Health Promotion and Aging 9th edition Albert Test Bank

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CHAPTER 1

Introduction to Health Promotion and Aging

MULTIPLE CHOICE:

1. **How have the national efforts of the Centers for Disease Control and Prevention *Healthy People* impacted older adults?**

   *a. The majority of *Healthy People* initiatives affecting older adults did not receive adequate, or any, support to achieve their objectives.
   b. They increased the proportion of the healthcare workforce with geriatric certification.
   c. They reduced the proportion of older adults who have moderate to severe functional limitations.
   d. They reduced the rate of emergency department visits due to falls among older adults.

   Answer: a

   Rationale: Healthy People 2000, 2010*, and* 2020 *were national efforts initiated by the U.S. Public Health Preventive Services in an effort to reduce preventable death and disability for Americans. The majority of* Healthy People *initiatives impacting older adults did not receive adequate financial support to achieve their objectives. Few of the* Healthy People 2000 *and* 2010 *objectives were met, though many showed progress. Older Americans fell short of the 2010 target goals for physical activity and obesity, eating fruits and vegetables, edentulism (loss of teeth), reducing hip fractures and fall-related deaths.*

2. **Which of the following Healthy People objectives showed progress between 2010 and 2020? (Select all that apply.)**

   *a. Colorectal cancer screening for ages 50 to 74
   *b. Effective control of hypertension for ages 18 and above
   c. Reduction in obesity
   d. Reduction in suicide

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Answer: a and b

Rationale: *The picture overall is mixed, suggesting variation in the difficulty of changing particular health behaviors, heterogeneity in response to public health messaging, differences in receptivity to change, and the effect of disparities across populations that may affect access to preventive services. It is easier to deliver services than change outcomes. America lost ground in obesity and suicide.*

3. What do health-promoting initiatives involve?

a. Socioeconomic factors
b. Lifestyle
c. Other nonmedical influences that impact our ability to attain and maintain health
*d. All of the above

Answer: d

Rationale: *Health is made up of multiple, interacting factors, including socioeconomic factors, lifestyle factors, and other nonmedical influences that impact one's ability to attain and maintain health.*

4. What do older adults have in common?

a. Intensified demand for medical care
b. Aches and pains
c. Moving into a nursing home
*d. All of the above

Answer: d

Rationale: *As people age their likelihood of developing chronic health conditions increases substantially. As such, older adults can expect a higher level of need for medical care. Aging itself also leads to decrements in physiologic parameters apart from disease.*

5. What is considered the best way to lower healthcare costs for older adults?

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*a. Health promotion, disease prevention, and chronic disease management

b. Fee-for-service

c. Competition

d. Death

Answer: a

Rationale: *Health promotion, disease prevention, and chronic disease management are considered the best way to lower healthcare costs for older adults. People are responsible for their own health as part of health promotion, disease prevention, and chronic disease management activities and programs.*

6. The percentage of the U.S. population age 65 and over is projected to reach ____ in 2030.

*a. 20%

b. 30%

c. 40%

d. 50%

Answer: a

Rationale: *The average age of the American population has been increasing dramatically since the 1940s "baby boom." The percentage of the population age 65 and over is projected to reach 20% in 2030.*

7. What is the "age rectangle"?

a. Older adults age 65+ years will live longer with chronic health conditions, and then suddenly die.

b. The demography of the United States includes a small percentage of older adults age 65+ years, and at the same time, there is a large percentage of people aged 18+ years or younger.

*c. The demography of the United States includes nearly equal amounts of older adults age 65+ years and children age 18+ years or younger.

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d. The demography of the United States includes an increasing number of racial and ethnic minority older adults age 65+ years.

Answer: c

Rationale: *The demography of the United States once had a larger percentage of children and few older adults leading to a large base in an age-sex pyramid. However, with the baby boomer population and then reduced births in subsequent cohorts, as well as advances in medical science and healthcare, a large percentage of people are living longer. The result is approximately equal amounts of people at each age and adults aged 65+ years accounting for approximately 20% of the population.*

8. What is the leading cause of death among older adults age 65 and older, as reported in 2016?

a. Stroke
b. Cancer
c. Alzheimer disease
*d. Heart disease

Answer: d

Rationale: *Heart disease is the leading cause of death among older adults age 65 and older. The primary reason heart disease develops in individuals is due to poor health behaviors such as tobacco use, inactivity, poor diet, alcohol abuse, and so on.*

9. What makes up the greatest percentage of deaths in the United States?

a. Shortfalls in medical care
b. Access to healthcare
*c. Behavioral, social, and environmental factors
d. Genetics

Answer: c

Rationale: *It is estimated that 60% of premature mortality in the United States is due to behavioral, social, and environmental factors while 10% of premature mortality in the United States is linked to shortfalls in medical care, followed by genetic predispositions.*

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10. The federal government defines health as which of the following?

*a. Disease prevention, health protection, and health promotion

b. Biopsychosocial influences of health

c. Prevention and self-management

d. Community partnership, mental health, and physical health

Answer: a

Rationale: *The federal government defines health as (a) disease prevention, which comprises strategies to maintain and to improve health through medical care, such as high blood pressure control and immunization; (b) health protection, which includes strategies for modifying environmental and social structural health risks, such as toxic agent and radiation control, and accident prevention and injury control; and (c) health promotion, which includes strategies for reducing lifestyle risk factors, such as avoiding smoking and misuse of alcohol and drugs, and adopting good nutritional habits and a proper and adequate exercise regimen.*

11. What public service was enacted in 1965 to help persons age 65 or older pay for medical care?

a. Older Americans Act

b. Medicaid

*c. Medicare

d. Social Security

Answer: c

Rationale: *Medicare was enacted in 1965 to help persons age 65 or older pay for medical care. In 2016, Medicare covered 48 million older adults and 9 million younger persons with disabilities. It is a major player in the U.S. healthcare system, costing $702 billion in 2017, an increase in costs of 40% from a decade earlier and currently 15% of the entire federal budget.*

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12. What is Social Security?

a. Social Security is a federal program designed to provide hospital insurance; most people do not have to pay a monthly premium for this insurance because they are eligible through the taxes they paid while working.
b. Social Security is a federal program designed to provide medical insurance and covers physician services, outpatient hospital care, and other medical services such as physical and occupational therapy and some home healthcare.
*c. Social Security is a federal program designed to protect individuals and their families from loss of earnings due to retirement, disability, or death.
d. Social Security is the largest source of funding for medical and health-related services for people with limited income.

Answer: c

Rationale: *Social Security is a federal program designed to protect individuals and their families from loss of earnings due to retirement, disability, or death (when signed into law in 1935, it covered only retired workers). It is an entitlement in that to receive retirement benefits, a person must contribute through payroll tax contributions for 10 or more years. Workers and employers are both responsible for paying half of the payroll tax—6.2% each. The self-employed pay the full 12.4%, up to a taxable maximum of $132,900 (in 2019) of earnings but are able to deduct half as taxable income.*

13. The World Health Organization ranked the United States as _____ in quality of healthcare.

a. seventh
b. 17th
c. 27th
*d. 37th

Answer: d

Rationale: *WHO ranked the United States 37th in the quality of healthcare, and 50th in life expectancy.*

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