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True or False

1. A community is a group of people who have common characteristics.

Ans: True

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2. Choosing to eat wisely, regularly wearing a safety belt, and visiting the physician are examples of community health activities.

Ans: False

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3. Physical factors affecting community health include geography, community size, and industrial development.

Ans: True

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4. Politics and religion are examples of social and cultural factors affecting community health.

Ans: True

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5. There has been no evidence of community health activities dating back over 1,000 years.

Ans: False

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6. Dr. Edward Jenner successfully demonstrated the process of vaccination as a protection against smallpox in the 20th century.

Ans: False

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7. Government health agencies began being created as a response to epidemics and mounting health problems in the later part of the 18th century.

Ans: True

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8. The reform phase of public health was characterized by social movements to improve health conditions in cities and in the workplace.

Ans: True

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9. A time of great growth in health care facilities and providers describes the spiritual era of public health.

Ans: False

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10. Upton Sinclair’s book, *The Jungle,* drew attention to the plight of immigrants in the meat packing industry.

Ans: True

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11. Health care delivery is public health concern of the 21st century.

Ans: True

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12. Leading causes of death in the United States today are communicable diseases.

Ans: False

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13. Disasters such as spills of toxic substances into the environment are considered natural disasters.

Ans: False

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14. The ability of the health care system to prevent, protect against, quickly respond to, and recover from health emergencies defines medical preparedness.

Ans: True

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15. The World Health Organization (WHO) is a leader in world health planning for the 21st century.

Ans: True

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Multiple Choice

16. Actions that society takes collectively to ensure that the conditions in which people can be healthy can occur defines

A. public health

B. community health

C. health

D. population health

Ans: A

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17. Eating wisely, wearing a safety belt, and visiting a physician are examples of

A. community health activities

B. personal health activities

C. physical factors affecting community health

D. social factors affecting community health

Ans: B

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18. In looking at factors affecting community health, community size is a

A. social factor

B. cultural factor

C. physical factor

D. political factor

Ans: C

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19. A rebirth of thinking about the nature of the world and humankind occurred during the

A. Middle Ages

B. Renaissance and exploration era

C. twentieth century

D. bacteriological period of public health

Ans: B

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20. The beginning of government’s major involvement in social issues, including health, was marked by the

A. Social Security Act of 1935

B. establishment of Medicare in 1965

C. United States involvement in World War II

D. Hill-Burton Act in 1946

Ans: A

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21. Community health concern of the 21st century include

A. lifestyle diseases

B. environmental problems

C. health care delivery

D. all of the above

Ans: D

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22. Differences in health among different populations defines

A. population health

B. health disparities

C. lifestyle diseases

D. social engineering

Ans: B

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23. Plans for improving global health challenges in the 21st century is guided by

A. *the United Nations Millennium Declaration*

B. *Healthy People 2020*

C. *Ready or Not: Protecting the Public’s Health from Disease, Disasters, and Bioterrorism*

D. *Health for All*

Ans: A

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24. “The people of the city of Columbus,” “seniors in the church,” and “those on welfare,” are examples of

A. public health systems

B. factors affecting community health

C. communities

D. herd immunity

Ans: C

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25. The first professional preparation program for health educators began during which period of the twentieth century?

A. Reform phase

B. The 1920s

C. World War II

D. Period of social engineering

Ans: B

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26. The goal of the Hill-Burton Act in 1946 was to enhance the quality of

A. hospitals

B. health departments

C. Medicare

D. the military

Ans: A

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27. Communicable diseases remain a concern in the 21st century because they are the primary cause for

A. death in the United States

B. days missed from work and school

C. environmental problems

D. health disparities

Ans: B

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28. The organization in the United States with the main responsibility for improving health is

A. the Department of Health and Human Services

B. the Department of Homeland Security

C. the World Health Organization

D. state departments of health

Ans: A

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29. John Snow’s removal of a drinking water pump handle in 1854 in London, stopped a

A. yellow fever epidemic

B. cholera epidemic

C. waterborne disease outbreak

D. smallpox epidemic

Ans: B

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30. The Shattuck report marked the beginning of the

A. health resource development period

B. eighteenth century

C. modern era of public health

D. implementation of *Healthy People 2020* efforts

Ans: C

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Short Answer

31. List and explain three physical factors affecting community health.

Ans: Geography – community health problems can be directly influenced by latitude, altitude, and climate. For instance, parasitic and infectious diseases are a leading community health problem in tropical climates. Community size – the larger the community, the greater its range of health problems and the greater its number of health resources. Industrial development – may bring environmental pollution and occupational injuries and illnesses.

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32. Explain how social norms may be a factor affecting community health.

Ans: Social norms can be positive or negative and can change over time. In the 1960s, it was socially acceptable to be a smoker, and smoking rates were much higher than today. Due to smoking being socially unacceptable, smoking rates have declined, and smoking is banned in many public places.

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33. Describe a community health practice in the earliest civilizations.

Ans: Evidence of sewage disposal prior to 2000 B.C. was discovered in archeological findings.

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34. Explain at least two highlights of community health efforts during the Renaissance and Exploration Period.

Ans: A belief was established that disease was caused by environmental, not spiritual factors. Observation of the ill lead to more accurate descriptions of symptoms and outcomes of diseases.

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35. Describe a public health achievement resulting from Upton Sinclair’s book *The Jungle.*

Ans: Attention was drawn to the unsafe working conditions of the meat packing industry, leading to greater governmental regulation of the food industry.

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36. Explain how President Eisenhower’s heart attack in the 1950s was a major community health event.

Ans: It helped America focus on its Number 1 killer, heart disease. Additionally, the president’s physician suggested exercising on a regular basis.

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37. Why does the United States see alcohol and other drug abuse in the 21st century as a community health concern?

Ans: Abuse of legal and illegal drugs costs the country thousands of lives from unintentional injuries and violent crimes. Additionally, billions of dollars each year are spent on addressing supply and demand issues and drug abuse.

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38. Provide at least two examples of progress stemming from the Health for All efforts.

Ans: There is wider provision of safe water and sanitation facilities. National health services have expanded.

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39. Describe two of the six points in the World Health Organization’s agenda.

Ans: 1. Strengthening health systems – for health improvement to operate as a poverty-reducing strategy, health services much reach poor and underserved populations. 2. Enhancing partnerships – WHO carries out its work with the support and collaboration of many partners including United Nations’ agencies and other international organizations.

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40. Explain the framework of *Healthy People 2020.*

Ans: It includes a vision statement, a mission statement, four overarching goals, and numerous objectives spread out over 42 different topic areas. Each topic is presented as a chapter. Each chapter contains a concise goal statement that frames the purpose of the area.

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