



MONTHLY QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. A _____ occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.
 a. stroke
 b. asthma attack
 c. hernia
2. At least _____ percent of women and 10 percent of men are estimated to have experienced intimate partner violence.
 a. 50
 b. 25
 c. 30
3. Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the later years of life.
 a. True
 b. False—Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the **first** years of life.
4. Stress is actually a survival response.
 a. True
 b. False
5. A stroke is not a medical emergency, and prompt treatment is not required.
 a. True
 b. False—A stroke **is** a medical emergency, and prompt treatment is crucial.
6. Experiencing domestic violence puts you at higher risk for a range of health conditions. These include heart disease, high blood pressure, digestive problems, and reproductive issues.
 a. True
 b. False
7. _____ is associated with many diseases, including heart disease, cancer, arthritis, and some mental health conditions.
 a. Asthma
 b. Chron's disease
 c. Inflammation
8. Experts call the type of strong connection between children and their caregivers _____.
 a. secure attachment
 b. baby bond
 c. kinship