**Chapter 12**

**Body and Soul: Black Women’s Physical Health**

**Question:** Considers the intersecting aspect of Black women’s wellness, including physical, mental, emotional, social, and spiritual.

**Answer:** holistic health

**Question:** Improves brain health, helps manage weight, reduces the risk of disease, strengthens bones and muscles, promotes better sleep, and improves mood.

**Answer:** Physical activity

**Question:** A lack of confidence in the medical system and in the intentions and work of medical professionals

**Answer:** medical mistrust

**Question:** Any harmful deviation from the normal structural or functional state of an organism, generally resulting in physical injury

**Answer:** disease

**Question:** Health disparities

**Answer:** Inequities in quality of health status, care, and outcomes of different groups based on social, racial, economic, and environmental characteristics

**Question:** Recent studies suggest sexual minority women are\_\_\_\_\_ likely than heterosexual young adults to receive needed reproductive health care.

**Answer:** more

**Question:** infectious diseases

**Answer:** Illnesses caused by harmful agents (pathogens) that get into your body.

**Question:** The most frequently occurring STI in the United States

**Answer:** Human papillomavirus (HPV)

**Question:** The rate of disease (consequences and complications, other than death, that result from a disease) within a population, and mortality refers to the incidence of death from a disease

**Answer:** Morbidity

**Question:** Optimism

**Answer:** The tendency to believe that an individual will generally experience positive rather than negative outcomes in life

**Question:** A condition when bones become weak and brittle

**Answer:** osteoporosis

**Question:** A state and federal program created to provide health care for those with low income of any age

**Answer:** Medicaid

**Question:** Morbidity

**Answer:** Rate of disease (consequences and complications, other than death, that result from a disease) within a population.

**Question:** Disability

**Answer:** A physical or mental impairment that limits one or more major daily life activities, a history such an impairment, or a perception by others as having an impairment

**Question:** Normal functioning of the body, such as how the body grows, feels, and moves, and cares for itself

**Answer:** Physical Health

**Question:** Human immunodeficiency virus (HIV) is a pathogen that causes acquired immunodeficiency syndrome (AIDS)

**Answer:** HIV/AIDS

**Question:** Mortality

**Answer:** The incidence of death from a disease

**Question:** Illness

**Answer:** The condition of being in poor health

**Question:** A framework that examines how three aspects— biological, psychological, and social— of personhood play roles in relative health or disease

**Answer:** Biopsychosocial Model

**Question:** Medicare

**Answer:** Federal program created to provide medical care for people over the age of 65 or permanently disabled, regardless of income level