



## Canada's Healthy Workplace Week 2004 Personal Wellness Quiz

Canada's Healthy Workplace Week celebrates both organizational and personal health. This quiz is designed to help you test your knowledge about key factors for maintaining and improving your own personal well-being. As you will see, personal health is not all about the latest diet or exercise fad, but rather your total mental, social, emotional, spiritual and physical well-being. Once you test your knowledge, be sure to take a step toward improving your health by incorporating a new health habit or idea into your daily or weekly routine. Even small steps can lead to large gains in the long run!

*[Answers to all questions are listed at the end of this document.]*

1. The number of Canadians (ages 15+) who smoke has \_\_\_\_\_, and the overweight/obesity rates have \_\_\_\_\_ since the 1970's?
  - a. Increased, increased
  - b. Increased, decreased
  - c. Decreased, decreased
  - d. Decreased, increased
  
2. Individuals experiencing a work-life conflict are more likely to:
  - a. Experience feelings of depression
  - b. Be at higher risk for major diseases including heart disease
  - c. Experience decreased life satisfaction
  - d. Change or alter their eating habits
  - e. All of the above
  
3. Which of the following is NOT a sign or symptom of diabetes?
  - a. Blurred vision
  - b. Unusual thirst
  - c. Extreme fatigue or lack of energy
  - d. Tingling or numbness in the hands or feet
  - e. Frequent urination
  - f. Low blood sugar.
  
4. Which of the following could be perceived as a stressful situation?
  - a. Birth of a new child
  - b. Death of a loved one
  - c. Losing your job
  - d. Getting a promotion
  - e. Only b and c
  - f. All of the above



5. Eating bananas can reduce the risk of high blood pressure.
  - a. True
  - b. False
  
6. Part of being a “Neighbour at Work” means to determine who (within your "sphere of influence") is affected by your actions, words and expressed attitudes and how they are affected. Who is a part of your ‘sphere of influence’ at work?
  - a. People who report to you
  - b. Those to whom you report
  - c. Customers, clients
  - d. Suppliers of goods and services
  - e. All of the above who may be internal and external to your immediate workplace
  
7. Eating cooked oatmeal in the morning is one of the best ways to get a high fiber start to your day.
  - a. True
  - b. False.
  
8. Mental Health is defined as:
  - a. Achieving balance in all aspects of your life
  - b. Feeling of self contentment
  - c. Not having a mental illness
  - d. None of the above
  
9. There is twice as much tar and nicotine in second hand smoke than in the smoke inhaled by a smoker.
  - a. True
  - b. False
  
10. Approximately, what percentage of Canadian adults are not physically active enough to achieve health benefits?
  - a. 30%
  - b. 40%
  - c. 50%
  - d. 60%
  - e. 70%



## Personal Wellness Quiz Answers

### Question 1 - Answer: d. – Decreased, increased

Fat is the 'new tobacco'; warns the Heart and Stroke Foundation's *Annual Report on Canadians Health*. Smoking rates have decreased in the last 30 years by 53% but the number of Canadians who are overweight or obese has increased by 50%. Obesity is one of the risk factors for developing many life-threatening diseases such as heart disease and stroke. Incorporating physical activity into daily life, such as taking a short walk 3 times a week or choosing the stairs instead of the elevator, can help to reduce the risks of these diseases.

[Source: Heart and Stroke Foundation [www.heartandstroke.ca](http://www.heartandstroke.ca)]

### Question 2 - Answer: e. All of the above

A work- life conflict occurs when the demands of work and non-work life roles become incompatible, so that participation in one makes it difficult to participate in the other. Work-life conflict is associated with a number negative repercussions including, decreased work performance, adverse family outcomes, poor health and increased health care costs.

[Source: Canadian Policy Research Networks [www.cprn.org](http://www.cprn.org)]

### Question 3 - Answer: f. Low Blood Sugar

Diabetes is characterized by high blood sugar as well items a to e as above. There are many signs and symptoms of diabetes and it is important to recognize these signs. The earlier diabetes is diagnosed, the sooner steps can be taken to manage it, and prevent or delay the complications. Diabetes is a chronic disease that has no cure and it is one of the leading causes of death by disease in Canada. In 1995, 135 million people worldwide had diabetes, and the World Health Organization predicts that in 2025, 300 million people worldwide will be diabetic. People with diabetes can live active, healthy and vital lives if they make the lifelong commitment to the managing their diabetes. By maintaining a healthy weight, making smart food choices, exercising regularly and learning to reduce stress on a daily basis, diabetes can be prevented and managed.

[Source: Canadian Diabetes Association [www.diabetes.ca](http://www.diabetes.ca)]

### Question 4 - Answer: f. All of the above

Not all situations we consider "stressful" are negative. Situations we come across are first processed mentally, and then we decide how to react to each of them based on how equipped we feel do deal with them. No two people will react the same way when put in similar situations, and therefore will experience stress differently. A situation that you don't feel ready to deal with, either positive or negative, can cause feelings of anxiety, or tension, insomnia, or increased heartbeat. Being able to recognize your stress signals will help you figure out what to do to manage the situation.

[Source: Canadian Mental Health Association [www.cmha.ca](http://www.cmha.ca)]

### Question 5 - Answer: True

Eating foods rich in potassium like bananas, oranges or cantaloupes appear to help reduce the risks of high blood pressure and stroke. Potassium plays a role in maintaining a normal water balance in the body as well as helping the nervous response to stimulation and in muscle contraction. It is best to consult your physician before taking any potassium supplements as they may not be right for everyone.

[Source: Heart and Stroke Foundation [www.heartandstroke.ca](http://www.heartandstroke.ca)]



**Question 6 - Answer: e. All of the above**

Being a ‘Neighbour at Work’ also includes:

- Actively trying to understand others’ legitimate needs, interests and points of view
- Sharing and gathering information of material importance that will assist in this process in a timely and adequate manner
- In light of this knowledge, making every reasonable effort to avoid foreseeable harm to these people, and
- Expecting the same of them.

[Source: Neighbour At Work Cross-Country Check-up & Challenge]

**Question 7 - Answer: False**

It is nutritious to have cooked oatmeal, however a  $\frac{3}{4}$  cup (200mL) serving of oatmeal contains only 2 g of fiber. The recommended healthy intake of fiber is 25-30 g per day. By just eating oatmeal in the morning, you would not be getting a high fiber start to your day. There are lots of ways to add some fiber to your diet including eating a bran muffin, adding 100% bran to your morning cereal or oatmeal, or simply by adding fruit to your meal.

[Source: The National Institute of Nutrition [www.nin.ca](http://www.nin.ca)]

**Question 8 - Answer: a**

Mental health is achieving a balance in all aspects of your life; social, spiritual, mental, and economic. The World Health Organization (WHO) defines health as “a state of complete physical, mental & social well-being, and not merely the absence of disease or infirmity.”

[Source: World Health Organization, <http://www.who.int/mediacentre/factsheets/fs220/en/print.html>]

**Question 9 - Answer a. True**

About two-thirds of the smoke from a burning cigarette goes into the air. Second-hand smoke also contains more hazardous substances than inhaled smoke and it contains 2.7 times as much nicotine, 70% more tar and 2.5 times greater carbon monoxide levels. Exposure to second-hand smoke is associated with lung cancer, heart disease, sudden infant death syndrome (SIDS), pneumonia, asthma and many other diseases and infections in both adults and children. Exposure to second-hand tobacco smoke is estimated to cause about 300 lung cancer deaths per year — about two percent of all lung deaths in Canada each year.

[Source: Lung Association [www.lung.ca](http://www.lung.ca)]

**Question 10 - Answer: d. 60%**

63% of Canadians are not active enough to achieve the health benefits they need from physical activity. It is important to integrate physical activity into your daily life. The Physical Activity Guide recommends that each person needs 60 minutes of activities a day in periods of at least 10 minutes each. Research shows that not being active can cause premature death, chronic disease and disability. Physical activity helps to reduce stress, strengthen the heart and lungs, and increase energy levels.

There are 3 types of fitness that one needs to incorporate into daily life. These are:

- *Endurance* (continuous activities for the heart, lungs and circulation such as brisk walking, running, or swimming),
- *Flexibility* (gentle reaching, bending and stretching exercises to keep muscles relaxed and joints mobile such as touching your toes or bending your knees in a squat), and
- *Strength exercises* (working against a resistance to increase muscle and bone strength and keep good posture such as by lifting light weights).

[Source: Health Canada <http://www.hc-sc.gc.ca>]