



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
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
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