



A Stewardship of Self Quiz

How much do you know about these self care and quality of life issues?

1. The annual U.S. healthcare budget (in dollars) is:
 - A. Hundreds of thousands
 - B. Millions
 - C. Billions
 - D. Trillions
2. The leading cause of death in the United States is:
 - A. Cancer
 - B. Heart Disease
 - C. Diabetes
 - D. Stroke
3. Stress can be caused by external or environmental factors such as:
 - A. Changes in your life, trauma, or crises
 - B. Small daily hassles, conflicts, or unpleasant people
 - C. Barriers that prevent you from reaching your goals or feelings that you don't have control over your life
 - D. All of the above
4. Twice as many women as men are affected by a depressive disorder each year.
 - A. True
 - B. False
5. The number one nutritional danger for Americans is:
 - A. High cholesterol
 - B. Too much fat
 - C. Not enough fiber
6. Since 1980, there has been a _____ increase in the number of Americans who are obese.
 - A. 75%
 - B. 50%
 - C. More than 100%
 - D. 25%

- 7.** The amount of exercise recommended for the average person is:
 - A. 1 time per week for 1 hour
 - B. 30 minutes a day
 - C. 5 times per week for 15 minutes each

- 8.** In order to be secure in retirement, the amount of PRE-retirement income you will need is:
 - A. 35 – 40%
 - B. 55 – 60%
 - C. 65 – 80%

- 9.** The percentage of Americans using the Internet to find information about healthcare is:
 - A. 5%
 - B. 20%
 - C. more than 40%

- 10.** You get quality healthcare that is safe and effective when you:
 - A. Communicate honestly with members of your healthcare team
 - B. Trust doctors who have records of success
 - C. Actively participate in your healthcare
 - D. All of the above

Scroll down for the correct answers to the quiz.

Add 1 point for each of the questions you answered correctly, and add up points for your total score.

Total Score: _____



A Stewardship of Self Quiz Answers

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