Foundations 1E CT Chapter 3

1. The strongest indicator of a person's lifelong health is their

a. country of national origin

b. level of education

c. ethnic or cultural background

d. economic status

Answer: \_\_\_\_\_

2. Health equity seeks to provide everyone with access to healthcare and the opportunity for good health and quality of life.

a. True

b. False

Answer: \_\_\_\_\_

3. Equality in healthcare outcomes is difficult to achieve because

a. people have to be treated the same

b. resources are limited

c. people have different personal factors and circumstances

d. attitudes toward wellness are always changing

Answer: \_\_\_\_\_

4. Which is an example of community influences on health?

a. Noori's family follows the dietary habits of her native country, which features lots of foods high in fat and cooked in oil.

b. Kwan's family lives several miles away from the nearest large grocery store.

c. Victor and his sister go to the farmers' market in their neighborhood each weekend and stock up on fresh produce.

d. When Tricia's mother lost her job, her family had to rely on a government food program for several months.

Answer: \_\_\_\_\_

5. A group called Focus on Health in Tamara's city created an annual health fair to provide cancer screenings, tips on diet and exercise, advice on safe use of medications, and discussions about achieving an overall healthy lifestyle. This is an example of a(n) \_\_\_\_\_\_\_\_\_\_ influence on health.

a. policy

b. interpersonal

c. organizational

d. individual

Answer: \_\_\_\_\_

6. Health disparities among Hispanics are likely to differ based on what variables?

Answer:

7. Health disparities among immigrant families are often related to how long the families have been in the country.

a. True

b. False

Answer: \_\_\_\_\_

8. Erikah's grandmother has a visual impairment and lives in her own apartment. What should Erikah do to help her grandmother communicate better?

a. Avoid moving around.

b. Point to things as she is talking.

c. Speak very loudly.

d. Speak clearly.

Answer: \_\_\_\_\_

9. A disability is always visible and obvious, while an impairment is not.

a. True

b. False

Answer: \_\_\_\_\_

10. The main focus of disability inclusion is

a. looking past the disability to the person

b. finding employment for the person

c. providing opportunities for the person to participate in life

d. enlisting family support for the person

Answer: \_\_\_\_\_

11. Sarah experiences severe anxiety when she flies. Despite its prohibitions against pets in the cabin, the airline allows Sarah to bring her dog. This reasonable accommodation is

a. employment related

b. physical

c. academic

d. emotional

Answer: \_\_\_\_\_

12. Reasonable accommodations for people with hearing impairment always involve use of sign language.

a. True

b. False

Answer: \_\_\_\_\_

13. An elevator button that follows the concept of universal design would have which quality? **Select all that apply.**

a. simple and intuitive use

b. appropriate for any body size

c. space for wheelchair approach

d. an ID card mechanism

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. Explain the concept of *universal design*.

Answer:

15. Clayton's brother has become addicted to heroin. He almost died recently of an overdose. Which type of public health activity would be directly helpful to Clayton's brother?

a. providing services

b. monitoring communities

c. investigating outbreaks

d. developing policies

Answer: \_\_\_\_\_

16. Which service would a public health agency perform with regard to restaurants in a city?

a. providing guides to the city's restaurants

b. collecting property taxes and licensing fees from restaurants

c. inspecting restaurants for food-handling and cleanliness standards

d. making sure curfews are enforced at restaurants and clubs

Answer: \_\_\_\_\_

17. Screenings for breast cancer and prostate cancer are part of preventative public health services.

a. True

b. False

Answer: \_\_\_\_\_

18. Which of the following is an example of the way public health influences you as an individual?

a. Diabetes runs in your family, so your parents are careful to monitor how much sugar you eat.

b. During a virus outbreak, most people wear masks that help to prevent the virus from spreading.

c. Your friend's sister wants to get stronger, and she asks you to join a local fitness club with her.

d. You see on Instagram that your favorite singer is doing a juice fast, so you decide to do it, too.

Answer: \_\_\_\_\_

19. A flu pandemic that originally breaks out in another country is an example of a \_\_\_\_\_\_\_\_\_\_ public health influence.

a. community

b. neighborhood

c. national

d. global

Answer: \_\_\_\_\_

20. What is similar about the jobs that epidemiologists and microbiologists do?

a. The people in both professions provide direct assistance to those in need.

b. Both jobs focus on improving the health of a specific community.

c. Tracking the effectiveness of public health programs is key in both jobs.

d. Both jobs involve doing research related to infectious diseases.

Answer: \_\_\_\_\_

21. What might a public health inspector do during a typical work day?

a. observe workers in a restaurant kitchens

b. give presentations at senior centers

c. bring medications to homebound AIDS patients

d. study disease-causing microorganisms

Answer: \_\_\_\_\_

22. When an outbreak of monkeypox is detected in your city, a public health group places posters about monkeypox awareness in clinics, libraries, and post offices. This is an example of \_\_\_\_\_\_\_\_\_\_ prevention.

a. primary

b. secondary

c. tertiary

d. community

Answer: \_\_\_\_\_