

Chapter 1 Review

1. The definition of health that states "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity" was written in 1947 by The World Health Organization. (p.5-6)
2. Public health is the health status of a defined group of people and the actions to promote, protect, and preserve the people's health. (p.7)
3. A community is a group of people who have common characteristics. (p.6)
4. With regard to the impact they have on the health of the community, what kind of factors do geography, the environment, community size, and industrial development represent?
And: physical health (p.8)
5. The economically disadvantaged generally uses the emergency department as a point of entry into the health care system. (p.10)
6. When the spread of a disease is slowed by a significant portion of the population expressing immunity against the disease it is called herd immunity. (p.11)
7. The text proposes that the earliest written record concerning public health is the Code of Hammurabi. (p.12)
8. Which of the periods in the history of community and public health is known as the "Spiritual Era of public health"?
 - A. Ancient Societies
 - B. Classical Cultures
 - C. Middle Ages
 - D. Renaissance and Exploration
 - E. eighteenth, nineteenth, and twentieth centuries

Ans: C Page: 12-13

9. The deadliest of the epidemic diseases in the Middle Ages was:
 - A. syphilis.
 - B. the plague.
 - C. measles.
 - D. AIDS.
 - E. influenza.

Ans: B Page: 13

10. The man credited with successfully demonstrating the process of vaccination as a protection against smallpox was:

- A. Dr. Edward Jenner.
- B. Louis Pasteur.
- C. Robert Koch.
- D. Dr. Thomas Wood.
- E. Dr. John Snow.

Ans: A

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11. The federal government's approach to public health issues in the United States during nineteenth century could be characterized as one of:

- A. fierce opposition.
- B. strong support.
- C. ignorance.
- D. "hands off" or *laissez faire*.
- E. new initiatives.

Ans: D

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12. The modern era of public health began in:

- A. 1750.
- B. 1800.
- C. 1850.
- D. 1900.
- E. 2000.

Ans: C

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13. The germ theory of disease was proposed in 1862 by:

- A. Robert Koch.
- B. Edward Jenner.
- C. Louis Pasteur.
- D. Lemuel Shattuck.
- E. Dr. Edward Jenner.

Ans: C

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14. In his book *The Jungle*, Upton Sinclair wrote of the plight of the:

- A. workers in the steel mills of Pittsburgh.
- B. coal miners in West Virginia.
- C. immigrants working in the meat packing industry.
- D. cotton mill workers in South Carolina.
- E. all of the above are correct

Ans: C

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15. The first national-level volunteer health agency in the United States was the:

- A. National Association for the Study and Prevention of Tuberculosis.
- B. American Cancer Society.
- C. Pennsylvania Society for the Prevention of Tuberculosis.
- D. American Heart Association.
- E. American Red Cross.

Ans: A

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16. The Public Health Service grew out of what earlier organization?

- A. National Army-Navy Hospital
- B. New England Health Service

- C. Marine Hospital Service
- D. Public Health U.S.A.
- E. National Cancer Institute

Ans: C

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17. Which one of the following did not occur in the depression of the 1930s?

- A. passage of the Social Security Act
- B. passage of the National Hospital Survey and Construction Act
- C. creation of President Franklin D. Roosevelt's New Deal
- D. formation of the National Cancer Institute
- E. all of these events occurred in the 1930s

Ans: B

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18. The CDC conducted a study in the late 1970s that examined premature death, which was then defined as any death prior to _____, but now as deaths prior to _____.

- A. age 60; age 70
- B. age 65; age 75
- C. retirement; the person's estimated life expectancy at birth
- D. age 70; the person's estimated life expectancy at birth
- E. none of the above are correct

Ans: B

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19. The American people continue to face serious health problems due to scientists' inability to eradicate diseases. The only disease to be eradicated worldwide was:

- A. mumps.
- B. tuberculosis.
- C. malaria.
- D. smallpox.

E. typhoid.

Ans: D

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20. Which of the following was (were) unknown only 30 years ago?

- A. Legionnaire's disease
- B. Lyme disease
- C. AIDS
- D. SARS
- E. all were unknown

Ans: E

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21. According to the report, *Ready or Not? Protecting the Public's Health from Disease and Bioterrorism*, 2006, twenty-five states:

- A. would run out of hospital beds within two weeks of a modern pandemic flu outbreak.
- B. scored 10 out of 10 on key indicators to access health emergency preparedness capabilities.
- C. cut their public health budgets from fiscal year 2005 to 2006.
- D. experienced decreasing rates for vaccinating seniors for the seasonal flu.
- E. none of the above

Ans: A

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22. Which of the following is not one of the overarching goals of *Healthy People 2010*?

- A. increase quality and years of healthy life
- B. deaths from chronic diseases
- C. eliminate health disparities
- D. all are overarching goals

Ans: B

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True/False

23. True or false? By definition, communities unite people who share a common characteristic.

Ans: T

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24. True or false? Population health and community health are terms that mean the same thing.

Ans: F

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25. True or false? Poor economic conditions result in cuts to programs so that the very neediest lose their aid.

Ans: F

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26. True or false? Community organizing/building has become a science.

Ans: F

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27. True or false? Individual health behaviors influence the health of the entire community.

Ans: T

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28. True or false? In 1850, Lemuel Shattuck drew up a health report for the Commonwealth of Massachusetts that outlined the public health needs of the state.

Ans: T
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29. True or false? In 1850, Dr. Edward Jenner developed the smallpox vaccine.

Ans: T
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30. True or false? As the twentieth century began, life expectancy in the United States was still less than 50 years.

Ans: T
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31. True or false? The Medicare and Medicaid bills passed by Congress in 1965 were amendments to the Social Security Act of 1935.

Ans: T
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32. True or false? Medicaid is a program that primarily assists in the payment of medical bills for the elderly.

Ans: F
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33. True or false? The 1970s, 1980s, and 1990s have been characterized by repeated

attempts and failures to bring the costs of health care under control.

Ans: T
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34. True or false? *Healthy People 2010* and its predecessor editions outline the health agenda for the nation.

Ans: T
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35. True or false? The leading causes of death in the United States today are communicable diseases.

Ans: F
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36. True or false? The midcourse review of *Healthy People 2010* reveals that significant progress is being made on both overarching goals.

Ans: F
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Short Answer

37. Explain the difference between community health and public health.

Ans: Community health includes both private and public efforts of individuals, groups, and organizations to promote, protect, and preserve the health of those in the community while public health includes only the efforts of the government.

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38. Explain how the economy affects the health of a community.

Ans: An economic downturn means lower tax revenues for health and social services, and employers find it more difficult to provide health benefits for employees.

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39. Name six beliefs and traditional factors that affect the health of the community and give an example of each.

Ans: beliefs, traditions, and prejudices—the traditions of an ethnic group can impact the foods sold in a community; economy—a drop in the economy usually indicates a drop in social services; politics—the battle over universal health care; religion—Jews not eating pork; social norms—alcohol consumption in the United States; socioeconomic status—those with the lowest socioeconomic status have the poorest health.

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40. Identify the major periods in the history of community and public health and give the approximate time frame for each.

Ans: Ancient Societies—before 500 B.C. Classical Cultures—500 B.C. to 500 A.D. Middle Ages—500 to 1500 A.D. Renaissance and Exploration—1500 to 1700 A.D. Eighteenth, nineteenth, and twentieth centuries—1700 A.D. to present.

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41. Why is 1875 to 1900 known as the bacteriological period of public health?

Ans: (1) because of the work of Robert Koch who developed the criteria and procedures necessary to establish that a particular microbe, and no other, causes a particular disease, and (2) because of the identity of numerous bacterial disease agents was established.

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42. What was the “result” of the National Hospital Survey and Construction act of 1946?

Ans: The rapid rate of hospital construction throughout the country between 1946 and

1960, with little thought given to health planning.

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43. A study conducted by the Centers for Disease Control in the late 1970s on premature deaths indicated that 48% of all such deaths could be traced to one's lifestyle (health behavior). What kind of health behaviors were identified?

Ans: Lifestyles characterized by a lack of exercise, unhealthy diets, smoking, uncontrolled hypertension, and the inability to control stress were found to be contributing factors to premature mortality.

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44. Identify the major health problems facing the people of the United States today.

Ans: health care delivery, environmental problems, lifestyle diseases, communicable diseases, alcohol and other drug abuse.

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45. What was "Health for all by the Year 2000"? What was its underlying concept? What is the name of the current program.

Ans: It was a target of the World Health Organization that the level of health to be attained by the turn of the century should be that which will permit all people to lead a socially and economically productive life. The underlying concept is that health resources should be distributed in such a way that essential health care services are accessible to everyone. This goal was first conceived at the 30th World Health Assembly of the World Health Organization in 1977. The current program is simply "Health for All" or "HFA".

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46. What are the two overarching goals of community health as expressed in *Healthy People 2010*?

Ans: (1) to increase quality and years of healthy life and (2) to eliminate health disparities.

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