ITEMS USED IN DEVELOPING TEST ON “HEALTH STATUS”

A. HEALTH HABITS (HH)

1. Regular intake of balanced diet is necessary for maintaining health status.

2. A meal should be taken thrice in a day by an adult to maintain the good health status.

3. Regular intake of meal within schedule time is good for health status.

4. Frequently changes of food habits affect the health status.

5. Branded food-stuffs can do better for health status.

6. Taking tea is good for health status.

7. Fermented food can help to maintain good health status.

8. Daily intake of raw fruits helps to maintain good health status.

9. Soyabean is better than animal protein for maintaining good health status.

10. Regular intake of fried foods detoriates the health status.

11. Spicy foods have no role for maintaining good health status.

12. Consumption of left over food stuffs affect the health status in all age groups.

13. Force feeding is not good to maintain the proper health status for in all age groups.

14. Minimum use of oil in cooking helps to maintain good health status.
15. Regular intake of 1.5-2.0 liters of water for an adult is good for health.

16. Meal planning (with varieties) is necessary for the better consumption of food items.

17. Taking of food with satisfaction can help to maintain good health status.

18. The significant rise in obesity, especially in children and adolescents is one of the indicators for measuring health status.

19. Alcohol diminishes life force, which ultimately leads to poor health status.

20. Alcohol can compensate the requirement of calorie.

21. Intake of alcohol during pregnancy affects the health status of both mother and child.

22. Hypertension may be the cause of taking alcohol.

23. Food intake becomes lower in the alcoholic person, which affects health status.

24. Use of alcohol affects the sleeping habit, which degrades the health status.

25. Not only smoking but also passive smoking can affect health status.

26. The habits of tobacco chewing is highly associated with deterioration in health status.

27. Use of tobacco is a cause of many severe diseases, and is the prerequisite of bad health status.

28. Use of tobacco affects the pregnant woman and foetus.

29. Food intake becomes lower for the smoker, which affects health status.
30. Use of tobacco affects the sleeping habit, which degrades health status.

31. Regularly taking bath helps to maintain good health status.

32. Regular bathing in winter season is not necessary for maintaining good health.

33. Bathing with soap does not have any significance for maintaining good health status.

34. Cleaning of used clothes is necessary for maintaining good health status.

35. Sizes of nails on the hands do not affect the health status.

36. Washing of hand before eating helps to maintain good health status.

37. Washing of mouth after eating helps to maintain good health status.

38. Brushing teeth in the morning is a good health habit.

39. Using toothbrush and toothpaste is more hygienic than natural products.

40. To maintain good health status drinking water should be clean, pure, and disinfected.

41. Extra attempt of cleanliness to protect is against contaminated diseases is essential for maintaining the good health status.

42. The habits of using the properly constructed latrine and toilet are necessary for keeping good health.

43. Use of shoe is a good health habit.

44. Isolation of a patient in the family helps to maintain good health status of the others.
B. PHYSICAL HEALTH (PH)

45. Over weight (i.e. 10% more than standard weight) does not affect the health status.

46. Obesity (i.e. 20% more than standard weight) affects the health status.

47. Weight and height varies proportionately according to age, which is significant for health status.

48. Weight and height varies proportionately according to sex, which is significant for maintaining good health status.

49. Height and weight both are affected due to the deficiency of the nutrients.

50. Individual’s height and weight both are affected due to the hormonal imbalance.

51. Waist and hip ratio is an important criteria for maintenance of health status.

52. Normal blood pressure reflects good health status.

53. High blood pressure affects health status.

54. Normal pulse rate reflects good health status.

55. Doctor’s treatment is required for maintaining health status.

56. Thorough check up at a specific interval helps to maintain good health status.

57. Psychological treatment is also necessary for maintaining health status along with other medical treatments.

58. Yoga is also a type of treatment, which maintains good health status.

59. Indiscriminate use of medicine has no effect on improving health.
60. Therapeutic diet is necessary for a patient to gain good health.
61. Mixed food items provide good health.
62. Balanced diet provides all the nutrients to maintain good health status.
63. Poor quality of diet is one of the main cause of bad health.
64. Skipping of breakfast affects health status.
65. Easy pluckability of hair is a malnutritious symptom, which affects health status.
66. Development of rashes in face is a malnutritious symptom, which affects health status.
67. Development of dermatitis in face is a malnutritious symptom, which affects health status.
68. Development of nasobial seborrhea is a malnutritious symptom, which affects health status.
69. Cracking of lips is a malnutritious symptom, which affects health status.
70. Loss of taste is a malnutritious symptom, which affects health status.
71. Crack inflamed tongue with magenta colour symptom of malnutrition, which affects health status.
72. Decayed of teeth due malnutrition which affects health status.
73. Quick falling of teeth is a malnutritious symptom, which affects health status.
74. Chalky white or brownish teeth are symptom of malnutrition, which affects health status.
75. Spongy gum is a malnutritious symptom, which affects health status.
76. Bleeding from gums is a malnutritious symptom, which affect the health status.

77. Abnormal dryness of skin and eye (Xerosis) is a malnutritious symptom, which affects the health status.

78. Roughness of skin is a malnutritious symptom, which affect the health status.

79. Enlargement of parotid and thyroid gland is a malnutritious symptom, which affects the health status.

80. Muscular dystrophy is a malnutritious symptom, which affects the health status.

81. Loss of sensation is a malnutritious symptom, which affects the health status.

82. Poverty causes malnutrition, which results in bad health status.

83. Inappropriate feeding practices are the roots of baby's bad health.

C. MENTAL HEALTH (MH)

84. Seven to eight hours per night of uninterrupted rest is optimum need for maintaining good health.

85. Sleeping time exceeding eight to nine hours, that indicates health problems.

86. Less sleeping habit is predisposed to the immune system of the body.

87. Habit of using sleeping pills affects the health status.

88. Regular sound sleep help in maintaining good health.

89. Sleeping with full stomach affects health status.
90. Mental tension affects the health status.

91. Mania is a type of affective disorder, which detoriates the health status.

92. Mental stress is the cause of bad health.

D. CHILD CARE (CC)

93. Gaining correct birth weight is a sign of good health.

94. The baby lose weight during the first three or four days after birth and regain it by seven to ten days and this is a sign of good health.

95. If the baby has correct length (i.e. 48-50cm) at birth then it is the sign of good health.

96. If the length of the baby increases one and half times at 1 year of age it is a sign of normal health status.

97. Normal increase of the arm circumference (11-16cm) from the age of birth to one year is a sign of healthy children.

98. Colostrum is the first immunization for the baby for maintaining good health.

99. Exclusive breast-feeding up to 6 months helps to keep a baby healthy.

100. Exclusive breast feeding reduces the chance of being obese which results good health.

101. Complementary feeding after 6 month of the baby may result good health.

102. Complementary foods should be energy riched nutrients, which maintain good health.

103. Clean and safe complementary foods help to keep good health.
104. Semi solid complementary foods are good for the health status of the baby.

105. Spices and fried foods are not good for maintaining health status of the children.

106. Intake of few drops of oil in the food is good for the health of a baby.

107. Over cooked food cannot provide good health.

108. Mixed food items enhance the health status.

109. All fruits are traditionally considered to be good for health of the baby.

110. Consistency of selected food items should be changed gradually according to age improves the health status.

111. Irregularity of time of feeding to the baby affects the health status of the body.

112. Safe delivery practices helps to maintain good health status.

113. Proper care and management of the umbilical cord helps to keep the child fit.

114. Proper warming and temperature regulation after birth help the child to maintain the normal health status.

115. Regular bathing in warm water protect the baby from infection.

116. Regular cleaning of baby’s daily cloths in boiled water is a sign of maintaining good health status.

117. Regular cleaning of the hands of the baby is a sign of good health.

118. The uses of all superstitious materials in the body of the baby may affect good health status.

119. Hygienic surroundings of the baby help to keep good health status.
120. Repeated infection affects health status.
121. Loss of body fluids due to dehydration influences health status.
122. Worm infections will detoriate health status.

E. PREGNANCY MANAGEMENT (PM)
123. Too early (teenager) pregnancy affects the health status of the woman.
124. Too late pregnancy (35 & above) affects the health status of the woman.
125. Too many pregnancies affect the health status of the woman.
126. Too many pregnancies affect the health status of the children.
127. Too close pregnancies affect the health status of the mother.
128. Too close pregnancies affect the health status of the children.
129. Too early (teenager) pregnancy affects the normal growth of the baby.
130. Delivery in hospital is more hygienic to maintain the health status of both mother & child.
131. Delivery by the local knowledgeable person is unhygienic to maintain the health status.

F. FAMILY PLANNING (FP)
132. Birth control help to maintain the health status.
133. Self-controlled process is more hygienic than using pills or other medical measures to keep the health fit.
134. Frequent pregnancy resulting from preference for son affect the health status of the female.
135. Repeated abortion resulting from preference of son affect the health status of the female.

**G. IMMUNIZATION CARE (IC)**

136. Application of BCG vaccine in due time (birth to two weeks) is the prerequisite of good health.

137. Application of DTP immunization in due time (6 week-14 week) against diphtheria, whooping cough, & tetanus is the indication of good health status.

138. Polio vaccination in schedule time (birth to 5 years) is good for maintaining health status.

139. Vaccination against measles in schedule time (9 to 10 months) is necessary for good health status.

140. Application of tetanus toxoid along with booster dose is necessary for a pregnant lady for a better health status of both mother and foetus.

**H. NUTRITIONAL REQUIREMENT (NR)**

141. Breast milk fulfils the nutritional requirement of the baby up to 6 month to keep good health status.

142. Complementary food along with breast milk are sufficient for maintaining health status from 6 month to 1 year.

143. After 1 year normal balanced diet is sufficient for maintaining good health status.

144. Adequate quantity and good quality of different nutrients are essential for good health status.
145. Cow’s milk is necessary for maintaining good health status after 6 months of the baby.

146. Highly concentrate food affects the health status of the baby.

147. Taking breakfast is very important for a school going child to maintain a good health status.

148. Varieties in menu of the packed lunch may help in maintaining good health.

149. Full stomach lunch is necessary for good health status.

150. Fast food is not good for good health status.

151. Calorie intake has to be controlled to maintain good health status.

152. Ready to cook food (eg. Palang paneer, dhoka mix, idli mix, dhosa mix, chana mix, golab jamun mix etc) do not affect health status.

153. Items like ready to eat foods (eg. Nutrimix, proteinex etc) is good for health.

154. Erratic weight gain during pregnancy is not a sign of good health.

155. Double quantities of nutrients are required during pregnancy to keep good health status.

156. Calcium & iron containing food items should be adequately provided to more lactating mother to keep a health good.

157. More intake of water & fibre riche food with calcium are the prerequisites of old age for maintaining good health status.

158. Contraindication of drags cause health hazards.

159. Drugs exhibit their effects on health status.
160. Judicious use of drugs should be taken into consideration for better health status.

I. GENERAL TREATMENT OF DISEASE (GTD)

161. Anaemia is not the sign of good health during pregnancy.

162. Administration of iron, & folic acid is important during pregnancy for better health status.

163. Consumption of salt, spices, condiments, cheese, butter, shell & dry fish and animal fat are not at all good for better health status of an individual suffering from hypertension.

164. Consumption of bland diet, juice of citrus fruit and tomato are good for health suffering from peptic ulcer.

165. Patient of peptic ulcer should avoid strongly flavoured vegetables, chillies and spices for maintaining good health status.

166. Liver affected patient should have restriction in consuming protein, chillies and spices for maintaining good health status.

167. Reduction of obesity is necessary for a patient of diabetes for maintaining good health status.

168. Diabetic patient have restriction in taking sugar for keeping good health.

169. Fibrous food, vegetable fat, high protein and whole wheat are essential for diabetic patient for keeping good health status.

170. A liberal fluid intake is important for maintaining good health status.

171. Patient suffering from kidney disease should consume sugar, starchy food, fats & oil and vitamin C etc. for keeping good health status.

172. Kidney affected patient should have restriction in taking with baking powder, soda and oxalate riched food for maintenance of good health.
173. Food/dust allergy may cause deterioration of health status.

174. A person having food/dust allergy does not necessarily have a poor health status.

175. Malaria like disease affects health status.

176. Gout/arthritis may cause poor health status.

177. Chronic skin disease affects health status.

178. Health status may be affected by chronic spondellosis.

J. HEALTH EDUCATION (HE)

179. Inadequate knowledge about proper cooking method may affect health status.

180. Knowledge about washing and cutting vegetables, use of iodized salts and baking powder etc. for cooking, helps to improve health status.

181. Insufficient knowledge about the importance of breast milk may result in more consumption of non-human milk, which ultimately affect the health status.

182. Expensive non-human milk may hamper health status due to chances of the presence of bacteria.

183. Knowledge as well as skills for childcare is very essential for keeping good health status.

184. Scientific delivery practices and proper care of child may improve health status.

185. Prophylactic measures like vaccination, deworming, etc may improve health status.
186. Safe food, clean drinking water and hygienic environment may help in keeping result good health status.

187. Proper and scientific care of pregnant and lactating mother will be helpful to improve health status.

188. Holding small family is essential for maintaining health status of the family.

189. Proper sanitary measures will help to get good health status.

190. Knowledge about use of fresh vegetables without additives may improve health status.