

CONGRATULATIONS!

MAY PRIZE WINNER: CALI BAKER



WELLNESS AT WORK

ONLINE HEALTH QUIZ

MAY QUIZ RESULTS
TOPIC: SMOKING

1. HOW SOON AFTER YOUR LAST CIGARETTE WILL YOU EXPERIENCE THE BENEFITS OF NOT SMOKING?
A. 36 HOURS
B. 20 MINUTES
C. 6 WEEKS
D. 1 DAY
2. SMOKING IS THE NUMBER ONE PREVENTABLE CAUSE OF DEATH IN AMERICA. CURRENTLY SMOKING KILLS APPROXIMATELY HOW MANY PEOPLE PER YEAR?
A. 1 MILLION
B. 50,000
C. 250,000
D. 420,000
3. SMOKE INHALED FROM A CIGARETTE REACHES AND AFFECTS THE BRAIN FASTER THAN INTRAVENOUS DRUGS. WOULD IT BE TRUE TO SAY AN ADDICTION TO NICOTINE IS THE SAME AS AN ADDICTION TO COCAINE OR HEROIN?
A. TRUE
B. FALSE
4. CIGARETTES CONTAIN APPROXIMATELY 7000 CHEMICALS, WHICH OF THE FOLLOWING ARE AMONG THOSE CHEMICALS?
A. CHEMICALS USED IN WOOD VARNISH
B. CHEMICALS FOUND IN NAIL POLISH REMOVER
C. CHEMICALS FOUND IN RAT POISONING
D. ALL OF THE ABOVE
5. BY NOT SMOKING YOU CAN ADD 14 YEARS TO YOUR LIFE. ONE CIGAR CAN CONTAIN AS MUCH TOBACCO AS AN ENTIRE PACK OF CIGARETTES.
A. FALSE
B. TRUE
6. SMOKING AFFECTS YOUR LUNGS AND BREATHING AND CAN CAUSE WHICH OF THE FOLLOWING DISEASES?
A. CHRONIC OBSTRUCTIVE PULMONARY DISEASE
B. EMPHYSEMA
C. CHRONIC BRONCHITIS
D. PNEUMONIA
E. ALL OF THE ABOVE
7. INITIALLY AFTER CEASING TO SMOKE YOU MAY EXPERIENCE COUGHING, BUT SHORTLY AFTERWARDS YOU WILL BEGIN TO EXPERIENCE THE FOLLOWING CHANGES.
A. COUGHING AND SHORTNESS OF BREATH DECREASING
B. CILIA (TINY HAIR LIKE STRUCTURES THAT MOVE MUCUS OUT OF THE LUNGS) START TO REGAIN NORMAL FUNCTION ABILITIES.
C. REDUCED RISK OF INFECTION
D. ALL OF THE ABOVE
8. THERE ARE TWO DIFFERENT KINDS OF SPIT TOBACCO, SNUFF AND CHEWING TOBACCO. SNUFF IS A FINE-GRAIN MOIST TOBACCO. CHEW TOBACCO IS OFTEN SHREDDED OR LEAFY. ONE DIP OF SPIT TOBACCO CONTAINS THREE TO FIVE TIMES THE AMOUNT OF NICOTINE AS ONE CIGARETTE?
A. TRUE
B. FALSE
9. WHICH OF THE FOLLOWING IS A POSSIBLE LONG TERM EFFECT FROM SPIT TOBACCO?
A. CANCER OF THE LIPS, TONGUE, FLOOR OF MOUTH, CHEEKS, GUMS, THROAT, VOICE BOX AND ESOPHAGUS.
B. RECEDING GUMS & TOOTH LOSS
C. A SORE THAT WILL NOT HEAL IN YOUR MOUTH, ON THE INSIDE OF THE CHEEK OR TONGUE
D. ALL OF THE ABOVE
10. THE 10,000 STEP CHALLENGE KICKS OFF THIS MONTH?
A. TRUE
B. FALSE

CITYFIT ONLINE HEALTH QUIZ IS THE FIRST TUESDAY OF EVERY MONTH ON THE CITYFIT HOMEPAGE AT: PITTSBURGH.PA.GOV/PERSONNEL/CITYFIT
THE TOPIC FOR JUNE'S QUIZ IS "THE TRUTH ABOUT SUMMER FOODS"

ONE WINNER PER MONTH.
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