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Import Settings:
Information Field: Complexity
Information Field: Ahead
Information Field: Subject
Information Field: Rationale

Chapter: Chapter 02 - Quiz

Multiple Choice

1. The history of health education as an emerging profession is just over _____ years old.
A) 100
B) 500
C) 1,000
D) 5,000
Ans: A
Complexity: Moderate
Ahead: Introduction
Subject: Chapter 2
Rationale: The history of health education/promotion as a profession is slightly more than 100 years old, although the concept of educating about health has been around since the dawn of humans.

2. It is assumed that the earliest humans initially learned to distinguish between things that were healthful and those that were harmful by:
A) divine intervention.
B) instinct.
C) inherited knowledge.
D) trial and error.
Ans: D
Complexity: Easy
Ahead: Early Humans
Subject: Chapter 2
Rationale: We assume that the earliest humans learned by trial and error to distinguish between things that were healthful and those that were harmful.

3. Excavated sites dating back 4,000 years indicate that bathrooms and drains were common in:
A) Rome.
B) Mycenae.
C) India.
D) Syria.
Ans: C
Complexity: Easy
Ahead: Early Efforts at Public Health
Subject: Chapter 2
Rationale: In India, sites excavated at Mohenjo-Daro and Harappa dating back 4,000 years indicate that bathrooms and drains were common.

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4. The _____ are the oldest written documents related to health care, dating from around 1600 B.C.E.
A) biblical transcripts
B) Smith Papyri
C) Egyptian Health Manifesto
D) Code of Hammurabi
Ans: B
Complexity: Easy
Ahead: Early Efforts at Public Health
Subject: Chapter 2
Rationale: The oldest written documents related to health care are the Smith Papyri, dating from 1600 B.C.E., which describe various surgical techniques.

5. Which book of the Bible is considered to be the world's first written hygienic code?
A) Obadiah
B) Zephaniah
C) Leviticus
D) Lamentations
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: In approximately 1500 B.C.E., the Hebrews extended Egyptian hygienic thought and formulated (in the biblical book of Leviticus) what is probably the world's first written hygienic code.

6. The Egyptians were considered to be:
A) far more advanced in public health matters than the Greeks.
B) the authors of the earliest healthcare documents.
C) the founders of modern surgery.
D) the healthiest people of their time.
Ans: D
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Egyptians made substantial progress in the area of public health. They possessed a strong sense of personal cleanliness and were considered to be the healthiest people of their time.

7. The first people to put as much emphasis on prevention of disease as on the treatment of disease conditions were the:
A) Egyptians.
B) Hebrews.
C) Greeks.
D) Romans.
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Greeks were perhaps the first people to put as much emphasis on disease prevention as

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they did on the treatment of disease conditions.

8. By the beginning of the eighth century B.C.E., Greek mythology had endowed _____ as the god of medicine.
A) Asclepius
B) Hygeia
C) Mercury
D) Zeus
Ans: A
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: In the *Iliad*, Asclepius was a Thessalian chief who had received instruction in the use of drugs. By the beginning of the eighth century B.C.E., tradition had enshrined him as the god of medicine.

9. The Greek physician credited as being the first epidemiologist and the father of modern medicine was:
A) Hippocrates.
B) Asclepius.
C) Panacea.
D) Plato.
Ans: A
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: Hippocrates has been credited as being the first epidemiologist and the father of modern medicine.

10. The staff and serpent symbol, which also marked early Greek temples of healing, is known as:
A) Hippocrates.
B) Caduceus.
C) Panacea.
D) Plato.
Ans: B
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The ancient temples of Asclepius left their symbol as a permanent reminder of the past—the staff and serpent of the physician, known as the caduceus.

11. Which contribution to the history of medicine is *not* attributed to Hippocrates?
A) The distinction between endemic diseases and epidemic diseases
B) The belief that health was the result of balance and disease the result of imbalance
C) The Code of Hammurabi
D) The Hippocratic Oath
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2

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Rationale: Hippocrates's contributions include the distinction between endemic diseases and epidemic diseases, the concept of balance in life as the best means for maintaining health and well-being, and the Hippocratic Oath.

12. The early society most famous for building sewage systems, water supply systems, baths, and other health facilities was the:
A) Egyptians.
B) Greeks.
C) Romans.
D) Saxons.
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Romans were famous for building sewage systems, baths, water supply systems, and other health facilities.

13. During what era were criminals dissected alive to improve medical knowledge?
A) Egyptian
B) Greek
C) Roman
D) Middle Ages
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: During the Middle Ages, some Roman anatomists dissected criminals alive to further their knowledge of anatomy.

14. Which of the following groups built the most extensive aqueduct system to bring fresh water to its subjects?
A) Egyptians
B) Greeks
C) Romans
D) Saxons
Ans: C
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Roman Empire (500 B.C.E. to C.E. 500) built an extensive and efficient aqueduct system.

15. Entire libraries were burned and knowledge about the human body was seen as sinful during the:
A) Egyptian era.
B) Renaissance.
C) Roman era.
D) Middle Ages.
Ans: D
Complexity: Easy

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Ahead: Middle Ages
Subject: Chapter 2
Rationale: The era from the collapse of the Roman Empire to about C.E. 1500 is known as the Middle Ages or Dark Ages. This was a time of political and social unrest when many health advancements of previous cultures were lost. The health-related advancements of the Greco-Roman era were abandoned and shunned. Entire libraries were burned, and knowledge about the human body was seen as sinful.

16. Which great epidemic during the Middle Ages resulted in the most discrimination and isolation of its victims?
A) Syphilis
B) Bubonic plague
C) Leprosy
D) Smallpox
Ans: C
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: In some communities, lepers were given the last rites of the church, forced to leave the city, made to wear identifying clothing, and required to carry a rod identifying them as lepers. Other lepers were forced to wear a bell around their necks and to ring it as a warning when other people came near. Such isolation usually brought about a relatively quick death resulting from hunger and exposure.

17. During the Middle Ages, which of the following was considered one potential cause of the bubonic plague?
A) Syphilis
B) Unnatural hot and humid winds
C) Leprosy
D) Smallpox
Ans: B
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Debate existed during the Middle Ages concerning the cause of the plague. In 1348, Jehan Jacme wrote that the disease was caused by five factors: (1) the wrath of God, (2) the corruption of dead bodies, (3) waters and vapors formed in the interior of the earth, (4) unnatural hot and humid winds, and (5) the conjunction of stars and planets.

18. “Water casting” was a:
A) means of diagnosing a patient’s condition by examining the urine for changes in color.
B) means of casting out demons by throwing water on the inflicted individual.
C) method for diagnosing syphilis during the Roman era.
D) condition in which water was retained by the body when infected with leprosy.
Ans: A
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: A major means of diagnosing a patient’s condition consisted of examining the urine for changes in color. The inspection of a patient’s urine by a true physician was known as “water casting.”

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19. During the Renaissance, much surgery and dentistry was performed by:
A) physicians and dentists.
B) nurse midwives.
C) surgeons trained only by apprenticeship.
D) barbers.
Ans: D
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: Much surgery and dentistry was performed by barbers during the Renaissance because they had the best chairs and sharpest instruments available.

20. The Middle Ages can be characterized as a time:
A) of health advances.
B) when many health advancements were lost.
C) focused on disease prevention efforts.
D) emphasizing naturalistic and holistic approaches.
Ans: B
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: The era from the collapse of the Roman Empire to about C.E. 1500 is known as the Middle Ages or Dark Ages. This was a time of political and social unrest when many health advancements of previous cultures were lost.

21. During which period did the concept of disease contagion become more universally accepted?
A) Roman Empire
B) Middle Ages
C) Renaissance
D) Age of Enlightenment
Ans: B
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Although this concept of contagion had been around for many years and was discussed in the Bible, it was not until the Middle Ages and the epidemics of leprosy and bubonic plague that it started to become more universally accepted.

22. During the 1700s the “miasmas theory” held that:
A) disease was caused when vapors rising from rotting refuse were inhaled.
B) an imbalance of the mind, body, and spirit caused disease.
C) disease was caused by four humors: blood, phlegm, yellow bile, and black bile.
D) parasites in the water caused most disease.
Ans: A
Complexity: Easy
Ahead: Age of Enlightenment
Subject: Chapter 2
Rationale: The 1700s were a period of revolution, industrialization, and growth of cities. Plague and other epidemics continued to be a problem. Science had not yet discovered that these diseases were produced

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by microscopic organisms. The general belief was that disease was formed in filth and that epidemics were caused by some type of poison that developed in the putrefaction process. The vapors, or "miasmas," rising from this rotting refuse could travel through the air for great distances and were believed to result in disease when inhaled.

23. Who wrote the *Report on an Inquiry into the Sanitary Conditions of the Labouring Population of Great Britain*?
A) John Snow
B) James Lind
C) Edwin Chadwick
D) Thomas Muster
Ans: C
Complexity: Easy
Ahead: The 1800s
Subject: Chapter 2
Rationale: In 1842, a momentous event occurred in the history of public health when Edwin Chadwick published his *Report on an Inquiry into the Sanitary Conditions of the Labouring Population of Great Britain.*

24. John Snow was able to interrupt a cholera epidemic in London by:
A) placing those infected in quarantine.
B) removing a pump handle.
C) promoting daily bathing.
D) developing a new antibiotic.
Ans: B
Complexity: Easy
Ahead: The 1800s
Subject: Chapter 2
Rationale: In 1849, Dr. John Snow, who laboriously studied epidemiological data related to a cholera epidemic in London, hypothesized that the disease was caused by microorganisms in the drinking water from one particular water pump located on Broad Street. He removed the pump's handle to keep people from using the water source, and the epidemic abated.

25. Who proposed the germ theory of disease?
A) Robert Koch
B) Louis Pasteur
C) Joseph Lister
D) Edwin Chadwick
Ans: B
Complexity: Easy
Ahead: The 1800s
Subject: Chapter 2
Rationale: In 1862, Louis Pasteur of France proposed his germ theory of disease.

26. To address the many health problems facing U.S. cities in the late 1700s, some cities developed health:
A) laws.
B) rules.

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C) boards.
D) regulations.
Ans: C
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: In an attempt to address health problems, some cities formed local health boards. According to tradition, the first health board was formed in Boston in 1799, with Paul Revere as chairman. This is contested, however, by other cities claiming earlier health boards, including Petersburg, Virginia (1780), Baltimore (1793), Philadelphia (1794), and New York (1796).

27. Public health reform in the United States was stimulated by the landmark *Report on the Sanitary Commission of Massachusetts* written by:
A) Edwin Chadwick.
B) Thomas Dewy.
C) Horace Mann.
D) Lemuel Shattuck.
Ans: D
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Public health reform in the United States was slow to begin. Interestingly, a major report helped jump-start the public health reform movement in the United States, just as Chadwick's landmark 1842 report stimulated public health reform in Britain. Lemuel Shattuck's 1850 *Report of the Sanitary Commission of Massachusetts* contained remarkable insights about the public health issues of Massachusetts, including how to approach and solve these problems.

28. Which of the following was *not* a result of the landmark *Report on the Sanitary Commission of Massachusetts*?
A) The first full-time county health departments were formed.
B) State boards of health were formed.
C) The National Tuberculosis Study was conducted.
D) The collection and analysis of vital statistics became practice.
Ans: C
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: As a result of the *Report on the Sanitary Commission of Massachusetts*, the keeping of vital statistics became practice, state boards of health were formed, and the first full-time county health departments were formed.

29. Stephen Smith's effort to initiate a national sanitary association eventually evolved into the:
A) American Association for Health Education (AAHE).
B) American Public Health Association (APHA).
C) Society of Public Health Educators (SOPHE).
D) Association for Worksite Health Promotion (AWHP).
Ans: B
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2

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Rationale: Stephen Smith's efforts to discuss informally the possibility of a national sanitary association first resulted in the decision to establish a committee to work on a permanent organization. One year later, in 1873, the first annual meeting was held in Cincinnati, Ohio, and 70 new members were elected. Smith remained active in the association throughout his life. At the age of 99, he walked to the podium unassisted to speak at the 50th-anniversary celebration of the American Public Health Association (APHA).

30. The first national voluntary health agency established in 1902 was the:
A) American Cancer Society.
B) American Heart Association.
C) Sanitary Commission of Massachusetts.
D) National Association for the Study and Prevention of Tuberculosis.
Ans: D
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: During the period known as the reform phase of public health, the first national voluntary health agencies were formed. For example, the National Association for the Study and Prevention of Tuberculosis was established in 1902.

31. Passage of the 1798 Marine Hospital Services Act established a structure that eventually evolved into today's:
A) Centers for Disease Control and Prevention.
B) U.S. Public Health Service.
C) National Institutes of Health.
D) U.S. Marine Corps.
Ans: B
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The federal government started a public health service that dates back to 1798 when Congress passed the Marine Hospital Service Act. In 1902, Congress retitled it the Public Health and Marine Hospital Service and gave it a definite organizational structure under the direction of the surgeon general. In 1912, "Marine Hospital" was dropped from the name, and the service became known as it is today, the U.S. Public Health Service.

32. Which act provided support for state health departments and their programs, including the development of sanitary facilities and improvements in maternal and child health?
A) Ransdell Act
B) Social Security Act
C) Hill-Burton Act
D) Congressional Health Services Act
Ans: B
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The Social Security Act of 1935 was a real milestone and the beginning of the federal government's involvement in social issues, including health. The act provided support for state health departments and their programs.

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33. The federal government's involvement in social issues, including health, began with the passage of the:
A) Medicare Act.
B) Medicaid Act.
C) Ransdell Act.
D) Social Security Act.
Ans: D
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The Social Security Act of 1935 was a real milestone and the beginning of the federal government's involvement in social issues, including health.

34. _____ was created to assist in the payment of medical bills for the elderly.
A) Medicare
B) Medicaid
C) Social Security
D) Health insurance
Ans: A
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Medicare was created to assist in the payment of medical payments for the elderly.

35. The first national effort to promote the health of citizens through a more preventative approach took place in what country?
A) United States
B) England
C) Germany
D) Canada
Ans: D
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The first national effort to promote the health of citizens through a more preventive approach took place in Canada.

36. What famous Canadian report presented epidemiological evidence supporting the importance of lifestyle and environmental factors on health and sickness, and called for numerous national health promotion strategies?
A) *A New Perspective on the Health of Canadians*
B) *A Report Card on Canadian Health Promotion Efforts*
C) *Canadian Healthy Diary*
D) *National Health Objectives for Canada Care*
Ans: A
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2

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Rationale: In 1974, the Canadian Ministry of Health and Welfare released a publication titled *A New Perspective on the Health of Canadians.* This document, often called the *Lalonde Report*, presented epidemiological evidence that supported the importance of lifestyle and environmental factors.

37. In the United States the first major recognition of the importance of lifestyle in promoting health and well-being came in the form of a governmental publication titled:
A) *Healthy People.*
B) *Surgeon General's Report on the Health of Americans*.
C) *A Report Card on U.S. Health Indicators*.
D) *National Health Objectives for the Year 1990*.
Ans: A
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: In the United States, the government publication *Healthy People* was the first major recognition of the importance of lifestyle in promoting health and well-being.

38. Which of the following is *not* an overarching goal of *Healthy People 2030*?
A) Engaging multiple sectors
B) Creating healthy environments
C) Eliminating disparities
D) Conducting critical research
Ans: D
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: *Healthy People 2030*'s overarching goals are to attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death; eliminate health disparities, achieve health equity, and attain health literacy; create social, physical, and economic environments that promote attaining the full potential for health and well-being for all; promote healthy development, healthy behaviors, and well-being across all life stages; and engage leadership, key constituents, and the public across multiple sectors.

39. The most recent set of national health objectives for the United States is titled:
A) *Healthy People 2000*.
B) *Healthy People 2010*.
C) *Healthy People 2030*.
D) *Healthy People 2040*.
Ans: C
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: *Healthy People 2030*, the fifth iteration of the Healthy People public health objectives, was released on August 18, 2020.

40. Massachusetts passed the first mandatory education law in 1647 to:
A) ensure that children were prepared to become public servants in their community.
B) provide basic skills for female children.

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C) combat plagues and other contagious diseases that were spreading throughout the community.
D) help promote the reading of the Bible.
Ans: D
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: In 1647, Massachusetts passed the "Old Deluder" law to prevent Satan from deluding the people by keeping them from reading the Bible. The law specified that a town with 50 families should establish an elementary school, and a town with 100 households should set up a Latin grammar secondary school.

41. Who was the secretary of the Massachusetts State Board of Education in 1837 and repeatedly called for mandatory programs of hygiene education for students?
A) Horace Mann
B) Lemuel Shattuck
C) Thomas Dewy
D) Charles Darwin
Ans: A
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Beginning in 1837 with the publication of his *First Annual Report* and continuing through the publication of the *Sixth Annual Report* in 1843, Horace Mann called for mandatory hygiene programs that would help students understand their bodies and the relationship between their behaviors and health

42. Founded in 1927, the American Association of School Physicians evolved into the:
A) American Association for Health Education.
B) American College Health Association.
C) School Health Section of the American Public Health Association.
D) American School Health Association.
Ans: D
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: The American School Health Association evolved from the American Association of School Physicians, which was founded in 1927. Over the next 10 years, this association of school physicians expanded its functions, interests, and scope of activity. As a result, it broadened its membership to include school health personnel other than physicians. In 1938, its name was changed to the American School Health Association to reflect these changes.

43. The first national effort to promote the teaching of health-related curriculum in the schools was directed by the:
A) Women's Christian Temperance Union.
B) American Cancer Society.
C) American Lung Association.
D) National March of Dimes.
Ans: A
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2

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Rationale: Aside from local and state attempts to promote the teaching of health-related curricula in the schools, no concerted national effort existed until that of the Women's Christian Temperance Union.

44. Among her many accomplishments, Sally Lucas Jean was ultimately responsible for:
A) writing the first health objectives for the United States.
B) changing the name from hygiene education to health education.
C) chairing a presidential commission on health education.
D) developing the first health education curriculum.
Ans: B
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Sally Lucas Jean, was ultimately responsible for changing the name from hygiene education to health education

45. What happened during World War I that provided the impetus for widespread acceptance of school health education as a field in its own right?
A) The incidence of tuberculosis increased rapidly.
B) School health was required of all children for the first time.
C) Too many young men were unfit for service.
D) The first college program for health education was established.
Ans: C
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: World War I provided the impetus for widespread acceptance of school health education as a discipline in its own right. Out of 2,510,706 men examined as potential military draftees during World War I, 730,756 (29%) were rejected on physical grounds.

46. Which of the following best represents the results of the School Health Education Study conducted by Dr. Elena Sliepcevich?
A) Health attitudes and behaviors among the students surveyed were excellent.
B) Content knowledge among students surveyed was high.
C) The results were appalling, with numerous misconceptions about health at all levels.
D) The results indicated good fitness and tobacco behaviors, but poor nutrition behaviors.
Ans: C
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: The School Health Education Study was a major study of significance to school health education. The results were appalling. Health misconceptions among students at all levels prevailed.

47. One of the more important health education studies that was conducted in the Los Angeles area and was designed to evaluate the effectiveness of school health work in selected schools and colleges of the area was the:
A) School Health Education Evaluation Study.
B) School Health Effectiveness Project.
C) National School Health Assessment.

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D) Regional Health Promotion and Education Survey.
Ans: A
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: The School Health Education Evaluation Study of the Los Angeles area was an important study. Its purpose was to evaluate the effectiveness of school health work in selected schools and colleges of the area.

48. Eight interactive components working together to enhance the health and well-being of the students, faculty, staff, and community within a school district are known as:
A) Comprehensive School Health Education.
B) a Coordinated School Health Program.
C) a Complete School Health Integration Program.
D) a Regulated School Health Plan.
Ans: B
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: A coordinated school health program consists of eight interactive components that work together to enhance the health and well-being of the students, faculty, staff, and community.

49. The most recent school health publication focused on improving educational achievement for all students and improved health for the United States is the:
A) Standards for Health Literacy.
B) School Health Advisory Council Handbook.
C) Coordinated School Health Program Guidebook.
D) National Health Education Standards.
Ans: D
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: In 2006, with support from the American Cancer Society, the Joint Committee on National Health Education Standards was formed. The goal of the National Health Education Standards is improved educational achievement for students and improved health in the United States.

50. When developing school health curriculum, the CDC recommends emphasizing six key risk behaviors because the behaviors:
A) are the leading causes of death and disability among youth and adults.
B) are the most controllable by young people.
C) typically begin in early adulthood.
D) have been proven to be most easily changed through education.
Ans: A
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: When developing and delivering a planned, sequential, effective school health education program, emphasis should be placed on six specific adolescent risk behaviors that are monitored by the Youth Risk Behavior Surveillance System (YRBSS). These six behaviors contribute to the leading causes of death and disability among youth and adults.

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51. The coordinated school health concept has dominated the school health arena but has failed to reach its full potential in most schools because:
A) the recess before lunch concept has been a priority.
B) the leadership to promote and coordinate school health programs is lacking.
C) the program is too prescriptive for most administrators to implement.
D) it lacks federal support.
Ans: B
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Unfortunately, the full potential of coordinated school health programs has never been realized in most school districts. Factors may include the low priority placed on health by many school administrators; a lack of leadership to promote, coordinate, and oversee school health programs; and an overemphasis on competency testing.

52. The Patient Protection and Affordable Care Act:
A) expanded healthcare to millions of uninsured Americans.
B) limited opportunities for health education specialists to promote health.
C) focused on providing affordable health education for high-risk teens.
D) protected patients from physicians who fail to employ high standards of care.
Ans: A
Complexity: Easy
Ahead: Patient Protection and Affordable Care Act
Subject: Chapter 2
Rationale: Through a combination of cost controls, subsidies, and mandates, the Patient Protection and Affordable Care Act expanded healthcare coverage to 20 million uninsured Americans.

53. The formal classification for the occupation of health education was significant because it:
A) allowed health educators to be eligible to sit for a certification exam.
B) made it possible to determine the number of health education specialists employed.
C) allowed health education specialists to serve as government consultants.
D) guided undergraduate health education program admission rates.
Ans: B
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Approval of health education as a separate occupational classification means that the Department of Labor's Bureau of Labor Statistics, the Department of Commerce's Bureau of the Census, and all other federal agencies that collect occupational data now collect data on health education specialists. Many state and local governments also maintain data on health education/promotion. For the first time, it is possible to determine the number of health education specialists employed and the outlook for future health education/promotion positions.

True/False

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1. True or False? Health literacy is defined as an individual's ability to read health information.
Ans: False
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Health literacy is the capacity of individuals to access, interpret, and understand basic health information and services, and the skills to use the information and services to promote health.

2. True or False? The need for professional health educators emerged as human beings' knowledge of health and health care increased.
Ans: True
Complexity: Moderate
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The need for health education/promotion existed in the early 20th century as many questionable and fraudulent health practices were being promoted. In the subsequent years, increased understanding of the value of preventive medicine underscored professional health educators' role.

3. True or False? Earliest man believed that disease and infirmity were caused by the influence of magic or malevolent spirits that inhabited streams, trees, animals, the earth, and the air.
Ans: True
Complexity: Easy
Ahead: Early Humans
Subject: Chapter 2
Rationale: In an attempt to make disease and death seem more rational, early man often attributed disease and accidents to magical spirits, which were believed to live in trees, animals, the earth, and the air.

4. True or False? The earliest written record concerning public health was the Smith Papyri.
Ans: False
Complexity: Easy
Ahead: Early Efforts at Public Health
Subject: Chapter 2
Rationale: The earliest written record concerning public health is the Code of Hammurabi, named after the king of Babylon.

5. True or False? Egyptian medicine never advanced far beyond primitive medicine, relying on priests for health information.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Egyptians relied primarily on priests for their health information.

6. True or False? The Egyptians utilized numerous pharmaceutical preparations and constructed earth privies for sewage as well as public drainage pipes.

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Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Egyptians used numerous pharmaceutical preparations and constructed earth privies for sewage, as well as public drainage pipes.

7. True or False? During the Greek era, the role of physician began to take shape and a more scientific view of medicine emerged.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: Among the early Greeks, religion played an important role in health care. However, the role of physician began to take on a more defined shape, and a more scientific view of medicine emerged.

8. True or False? In Greek mythology, Hygeia was given the power to prevent disease.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: In Greek mythology, Hygeia was given the power to prevent disease, whereas Panacea was given the ability to treat disease.

9. True or False? Hippocrates taught that health was the result of prayer.
Ans: False
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: Hippocrates taught that health was the result of balance and disease was the result of an imbalance.

10. True or False? The balance of mind, body, and spirit was a focus of the Romans.
Ans: False
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: To the Greeks, the ideal person was perfectly balanced in mind, body, and spirit.

11. True or False? The Greeks emphasized instruction related to philosophy, athletics, and theology in order for individuals to maintain balance.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: To the Greeks, the ideal person was perfectly balanced in mind, body, and spirit. Thus, study

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and practice related to philosophy, athletics, and theology were all important to maintain balance.

12. True or False? The Hippocratic Oath continues to be used today as the basis for medical ethics.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The traditional Hippocratic Oath is still used today and is the basis for medical ethics.

13. True or False? Asclepius has been credited as being the first epidemiologist and the father of modern medicine.
Ans: False
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: Hippocrates has been credited as being the first epidemiologist and the father of modern medicine.

14. True or False? As engineers, builders, and administrators, the Greeks had no equal among early civilizations.
Ans: False
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Romans were famous for building sewage systems, baths, water supply systems, and other health facilities.

15. True or False? The Romans had a great appreciation for hygiene and developed an extensive system of private and public baths.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Roman Empire (500 B.C.E. to C.E. 500) built an extensive and efficient aqueduct system.

16. True or False? The Romans can be credited with making many health advancements.
Ans: True
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Romans developed extensive aqueduct and underground sewer systems, were the first to build hospitals, and furthered the work of the Greeks in the study of human anatomy and the practice of surgery.

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17. True or False? The Middle Ages can be characterized as a time of health advancements.
Ans: False
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: The era from the collapse of the Roman Empire to about C.E. 1500 is known as the Middle Ages or Dark Ages. This was a time of political and social unrest when many health advancements of previous cultures were lost.

18. True or False? The Egyptians were the first to build hospitals.
Ans: False
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2
Rationale: The Romans observed the effect of occupational hazards on health, and they were the first to build hospitals. By the second century C.E. a public medical service was set up whereby physicians were appointed to various towns and institutions. A system of private medical practice also developed during the Roman era.

19. True or False? The years from 1875 to 1900 are known as the bacteriological period of public health.
Ans: True
Complexity: Early
Ahead: The 1800s
Subject: Chapter 2
Rationale: During the second half of the 19th century, tremendous advancements in bacteriology were made. As a result, the years from 1875 to 1900 became known as the bacteriological period of public health.

20. True or False? Entire libraries were burned and knowledge about the human body was seen as sinful during the Middle Ages.
Ans: True
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Early Christians reinforced the notion that disease was caused by sin or disobeying God. The health-related advancements of the Greco-Roman era were abandoned and shunned. Entire libraries were burned, and knowledge about the human body was seen as sinful.

21. True or False? The contagion concept associated with leprosy and bubonic plague severely weakened the argument of those promoting the sin–disease theory.
Ans: True
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Although the concept of contagion had been around for many years and was discussed in the Bible, it was not until the Middle Ages and the epidemics of leprosy and bubonic plague that it started to become more universally accepted. The contagion concept opened the door to new interest in science and severely weakened the argument of those promoting the sin–disease theory.

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22. True or False? In order to join the Brotherhood of the Flagellants, group members had to pledge to ritualistically torment themselves three times daily for 33 days and eight hours.
Ans: True
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: When joining the Brotherhood of the Flagellants, group members had to pledge to scourge themselves three times daily for 33 days and eight hours, which represented one day for each year of Christ's earthly life.

23. True or False? The plague caused widespread fear and superstition regarding the cause of disease.
Ans: True
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: The cause of the plague was unknown, creating widespread fear and superstition.

24. True or False? While disagreement existed as to the cause of the plague, many believed the disease was contagious.
Ans: True
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Despite the disagreement that existed on the cause of the plague, contemporaries believed that the disease was contagious.

25. True or False? There was widespread agreement that the plague was caused by sin.
Ans: False
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Debate existed during the Middle Ages concerning the cause of the plague. In 1348, Jehan Jacme wrote that the disease was caused by five factors: (1) the wrath of God, (2) the corruption of dead bodies, (3) waters and vapors formed in the interior of the earth, (4) unnatural hot and humid winds, and (5) the conjunction of stars and planets.

26. True or False? If professional health educators had existed during the Middle Ages, millions of lives could have been saved.
Ans: False
Complexity: Easy
Ahead: Middle Ages
Subject: Chapter 2
Rationale: Given the rudimentary level of health knowledge and the lack of consensus on prevention and causation of disease, a professional health education specialist would probably have contributed little to the general population's health in the Middle Ages.

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27. True or False? During the Renaissance period science again emerged as a legitimate field of inquiry, and numerous scientific advancements were made.
Ans: True
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: Although progress was slow during the Renaissance period, science again emerged as a legitimate field of inquiry, and numerous scientific advancements were made.

28. True or False? The practice of dentistry by professionally trained practitioners was a significant contribution of the Renaissance period.
Ans: False
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: During the Renaissance, much surgery and dentistry was performed by barbers because they had the best chairs and sharpest instruments available

29. True or False? Due to their high standard of living, the English royalty experienced very few health problems during the Renaissance.
Ans: False
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: Although living conditions among the English royalty were certainly better than those of the laboring class, health-related problems still were prevalent during the Renaissance.

30. True or False? Disposal of human waste was still a major problem during the Renaissance.
Ans: True
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: Disposal of human waste was a major problem during the Renaissance. Those who lived in old castles located their latrines in large projections on the face of walls. The excrement was discharged from these projections into deep-walled pits, moats, or streams near the walls of the castle. Those less fortunate used chamber pots and simply tossed their contents out the nearest window.

31. True or False? Health boards first began to provide oversight on the sewage system, cemeteries, and professional activity of physicians during the 18th century.
Ans: False
Complexity: Easy
Ahead: Renaissance
Subject: Chapter 2
Rationale: In Italy, many cities had instituted health boards to fight the plague. It did not take long, however, for their responsibilities to be expanded. By the middle of the 16th century, numerous matters

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had fallen under the control and jurisdiction of these health boards. These included the sewage system and the professional activity of physicians, surgeons, and apothecaries.

32. True or False? By removing the handle from the Broad Street water pump, John Snow demonstrated that disease could be transmitted by water and not just through the air.
Ans: True
Complexity: Easy
Ahead: The 1800s
Subject: Chapter 2
Rationale: After Dr. John Snow removed the Broad Street pump handle, the cholera epidemic abated. Snow's action was remarkable because it predated the discovery that microorganisms cause disease and was in opposition to the prevailing miasmas theory of the time

33. True or False? The first life expectancy tables were developed in the United States in 1789 by Dr. Edward Wigglesworth.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The first life expectancy tables were developed for the United States in 1789 by Dr. Edward Wigglesworth.

34. True or False? Life expectancy tables are used to project the average number of years a person from a specific cohort will live from a given point.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Life expectancy is one measure of health status for a given population. It projects the average number of years a person from a specific cohort is projected will live from a given point.

35. True or False? In the 1800s, conditions were so bad that life expectancy decreased in some cities.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: From 1800 to 1850, health status improved little. Conditions were so bad that life expectancy actually decreased in some cities during this period of time.

36. True or False? The history of the U.S. Public Health Service dates back to 1798 when Congress passed the Marine Hospital Service Act.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The federal government started a public health service that dates back to 1798 when

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Congress passed the Marine Hospital Service Act.

37. True or False? The Marine Hospital Service Act provided funding for the first floating hospital that rotated among U.S. port cities.
Ans: False
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The Marine Hospital Service Act required the owners of every ship to pay the tax collector 20 cents per month for every seaman they employed. This money was used to build hospitals and provide medical services in all major seaport cities.

38. True or False? In the early part of the 20th century, nostrums and quackery were major problems facing health educators.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The need for health education/promotion existed in the early 20th century as many questionable and fraudulent health practices were being promoted.

39. True or False? The National Hospital Survey and Construction Act, also known as the Hill-Burton Act, was crafted to improve the distribution and enhance the quality of hospitals.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: In 1946, Congress passed the National Hospital Survey and Construction Act, also known as the Hill-Burton Act, to improve the distribution and enhance the quality of hospitals.

40. True or False? Medicaid was created to assist in the payment of medical bills for the elderly.
Ans: False
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Medicare was created to assist in the payment of medical bills for the elderly, whereas Medicaid did the same for the poor.

41. True or False? The coordinated school health program model has been expanded and revised and is known as the Whole School, Whole Community, Whole Child Model (WSCC).
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: The original 8 component coordinated school health program model has been expanded and revised to now include 10 components. It is known as the Whole School, Whole Community, Whole Child

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Model (WSCC).

42. True or False? The Healthy People initiative has evolved into an important strategic planning tool for federal, state, and local public health professionals.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The Healthy People initiative has evolved into an important strategic planning tool for public health professionals at the federal, state, and local levels.

43, True or False? *Healthy People 2030* was developed to improve the efficiency of public health departments.
Ans: False
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The initiative designed, in part, to improve the effectiveness of public health departments working on the *Healthy People 2030* objectives is the National Public Health Performance Standards.

44. True or False? The U.S. Department of Health approved the creation of a new, distinct classification for the occupation of health educator.
Ans: False
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: The Standard Occupational Classification (SOC) Policy Review Committee approved the creation of a new, distinct classification for the occupation of health educator.

45. True or False? As a result of health education becoming a recognized profession, it is possible to determine the number of health education specialists employed and the outlook for future health education positions.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Approval of health education as a separate occupational classification means that the Department of Labor's Bureau of Labor Statistics, the Department of Commerce's Bureau of the Census, and all other federal agencies that collect occupational data now collect data on health education specialists. Many state and local governments also maintain data on health education/promotion. For the first time, it is possible to determine the number of health education specialists employed and the outlook for future health education/promotion positions.

46. True or False? Health education becoming a recognized profession means the salary of health education specialists will increase.
Ans: False

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Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Approval of health education as a separate occupational classification means that the Department of Labor's Bureau of Labor Statistics, the Department of Commerce's Bureau of the Census, and all other federal agencies that collect occupational data now collect data on health education specialists. Many state and local governments also maintain data on health education/promotion. For the first time, it is possible to determine the number of health education specialists employed and the outlook for future health education/promotion positions. It does not necessarily mean the salary of health education specialists will increase.

47. True or False? Only girls attended the earliest schools, as boys were too valuable to spare from the farms.
Ans: False
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Only boys attended the earliest schools.

48. True or False? Religious leaders initiated the push for formal education in the mid-1600s.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: In the mid-1600s, as communities became more established, the call for education was soon heard. Religion had always been an important part of life in America, and it was the religious leaders who led the drive for education. They believed that Satan benefited when people were illiterate because they could not read the scriptures.

49. True or False? Horace Mann, whose writings and speeches helped to promote the importance of education in general, was believed to be the first spokesperson for teaching health in schools.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Horace Mann, whose writings and speeches promoted the importance of education in general, was perhaps the first spokesperson for teaching health in schools.

50. True or False? Lemuel Shattuck was critical in the development of public health and provided strong support for school health as well.
Ans: True
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2
Rationale: Lemuel Shattuck's 1850 *Report of the Sanitary Commission of Massachusetts* contained remarkable insights about the public health issues of Massachusetts, including how to approach and solve these problems, and helped jump-start the public health reform movement in the United States.

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51. True or False? The demonstration projects of the 1920s and 1930s showed that habits could be changed and health improved through health education.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Significant research and demonstration projects related to school health education were conducted in the 1920s and 1930s, which showed that habits could be changed and health improved through health education.

52. True or False? Results of the School Health Education Study, conducted by Dr. Elena M. Sliepcevich, were very positive and demonstrated that health education could change health behaviors.
Ans: False
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Results of the School Health Education Study were appalling and demonstrated that health misconceptions among students at all levels prevailed.

53. True or False? Comprehensive school health education refers to the development and delivery of a planned, sequential, effective school health instruction program.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Comprehensive school health education is the health curriculum component of the Whole School, Whole Community, Whole Child Model and refers to the development and delivery of a planned, sequential, effective school health education program.

54. True or False? Comprehensive school health education is the curricular component of the Whole School, Whole Community, Whole Child Model.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Comprehensive school health education is the health curriculum component of the Whole School, Whole Community, Whole Child Model.

55. True or False? There is currently a process for school health education teachers to become nationally certified teachers.
Ans: True
Complexity: Easy
Ahead: School Health in the United States
Subject: Chapter 2
Rationale: Since fall 2008, individuals with three years of full-time health education/promotion teaching experience and a valid state teacher's license for those three years may voluntarily complete a rigorous evaluation process to become a National Board Certified Health Education Teacher.

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56. True or False? It was anticipated that the Patient Protection and Affordable Care Act would create expanded opportunities for health education specialists to promote health.
Ans: True
Complexity: Easy
Ahead: Patient Protection and Affordable Care Act
Subject: Chapter 2
Rationale: The Patient Protection and Affordable Care Act encouraged and promoted worksite wellness programs, encouraged evidence-based community prevention and wellness programs, and provided strong support for school-based health centers. It should have created new and expanded opportunities for health education specialists to promote health.

Essay

1. Discuss specific examples of how health beliefs and practices have changed from earliest humans to present day.
Ans: We assume that the earliest humans learned by trial and error to distinguish between things that were healthful and those that were harmful. To prevent disease, sacrifices were made to please the spirits or gods, taboos were obeyed, amulets were worn, and “haunted” places were avoided. Charms, spells, and chants were also used to protect from disease.
Complexity: Moderate
Ahead: Early Humans
Subject: Chapter 2

2. Describe two examples of the earliest efforts at health education.
Ans: Someone may have eaten a particular plant or herb and become ill. That person would then warn (educate) others against eating the same substance. Conversely, someone may have ingested a plant or an herb that produced the desired effect. That person would then encourage (educate) others to use this substance.
Complexity: Easy
Ahead: Early Humans
Subject: Chapter 2

3. What contributions did the Romans make to the field of public health?
Ans: The Romans developed extensive aqueduct and underground sewage systems. They observed the effect of occupational hazards on health, and they were the first to build hospitals. The Romans furthered the work of the Greeks in the study of human anatomy and the practice of surgery.
Complexity: Easy
Ahead: Early Cultures
Subject: Chapter 2

4. Compare and contrast what it might have been like to live through a plague epidemic of the Middle Ages and the COVID-19 pandemic of 2020.
Ans: Given the rudimentary level of health knowledge and the lack of consensus on prevention and

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causation of disease, a professional health education specialist would probably have contributed little to the general population's health in the Middle Ages. Health education specialists working in public health settings have important roles to play in addressing the COVID-19 pandemic. Public health education professionals are needed to inform the public about the disease and how it can be prevented and controlled.
Complexity: Moderate
Ahead: Middle Ages, Patient Protection and Affordable Care Act
Subject: Chapter 2

5. Why did the profession of health education finally begin to emerge in the mid-1800s, and why did it not emerge prior to that time?
Ans: With the rudimentary state of medical knowledge in the 16th, 17th, and 18th centuries, there would have been little for a health education specialist to do other than promote the misconceptions and half-truths that predominated during the time period.
Complexity: Easy
Ahead: Age of Enlightenment
Subject: Chapter 2

6. Identify and describe three governmental documents that have been important to the field of health promotion and education.
Ans: In the United States, the government publication *Healthy People* was the first major recognition of the importance of lifestyle in promoting health and well-being. In 1980, *Promoting Health/Preventing Disease: Objectives for the Nation* was released. This federal document contained 226 U.S. health objectives for the United States, divided into three areas: preventive services, health protection, and health promotion. *Healthy People 2030*, the fifth iteration of the Healthy People public health objectives was released on August 18, 2020, and includes 355 measurable objectives.
Complexity: Moderate
Ahead: Public Health in the United States
Subject: Chapter 2

7. Explain how the *Report of the Sanitary Commission of Massachusetts* was important to the history of both school health and public health.
Ans: Lemuel Shattuck's 1850 *Report of the Sanitary Commission of Massachusetts* contained remarkable insights about the public health issues of Massachusetts, including how to approach and solve these problems. Thirty-six of the 50 recommendations Shattuck listed became accepted principles of public health practice. It also provided strong support for school health. Shattuck eloquently supported the teaching of physiology, as the term *health education* had yet to be coined.
Complexity: Moderate
Ahead: Public Health in the United States, School Health in the United States
Subject: Chapter 2

8. Explain the concept of a coordinated school health program.
Ans: A coordinated school health program originally consisted of eight interactive components that work together to enhance the health and well-being of the students, faculty, staff, and community was devised. The model has been expanded and revised to now include 10 components and is known as the Whole School, Whole Community, Whole Child Model (WSCC).
Complexity: Easy

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Ahead: School Health in the United States
Subject: Chapter 2

9. Discuss what it means to health promotion and education professionals to have the Standard Occupational Classification (SOC) Policy Review Committee approve the creation of a new, distinct classification for the occupation of health educator.
Ans: Approval of health education as a separate occupational classification means that the Department of Labor's Bureau of Labor Statistics, the Department of Commerce's Bureau of the Census, and all other federal agencies that collect occupational data now collect data on health education specialists. Many state and local governments also maintain data on health education/promotion. For the first time, it is possible to determine the number of health education specialists employed and the outlook for future health education/promotion positions. This approval is one more sign that health education/promotion is gaining the respect and recognition it deserves.
Complexity: Easy
Ahead: Public Health in the United States
Subject: Chapter 2

10. Discuss the role of the Patient Protection and Affordable Care Act on prevention and how it has impacted the work of health education specialists.
Ans: The Patient Protection and Affordable Care Act provided better access to clinical prevention services by removing cost barriers. Further, the bill encouraged and promoted worksite wellness programs, encouraged evidence-based community prevention and wellness programs, and provided strong support for school-based health centers. This bill should have created new and expanded opportunities for health education specialists to promote health.
Complexity: Easy
Ahead: Patient Protection and Affordable Care Act
Subject: Chapter 2

11. Identify two ways the COVID-19 pandemic has impacted health, health care, and health education practice.
Ans: As a result of the pandemic, public health has become more visible. Public health officials are in the news daily. Public health education professionals are needed to inform the public about the disease and how it may be prevented and controlled. Behavior change programs and campaigns are needed to encourage mask-wearing, handwashing, and social distancing. Further public health professionals are needed to serve as contact tracers and to accurately, concisely, and thoroughly translate complex, epidemiological data to the general public.
Complexity: Easy
Ahead: Patient Protection and Affordable Care Act
Subject: Chapter 2

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