Shah's Public Health and Preventive Health Care in Canada (Canadian) 6th edition Fournier Test Bank

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Chapter 01: Foundational Concepts in Population and Public Health
Fournier/Karachiwalla: Shah's Public Health and Preventive Health Care in Canada, 6th Edition

MULTIPLE CHOICE

1. Why has population health as a concept continued to develop and evolve?
   a. To address disease determinants.
   b. To foster change strategies.
   c. To enable government attention.
   d. To consider environmental factors.

   ANS: B
   The concept of population health has continued to develop and evolve to foster change strategies toward improved and sustainable societal health systems that encompass and extend beyond improved outcomes and epidemiological indicators.

   DIF: Apply REF: Population Health
   OBJ: Define population health and understand its history as it relates to health promotion.
   TOP: Evaluation MSC: NCLEX: Health Promotion and Maintenance

2. In considering the various approaches to defining health, which phrase most clearly links to the goal of achieving health for all?
   a. Health is a resource for everyday life.
   b. Health is the absence of disease.
   c. Health as a fundamental right.
   d. Health is multidimensional.

   ANS: A
   Defining health as a resource for everyday life profiles opportunities for changing and enhancing a wide range of circumstances, leading most directly to action on achieving health for all.

   DIF: Understand REF: Definitions of Health
   OBJ: Describe and differentiate among various concepts of health, disease, and illness.
   TOP: Planning MSC: NCLEX: Safe and Effective Care Environment

3. Which approach to understanding health influences, integrates, and considers the effects of geographic space, community context, and choices available?
   a. Behavioural lifestyle
   b. World health
   c. Socioenvironmental
   d. Biomedical

   ANS: C

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The socioenvironmental model of health is a comprehensive approach in which health is seen holistically as being a product of one's environment (political, economic, psychosocial)—the social determinants of health. These determinants of health influence one's behaviour. Thus, achieving good health for all means focusing on policy change, advocacy, and community development and mobilization in multiple sectors, in addition to focusing on individual-level behavioural change.

DIF: Understand REF: Three Views of Health
OBJ: Name and describe three views of health. TOP: Planning
MSC: NCLEX: Health Promotion and Maintenance

4. What key concern is common among communities with higher levels of inequality and demonstrates that inequality affects us all?
   a. Community safety
   b. Economic downturns
   c. Mental illness
   d. Addictive behaviours

ANS: A
Community safety is of paramount concern in communities that have higher levels of inequality. People's sense of safety is usually affected by high rates of crime, which in turn negatively affect everyone in the community.

DIF: Synthesize REF: Health Inequalities
OBJ: Describe the wide range of factors that determine the health of a population.
TOP: Assessment MSC: NCLEX: Health Promotion and Maintenance

5. What does research on the social gradient in health provide for health care planners?
   a. Linkages between communicable disease incidence and prevalence
   b. Facts that are specific primarily to lower-income individuals and groups
   c. Evidence that the gradient is stable and health between groups is improving
   d. Statistical linkages between health and socioeconomic position over time

ANS: D
Data from Canada and other countries (such as data found in the *Black Report* from the United Kingdom) demonstrate the linkages between a variety of health indicators and socioeconomic position, helping health care planners to monitor the overall health of a population.

DIF: Remember REF: Inequities and Social Justice
OBJ: Define and differentiate among the concepts of health inequality, health inequity, and social justice.TOP: Evaluation MSC: NCLEX: Health Promotion and Maintenance

6. Which understanding of health equity and action has been identified as being important to include within each of the existing seven domains in expanding the public health core competencies?
   a. Social justice
   b. Evaluation
   c. Collaboration
   d. Leadership

ANS: A

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Experts have identified that social justice can and should be explicitly included within the existing public health competencies and have provided examples of how essential attributes of social justice can be integrated within each of the existing domains.

DIF: Remember REF: Competencies for Public Health
OBJ: Describe the Core Competencies for Public Health in Canada.
TOP: Implementation MSC: NCLEX: Health Promotion and Maintenance

7. What does public health ethics consider that makes its focus unique and consequently different from a biomedical ethics focus?
   a. Independence of the individual
   b. Community considerations
   c. Societal struggles
   d. Individual autonomy

   ANS: B
   In public health, the focus is on populations, communities, and the determinants of health, while biomedical ethics emphasizes causes and treatment of ill health and disease in terms of biological cause and effect. Therefore, public health ethics factors in unique community considerations that are not addressed in biomedical ethics.

   DIF: Understand REF: Public Health Ethics
   OBJ: List the reason public health ethics differs from biomedical ethics.
   TOP: Assessment MSC: NCLEX: Health Promotion and Maintenance

8. A number of provinces in Canada have implemented legislation that prohibits smoking in public spaces. In applying a public health ethics framework, what other strategies would be reasonable to implement when enforcing this policy, which is intended to limit exposure to secondhand smoke and improve health?
   a. Market vaping equipment and products to youth.
   b. Provide access to cessation programs for smokers.
   c. Restrict the national importation of cigarettes.
   d. No other strategies are ethically relevant.

   ANS: B
   Under the principle of reciprocity, the stress and hardship experienced by cigarette smokers in response to smoking restrictions in public spaces can be somewhat compensated for by making smoking cessation programs more accessible, therefore providing an option to those who endure the burden of these policies.

   DIF: Apply REF: Public Health Ethics
   OBJ: Apply a framework of public health ethics to a population health intervention.
   TOP: Planning MSC: NCLEX: Safe and Effective Care Environment

MULTIPLE RESPONSE

1. Understanding health inequities within population groups requires a consideration of which factors? (*Select all that apply.*)
   a. Distribution of assets
   b. Structural determinants of health
   c. Biology or genetics

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d. Unjust policies
e. Advocacy organizations

ANS: A, B, C
Understanding health inequities involves a consideration of unjust or unfair practices that are often located in policy, population group assets or opportunities, and system-related or structural determinants that often link to policies.

DIF: Understand REF: Health Inequalities
OBJ: Define and differentiate among the concepts of health inequality, health inequity, and social justice.TOP: Assessment MSC: NCLEX: Health Promotion and Maintenance

2. Which of the following mechanisms contribute to a healing approach when working to improve or maintain population health? (*Select all that apply.*)
a. Comprehensive illness considerations
b. Incorporating spiritual dimensions
c. Facilitating social connectedness
d. Focusing primarily on physical abnormalities
e. Providing timely mindfulness practice

ANS: A, B, C, E
Healing applies to all dimensions of a person's existence. Therefore, it requires considerations and approaches to health beyond the physical aspects, including spiritual dimensions (e.g., mindfulness), illness experiences, and psychosocial aspects (e.g., social connectedness).

DIF: Understand REF: Spirituality and Health, Disease, and Illness
OBJ: Describe the wide range of factors that determine the health of a population.
TOP: Implementation MSC: NCLEX: Health Promotion and Maintenance

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