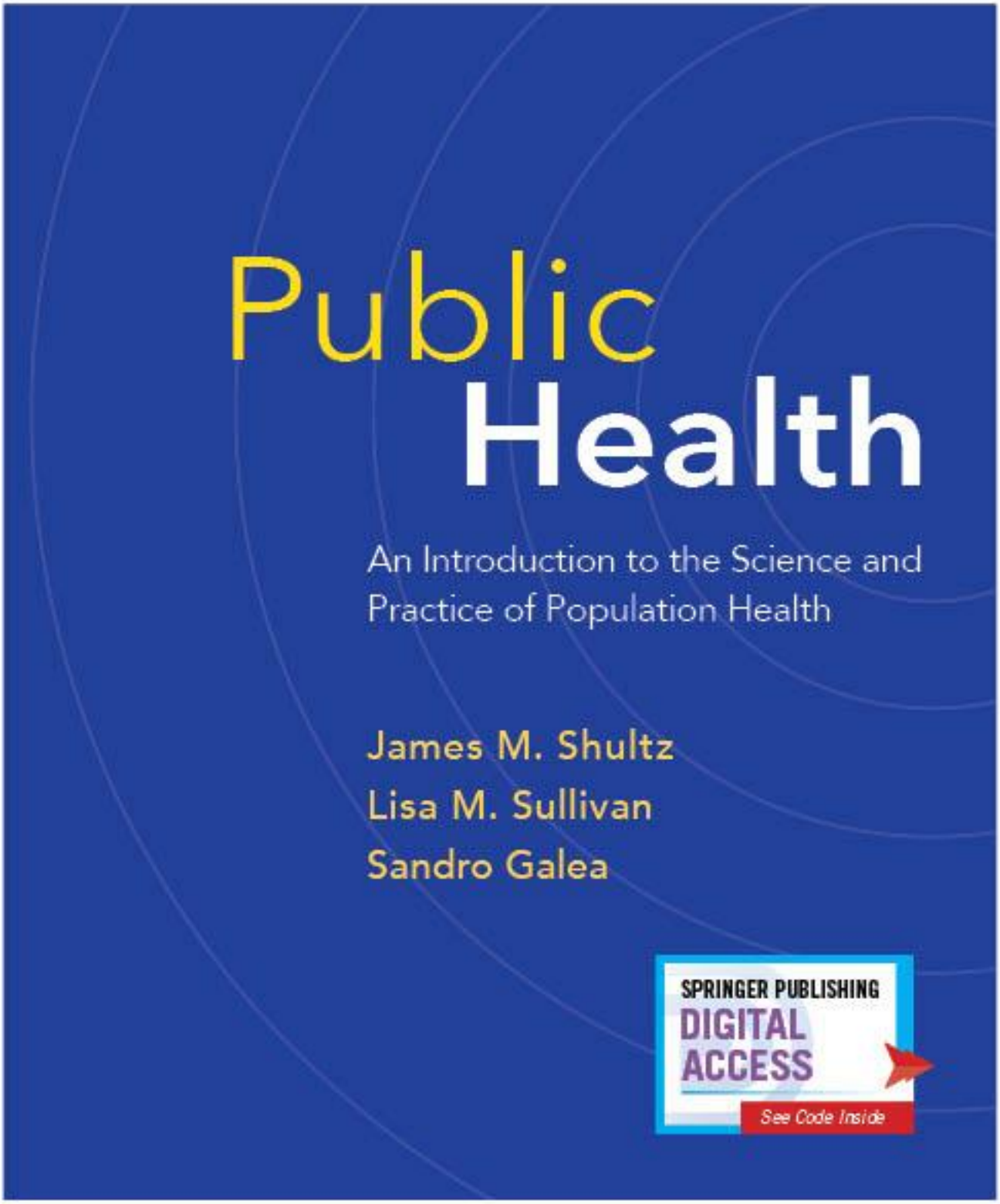
Public Health An Introduction to the Science and Practice of Population Health 1st edition Shultz Test Bank

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PUBLIC HEALTH: AN INTRODUCTION TO THE SCIENCE AND PRACTICE OF POPULATION HEALTH

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CHAPTER 1

PUBLIC HEALTH AND POPULATION HEALTH: UNDERSTANDING HEALTH AND DISEASE

PROBLEMS & SOLUTIONS

1. Which of the following best defines population health science?
   *a. The science that aims to understand what causes health
   b. A complete state of physical, mental, and social well-being
   c. The absence of disease for all people
   d. Interventions that promote and protect the health of people and communities

2. Which of the following public health tools emerged from the plague in Europe in the middle ages? (Choose all that apply)
   a. Sanitation
   *b. Quarantine
   *c. Isolation
   d. Surveillance systems

3. Who was the first public health officer in the United States?
   a. Lemuel Shattuck
   b. George Washington
   *c. Paul Revere
   d. Edwin Chadwick

4. Which of the following were issues of concern for the newly named U.S. Public Health Service in 1912? (Choose all that apply)
   *a. Safe water supply
   *b. Sanitation
   *c. Sewage disposal
   *d. Investigating diseases such as tuberculosis, malaria, leprosy

5. Which of the following are true about communicable diseases? (Choose all that apply)
   a. They are responsible for increasing the rates of disability in high-income countries
   b. They are caused by unhealthy lifestyles
   *c. They are caused by an infectious agent
   d. They are unrelated to years of life lost

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6. Which of the following was primarily responsible for expanding public health education in the United States?
   a. Establishment of the American Public Health Association
   *b. The Social Security Act
   c. The Centers for Disease Control and Prevention
   d. Formation of the U.S. Marine Hospital Service

7. Identify and describe two properties necessary to define a population.

   Correct Answer:

   A population requires more than one individual, and they share one or more common characteristics or attributes.

8. Consider the several definitions of public health and identify the common element of all definitions.

   Correct Answer:

   All definitions are about collective effort, work done by groups of people, to create the conditions that keep people healthy.

9. What are vital statistics and why are they important?

   Correct Answer:

   Vital statistics are numbers of births, deaths, and marriages and are used to track populations, verify identity, and estimate life expectancy.

10. Define and distinguish communicable and noncommunicable diseases and provide two examples of each type.

    Correct Answer:

    Communicable diseases are infectious diseases that can be transmitted between people (by a contagion, vector, or biological factor) – examples include HIV/AIDS, tuberculosis, influenza, malaria.
    Noncommunicable diseases, also called chronic diseases, are not transmissible between people – examples include heart disease, cancer, diabetes, and hypertension.

11. Provide and briefly describe three factors/new developments that improved the overall survival and health of mothers and babies.

    Correct Answer:

    Improved hygiene, better nutrition, better access to healthcare, antibiotics, prenatal care, neonatal care, family planning, fortification of foods.

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12. Define and differentiate Medicare and Medicaid.

    Correct Answer:

    Medicare is a federal healthcare funding program for older adults and Medicaid is a federal healthcare funding program for low-income families, pregnant women, people with disabilities, and people who need long-term care. Both programs are administered by the Centers for Medicare and Medicaid Services (CMS).

13. What are the goals of the World Health Organization (WHO) and who do they serve?

    Correct Answer:

    The WHO promotes health, human dignity, and quality of life for each of the United Nations' 194 member states.

14. What is a nongovernmental organization (NGO) and in what specific circumstances is it most likely to engage?

    Correct Answer:

    An NGO is an organization that operates separately and independently of governmental organizations (often these are nonprofit organizations), and it is particularly important in humanitarian emergencies and public health crises.

15. Name three factors/new developments that improved motor vehicle safety.

    Correct Answer:

    Use of seat belts, child safety seats, motorcycle helmets, advances in motor vehicle engineering, improvements in roadways (e.g., signage, lighting, and lane markings), on board navigation systems.

16. Name three lifestyle improvements linked to reduction in coronary heart disease and stroke deaths.

    Correct Answer:

    Improved diets (lower saturated fat intake), improved detection, treatment, and control of high blood pressure, increase in smoking cessation.

17. Identify the two basic survival concerns of populations that were evident in the earliest days of public health and discuss why and how they remain relevant today.

    Correct Answer:

    The two issues are a safe water supply and appropriate disposal of wastes. These remain issues of concern even today in many low-income and rural areas around the globe. Additionally, as more and more people move into urban areas, these urban areas must address these basic issues to meet the needs of expanding urban populations.

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18. Explain how public health gained support in the 1800s from governmental and political organizations.

Correct Answer:

The key component of the argument for public health was that improved health would improve productivity and reduce social costs, which aligned with the priorities of the government of the time.

19. Describe the International Classification of Diseases and Related Problems (ICD-11) system. Who created it and what is the primary purpose it serves?

Correct Answer:

The ICD-11 system is used to numerically code a wide range of human conditions, including injuries and diseases encountered during life, and the cause(s) of death. It was created by the World Health Organization (WHO) and is used to monitor, track, and compare various causes and health outcomes within populations over time and across populations. The use of a common system ensures that all stakeholders are using common definitions and terms, thereby ensuring fair and appropriate comparisons.

20. Discuss trends over the past 50 years in life expectancy and disability in the U.S. and globally. Highlight at least one unique feature of a trend in life expectancy or disability in any country and discuss a potential cause of this feature.

Correct Answer:

Life expectancy has been increasing worldwide. At the same time, rates of disability are steadily rising. The United States has experienced a recent decline in life expectancy – due primarily to drug-related deaths among young people (primarily due to opioid abuse).

21. Discuss the relationship between communicable versus noncommunicable diseases in low- versus high-income countries.

Correct Answer:

Communicable diseases are concentrated in low-income countries and account for 7 of 10 leading causes of death in them. In contrast, noncommunicable diseases cluster in high-income countries and account for 9 of10 leading causes of death.

EXTEND YOUR KNOWLEDGE

22. Choose any successful public health intervention, discuss its goal, and then describe at least one unintended consequence.

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23. Discuss how smallpox was introduced to the United States and how recent perceptions about the measles, mumps, and rubella vaccinations in the United States may affect reintroduction of these infectious diseases worldwide.

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