6 basic nutrients?
13. What does your body eventually turn carbohydrates into? (The most basic form of carbohydrate)
14. According to the following chart provided by the FDA, approximately what % of your calories should come from Fat? Protein? Carbohydrates?

% Calories by nutrient	Carbohydrates	PROTEIN	FAT
Young children (1–3 years)	45–65%	5– 20%	30–40%
Older children and adolescents (4–18 years)	45–65%	10–30%	25–35%
Adults (19 years and older)	45–65%	10–35%	20–35%

15. What nutrient is your body's main source of energy?
16. What is a calorie?
17. What nutrient provides the building blocks of various tissues in the body?
18. Fats in order of preference:
 A majority of your fat intake should come from these two types of fat:
 No more than 10% of your total fat should come from this type of fat:
 This fat should be avoided or at least kept to less than 2g per day:
19. What is an essential amino acid?
20. What is a complete protein and where can you find sources of complete proteins?
21. 4 fluids that transmit HIV. High risk, low risk, no risk behaviors. CD4 count for HIV AIDS.
22. What newer medication has revolutionized HIV treatment, leading many to lead normal length lives?

23. Match the STI with the symptoms that best describe it:

Chlamydia	Caused by a mite, red itchy bumps/rash
Gonorrhea	Genital warts, can cause cervical cancer, viral
Syphilis	Bacterial, clear to cloudy discharge, pain while urinating, often asymptomatic
HPV	Viral, blisters on mouth or genital area, incurable
Pubic Lice	Bacterial, green or yellow discharge, pain while urinating
Scabies	Bacterial, 3 stages, sore, rash, attacks internal organs
Herpes	Caused by an insect, lays eggs on pubic hair, itchy

24. What are the five components of health? What are the four determinants of health?

25. What are the five stages of addiction

26. DWI vs DWAI / Social Host Law/ Good Samaritan Law

27. What is the difference between barrier methods, hormonal methods

28. Defense Mechanisms

29. Gender roles and Gender identity

30. Sexual orientation

31. Explain the different styles of Communication

32. What are the four conditions of self-esteem?

33. What are the different types of stress?

34. Name 3 behavioral, emotional and physical responses to stress

35. What is the difference and similarity between self-esteem, self-image, and body image?

36. Place all of the following drugs in the appropriate classifications:

Cocaine LSD (Acid) Heroin Nicotine Alcohol
Over-the Counter Pain Killer OxyContin Meth Ecstasy Valium (Tranquilizers)
Crack Mushrooms Marijuana

Narcotics	Stimulants	Depressants	Hallucinogens	Own Category

37. Determinants and Components of Health

38. Healthy coping techniques

39. Healthy and unhealthy relationship qualities

40. Risk Taking

41. Addiction

42. BAC and effects on the brain (first and last part and what it is responsible for)

43. Tolerance

44. Withdrawal and dependency