

USING KEY TERMS

1. **Identify** the term for a "disease caused partly by unhealthy behaviors and partly by other factors."

Answer: Lifestyle diseases (page 6)

2. **Identify** the term for "not taking part in physical activity on a regular basis."

Answer: Sedentary (page 6)

UNDERSTANDING KEY IDEAS

3. **State** the type of disease that causes most deaths in the United States today.

Answer: Lifestyle diseases (page 6)

4. **List** three examples of uncontrollable risk factors.

Answer: The four listed on page 7 are: age, race, gender, and heredity.

5. **Identify** which of the following is **not** a controllable risk factor. (Answer on page 7)

a. exercise

d. age

b. diet

e. weight

6. **Compare** the leading causes of death for teens with those of all ages.

Answer: The leading cause of death for teens is motor vehicle accidents, while the leading single cause for people of all ages is heart disease. (Graph on page 8)

7. **State** the six risk behaviors that lead to health problems in teens.

Answer: Sedentary lifestyle, alcohol and other drug use, sexual activity, behaviors that cause injuries, tobacco use, and poor eating habits (pages 9-10)

8. **Identify** the risk behavior that leads to the most deaths in teens.

Answer: Behaviors that cause injuries (page 10)

9. **Identify** the risk behavior that is the leading preventable cause of death in the United States.

Answer: Tobacco use (page 10)

CRITICAL THINKING

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Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Holt Lifetime Health Test Answer Key**

In a global inundated with screens and the cacophony of instant transmission, the profound power and psychological resonance of verbal art frequently diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the lyrical pages of **Holt Lifetime Health Test Answer Key**, a charming perform of fictional elegance that pulses with natural thoughts, lies an wonderful journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this enchanting opus courses readers on a mental odyssey, gently exposing the latent possible and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect their fascinating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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