

Principles and Foundations of Health Promotion and Education, 7e (Cottrell et al.)
Chapter 1 A Background for the Profession

1) Which of the following phrases best describes the authors' view of the status of health education? Health education is

- A) a calling.
- B) a profession.
- C) an applied discipline.
- D) an emerging specialty.

Answer: B

2) The body of knowledge, principles, and concepts used in health education/promotion come from a variety of disciplines. Which one of the following is *not* one the major disciplines supporting health education/promotion?

- A) Physics
- B) Biology
- C) Sociology
- D) Medical sciences

Answer: A

3) The "health problems, issues, and concerns that transcend national boundaries and are beyond the control of individual nations, and are best addressed by cooperative actions and solutions" is the definition of

- A) public health.
- B) global health.
- C) population health.
- D) disease prevention.

Answer: B

4) An individual trained to use appropriate educational strategies and methods to facilitate the development of policies, procedures, interventions and systems conducive to the health of individuals, groups, and communities is known as a

- A) community planner.
- B) promotion specialist.
- C) health education specialist.
- D) professional.

Answer: C

5) During the 1850s to 1950s, the primary focus of the public health effort in the United States was to

- A) reduce health care costs.
- B) control chronic diseases.
- C) control infectious diseases.
- D) develop national health care coverage.

Answer: C

6) The greatest potential for reducing morbidity, saving lives, and reducing health care costs in the United States through health promotion and disease prevention was realized by the

- A) early 1900s.
- B) late 1950s.
- C) mid 1970s.
- D) early 2000s.

Answer: C

7) Which one of the following is *not* recognized as a dimension of health?

- A) Physical
- B) Emotional
- C) Spiritual
- D) Political

Answer: D

8) An approach to health that focuses on balancing the dimensions of a person's life through the adoption of health enhancing behaviors is known as

- A) public health.
- B) wellness.
- C) community health.
- D) health promotion.

Answer: B

9) Which of the following surveys collects health data about college students?

- A) The National Health and Nutrition Examination Survey
- B) The Behavioral Risk Factor Surveillance Survey
- C) The National College Health Assessment
- D) The National Health Interview Survey

Answer: C

10) The federal government's 1980 document that provided a blueprint of the health promotion and disease prevention strategy is known as

- A) Code Blue.
- B) Healthy People 2020.
- C) Quality of Life in the United States.
- D) Promoting Health/Preventing Disease: Objectives for a Nation.

Answer: D

11) The number of deaths per 100,000 population is known as

- A) crude rate.
- B) a specific rate.
- C) the mortality rate.
- D) the morbidity rate.

Answer: C

12) A rate for a specific population subgroup (e.g. death rate for 40—50 year olds) is referred to as

- A) crude rate.
- B) a specific rate.
- C) the mortality rate.
- D) the morbidity rate.

Answer: B

13) The average number of years of life remaining is known as the

- A) death rate.
- B) mortality rate.
- C) life expectancy.
- D) Disability-Adjusted Life Years (DALY).

Answer: C

14) Which rate is the measure of premature mortality?

- A) Mortality rate
- B) Infant mortality rate
- C) Years of Potential Life Lost (YPLL)
- D) Health-Related Quality of Life (HRQOL)

Answer: C

15) The primary difference between the health education/promotion profession and other helping professions is

- A) the establishment of written objectives by health education specialists.
- B) that other professions do *not* have stated goals and objectives.
- C) the use of the teaching-learning process by the health education/promotion profession.
- D) that the cost of health education/promotion is much less than other helping professions.

Answer: C

16) The social determinants of health include which of the following areas?

- A) Genetics
- B) Environmental conditions
- C) Health behavior
- D) Social and community context

Answer: D

17) Which of the following steps is generally found in most planning models?

- A) Learning activities
- B) Needs assessment
- C) Policy commitment
- D) Review of self-help materials

Answer: B

18) The determinants of health include which of the following domains?

- A) Health services
- B) Disease
- C) Economic stability
- D) Enrollment in higher education

Answer: A

19) According to the best available estimates, behavioral patterns impact what portion of the population's early death?

- A) 70%
- B) 40%
- C) 30%
- D) 15%

Answer: B

20) According to the best available estimates, social circumstances impact what portion of the population's early death?

- A) 70%
- B) 40%
- C) 30%
- D) 15%

Answer: D

21) The use of vaccines is an example of which level of prevention?

- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Community prevention

Answer: A

22) Wearing a safety belt is an example of which level of prevention?

- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Community prevention

Answer: A

23) Providing education to a diabetic on how to use his/her insulin is an example of which level of prevention?

- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Community prevention

Answer: C

24) Encouraging individuals to take a daily dose of aspirin to reduce the chance of a heart attack is an example of which level of prevention?

- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Community prevention

Answer: B

25) Brushing one's teeth is an example of which level of prevention?

- A) Primary prevention
- B) Secondary prevention
- C) Tertiary prevention
- D) Community prevention

Answer: A

26) Which one of the following disciplines and professions was *not* identified by the authors as contributing to the principles and concepts of health education/promotion?

- A) Medicine
- B) Education
- C) Epidemiology
- D) Anthropology

Answer: D

27) The Health Field Concept divides the health field into four elements. The four elements are

- A) education, epidemiology, medicine, and sociology.
- B) development, planning, implementation, and evaluation.
- C) human biology, environment, lifestyle, and health care organization.
- D) human biology, education, social work, and behavioral psychology.

Answer: C

28) The greatest importance of the Health Field Concept has been the

- A) focus of health care reform legislation.
- B) focus on health promotion and disease prevention.
- C) institution of the Centers for Disease Control and Prevention.
- D) identification of health risks related to morbidity and mortality.

Answer: B

29) The focus of health promotion and disease prevention efforts should be directed toward

- A) biological limitations.
- B) the Chain of Infection.
- C) modifiable risk factors.
- D) non-modifiable risk factors.

Answer: C

30) What percentage of death could be prevented by controlling modifiable risk factors?

- A) 10%
- B) 20%
- C) 30%
- D) 40%

Answer: D

31) The interruption of the sequence of events to prevent an infection is descriptive of which of the following?

- A) The Socio-ecological Approach
- B) The Chain of Infection
- C) Multicausation Design Model
- D) Communicable Disease Model

Answer: B

32) The major components of this model include agent, host, and environment.

- A) Epidemiology
- B) The Chain of Infection
- C) Multicausation Design Model
- D) Communicable Disease Model

Answer: D

33) Which of the following disease models is most applicable to the prevention of chronic diseases?

- A) The Chain of Infection
- B) The Health Field Concept
- C) Multicausation Design Model
- D) Communicable Disease Model

Answer: C

34) Epidemiology is

- A) a method of applying primary, secondary, and tertiary prevention in a community setting.
- B) concerned primarily with the empowerment of individuals in the of care their own health.
- C) the study of the distribution and determinants of diseases in a specific population.
- D) concerned only with life expectancy of humans.

Answer: C

35) The level of prevention that includes strategies designed to reduce the incidence of disease is called _____ prevention.

- A) primary
- B) secondary
- C) tertiary
- D) community

Answer: A

36) Screenings are used by which level of prevention?

- A) Primary
- B) Secondary
- C) Tertiary
- D) Community

Answer: B

37) Providing training or instructing patients on how to modify their diets and take their medications to prevent a second heart attack is an example of _____ prevention.

- A) primary
- B) secondary
- C) tertiary
- D) community

Answer: C

38) Which of the following is the best descriptor of the socio-ecological approach?

- A) Behaviors are influenced by interdependent domains
- B) Social circumstances are the prominent domain that influences health behaviors
- C) Genetics and the environment are the only variables of interest when developing interventions
- D) Family influences are the most important determinant of health

Answer: A

39) The first national document that presented a comprehensive national agenda for prevention presented objectives in three main areas. The areas include

- A) preventive services, health protection, and health promotion.
- B) increase quality of life, increase years of life, and the elimination of health disparities.
- C) improve child mortality rates, decrease teen pregnancy rates, and reduce tobacco use.
- D) improve the number of years of independent living, reduce mortality rates of cardiovascular diseases, and increase high school graduation rates.

Answer: A

40) Which of the following is *not* considered a population-based approach?

- A) Community development
- B) Economic supports
- C) Organizational change
- D) Individual conversation with a physician

Answer: D

41) According to the best available estimates, environmental exposures impact what portion of the population's early death?

- A) 5%
- B) 10%
- C) 25%
- D) 40%

Answer: A

42) Having the ability to understand and respect values, attitudes, beliefs, and more that differ across cultures is a description of a

- A) health education specialist.
- B) culturally competent person.
- C) professional.
- D) epidemiologist.

Answer: B

43) The difference in health between populations is known as

- A) crude rate.
- B) Years of Potential Life Lost (YPLL).
- C) Health-Related Quality of Life (HRQOL).
- D) health disparity.

Answer: D

44) The two primary causes of health disparities are lack of access to care and the lack of quality care.

Answer: TRUE

45) A crude rate is expressed in numbers per 100,000 population.

Answer: TRUE

46) To help change behavior, health education specialists must do more than just educate.

Answer: TRUE

47) The greatest potential for reducing the cost of health care in America is believed to be accomplished through the use of advanced technology.

Answer: FALSE

48) The first set of health Objectives for the Nation (Healthy People) provided a blueprint for health promotion and disease prevention strategies.

Answer: TRUE

49) According to McGinnis, modifiable behaviors are the single most prominent domain of influence of health.

Answer: TRUE

50) According to the World Health Organization, health is merely an absence of disease.

Answer: FALSE

51) Years of Potential Life Lost (YPLL) is often described as the most comprehensive indicator of health and disease in a society.

Answer: FALSE

52) Years of Potential Life Lost (YPLL) is a measure of premature mortality.

Answer: TRUE

53) A rate used to express the impact of injury or disease is known as the Disability-Adjusted Life Years (DALY).

Answer: TRUE

54) Disability-Adjusted Life Years (DALY) is a measure developed by the World Health Organization and the World Bank.

Answer: TRUE

55) Disability-adjusted life expectancy (DALE) is based upon mortality rates.

Answer: FALSE

56) The ultimate goal of the health education/promotion profession is to prolong life.

Answer: TRUE

57) The terms of public health, health promotion, and wellness are all defined in terms of preventing diseases.

Answer: FALSE

58) The primary role of all health education specialists is to evaluate behavior change in their clients.

Answer: FALSE

59) Crude rates and adjusted rates are both expressed in terms of the total population.

Answer: TRUE

60) Epidemiology is the study of how states prevent disease outbreaks.

Answer: FALSE

61) The term pandemic refers to an outbreak of a disease over a wide geographical area.

Answer: TRUE

62) The term endemic refers to the regular occurrence of a disease in a given population.

Answer: TRUE

63) The Health Field Concept focuses only on the health care system.

Answer: FALSE

64) Keeping a child's immunizations up-to-date would be an example of primary prevention.

Answer: TRUE

65) The use of antibiotics to treat a bacterial infection would be an example of secondary prevention.

Answer: FALSE

66) A person's age is considered a modifiable risk factor for disease.

Answer: FALSE

67) The basic premise of the Chain of Infection Model is that modifying events that lead to infections can prevent infections.

Answer: TRUE

68) There are several different models that have proven useful in the prevention of disease.

Answer: TRUE

69) Health surveys can be used to measure health or health status.

Answer: TRUE

70) Epidemiology can be used in health education/promotion to identify the needs of a given population.

Answer: TRUE

71) Empowerment at one level can influence empowerment at another level.

Answer: TRUE

72) Empowerment refers to people gaining mastery over their lives.

Answer: TRUE

73) Advocacy is a skill needed by health education specialists.

Answer: TRUE

74) Identify the four limitations of prevention and explain each.

75) Compare and contrast the Multicausation Disease Model and the Communicable Disease Model.

76) Identify four professions/disciplines that support health education/promotion. Provide an example of how each profession/discipline is supportive of the health education profession.

77) Identify the three levels of prevention and provide an example for each level.

78) Describe the role advocacy plays in health education/promotion.

79) You have been asked to provide evidence of the health status of a given population (state or country); which rates and measurements would you use? Why?

80) Identify a health issue in which you have utilized advocacy skills and describe two activities you used in your advocacy effort.

81) Discuss the importance of participation in addressing health problems of a priority population.

82) Define the levels of influence in the socio-ecological approach.