

Chapter 2: Beliefs, Values, and Health

Multiple Choice Questions

1. The elements of the Epidemiology Triangle of disease occurrence include all of the following *except*:
 - a. Environment
 - b. Agent
 - c. Society
 - d. Host

2. Which of the following factors is the leading cause of preventable disease and death in the United States?
 - a. High fat diet
 - b. Heredity
 - c. Smoking
 - d. Unsafe sex

3. Which of the following is *not* a behavioral risk factor?
 - a. Irresponsible motor vehicle use
 - b. Inadequate physical exercise
 - c. Unsafe neighborhoods
 - d. Alcohol abuse

4. What is tertiary prevention?
 - a. Early detection and treatment of disease
 - b. Rehabilitative therapies and monitoring of health to prevent complications or further illness, injury, or disability
 - c. Reduction of the probability that a disease will develop in the future
 - d. None of the above

5. The wellness model is built on which of the following:
 - a. Intervention
 - b. Adequate public health and social services
 - c. Understanding risk factors
 - d. All of the above

6. According to the CDC, which factor contributes most to premature death in the U.S. population?
 - a. Lifestyle and behaviors
 - b. Lack of medical care
 - c. Social and environmental factors
 - d. Genetic makeup

7. Which of the following can be considered an environmental factor contributing to health status?
- Air quality
 - Access to health care
 - Safety of neighborhoods
 - All of the above
8. Healthcare is considered a social good in:
- Market justice
 - Social justice
 - Both a and b
 - Neither a nor b
9. Crude birth rate is calculated by:
- Dividing the number of live births in a period of time by the total population
 - Dividing the total population by the number of live births in a period of time
 - Dividing the number of live births in a period of time by the number of women aged 15-44 in the population
 - Dividing the number of women aged 15-44 in the population by the number of live births in a period of time
10. Incidence is:
- The number of new cases occurring during a specified period divided by the total population
 - The total number of cases at a specific point in time divided by the specified population
 - The number of new cases occurring during a specified period divided by the population at risk
 - The total number of cases at a specific point in time divided by the population at risk
11. Demand-side rationing is the same thing as:
- Nonprice rationing
 - Price rationing
 - Both a and b
 - Neither a nor b
12. Healthy People 2020 is the first national initiative to advocate:
- improvement of health status
 - reduction of disparities
 - leading the world in general well-being
 - focusing on a broad array of health determinants
13. Utilitarianism emphasizes:
- Happiness and welfare for the poor
 - Happiness and welfare for the deserving

- c. Happiness and welfare for the most people possible
 - d. None of the above
14. Supply-side rationing is also referred to as:
- a. Nonprice rationing
 - b. Price rationing
 - c. Planned rationing
 - d. Both a and c
15. The limitations of market justice include:
- a. Social problems are not adequately addressed
 - b. Society is not always protected from the consequences of ill health
 - c. It leads to inequitable access to health care
 - d. All of the above
16. Prevalence is:
- a. The number of new cases occurring during a specified period divided by the total population
 - b. The total number of cases at a specific point in time divided by the specified population
 - c. The number of new cases occurring during a specified period divided by the population at risk
 - d. The total number of cases at a specific point in time divided by the population at risk
17. Crude rates refer to:
- a. A specific age group
 - b. A specific gender
 - c. The total population
 - d. None of the above
18. Holistic health adds which element to the World Health Organization definition of health?
- a. Physical
 - b. Mental
 - c. Spiritual
 - d. Social
19. John Snow is famous for:
- a. Tracing the risk of cholera outbreaks in London to the Broad Street pump
 - b. Inventing antibiotics
 - c. Identifying asbestos as a toxic substance
 - d. Being the first leader of the Environmental Protection Agency
20. The ACA is an example of ?
- a. social justice
 - b. market justice

- c. both a and b
- d. neither a nor b

(Answers: 1c, 2c, 3c, 4b, 5d, 6a, 7d, 8b, 9a, 10c, 11b, 12d, 13c, 14d, 15d, 16b, 17c, 18c, 19a, 20a)

True/False Questions

1. Under the medical model, health is defined as a complete state of physical, mental, and social well-being, and not just the absence of disease or infirmity.
2. A chronic condition is relatively severe, episodic, and often treatable.
3. The main objective of the ACA is to restructure the way health care is delivered in the US.
4. The presence of an agent does not ensure that disease will occur.
5. Secondary prevention refers to rehabilitative therapies and the monitoring of health care processes to prevent complications or to prevent further illness, injury, or disability.
6. Generally, people with better education have higher incomes and better health status.
7. Cultural beliefs have very little to do with health.
8. Equity requires distributional efficiency.
9. The two broad goals of Healthy People 2010 are to eliminate health disparities and improve the quality of healthcare services.
10. Activities of daily living (ADL) are activities necessary for living independently in the community (such as driving a car, taking medicine, and handling money), and instrumental activities of daily living (IADL) are activities necessary for basic functioning (such as eating, bathing, and dressing).

(Answers: 1-false, 2-false, 3-false, 4-true, 5-false, 6-true, 7-false, 8-true, 9-false, 10-false)