

Principles and Foundations of Health Promotion and Education, 7e (Cottrell et al.)
Chapter 2 The History of Health and Health Education/Promotion

1) The history of health education as an emerging profession is just over _____ years old.

- A) 100
- B) 500
- C) 1,000
- D) 5,000

Answer: A

2) It is assumed that the earliest humans initially learned to distinguish between things that were healthful and those that were harmful by

- A) divine intervention.
- B) instinct.
- C) inherited knowledge.
- D) trial and error.

Answer: D

3) Excavated sites, dating back 4000 years, indicate that bathrooms and drains were common in

- A) Rome.
- B) Mycenae.
- C) India.
- D) Syria.

Answer: C

4) The _____ is the oldest written document related to health care dating from around 1600 BC.

- A) Biblical transcript
- B) Smith Papyri
- C) Egyptian Health Manifesto
- D) Code of Hammurabi

Answer: B

5) The _____ is the earliest written record concerning public health.

- A) Biblical transcript
- B) Smith Papyri
- C) Egyptian Health Manifesto
- D) Code of Hammurabi

Answer: D

6) Which book of the Bible is considered to be the world's first written hygienic code?

- A) Obadiah
- B) Zephaniah
- C) Leviticus
- D) Lamentations

Answer: C

- 7) The Egyptians were considered to be
- A) far more advanced in public health matters than the Greeks.
 - B) the writers of the earliest health care documents.
 - C) the founders of modern surgery.
 - D) the healthiest people of their time.

Answer: D

- 8) The first people to put as much emphasis on prevention of disease as on the treatment of disease conditions were the

- A) Egyptians.
- B) Hebrews.
- C) Greeks.
- D) Romans.

Answer: C

- 9) By the beginning of the 8th century BC, Greek mythology had endowed _____ as the god of medicine.

- A) Asclepius
- B) Hygeia
- C) Mercury
- D) Zeus

Answer: A

- 10) The Greek physician credited as being the first epidemiologist and the father of modern medicine was

- A) Hippocrates.
- B) Asclepius.
- C) Panacea.
- D) Plato.

Answer: A

- 11) The staff and serpent symbol, which also marked early Greek temples of healing, is known as

- A) Hippocrates.
- B) Caduceus.
- C) Panacea.
- D) Plato.

Answer: B

- 12) Which period resulted in the production of realistic anatomical drawings?

- A) Roman Empire
- B) Middle Ages
- C) Renaissance
- D) Age of Enlightenment

Answer: C

13) Which contribution to the history of medicine is *not* attributed to Hippocrates?

- A) The distinction between 'endemic' diseases and 'epidemic' diseases
- B) The belief that health was the result of balance and disease the result of imbalance
- C) The Code of Hammurabi
- D) The Hippocratic Oath

Answer: C

14) The early society most famous for building sewage systems, water supply systems, baths, and other health facilities was the

- A) Egyptians.
- B) Greeks.
- C) Romans.
- D) Saxons.

Answer: C

15) During what era were criminals dissected alive to improve medical knowledge?

- A) Egyptian
- B) Greek
- C) Roman
- D) Middle Ages

Answer: C

16) Which of the following groups built the most extensive aqueduct system to bring fresh water to its subjects?

- A) Egyptians
- B) Greeks
- C) Romans
- D) Saxons

Answer: C

17) Entire libraries were burned and knowledge about the human body was seen as sinful during the

- A) Egyptian era.
- B) Renaissance.
- C) Roman era.
- D) Middle Ages.

Answer: D

18) Which great epidemic during the Middle Ages resulted in the most discrimination and isolation of its victims?

- A) Syphilis
- B) Bubonic plague
- C) Leprosy
- D) Smallpox

Answer: C

19) During the Middle Ages, which of the following was considered one potential cause of the bubonic plague?

- A) Syphilis
- B) Unnatural hot and humid winds
- C) Leprosy
- D) Smallpox

Answer: B

20) "Water casting" was a

- A) means of diagnosing a patient's condition by examining the urine for changes in color.
- B) means of casting out demons by throwing water on the afflicted individual.
- C) method for diagnosing syphilis during the Roman era.
- D) condition in which water was retained by the body when infected with leprosy.

Answer: A

21) During the Renaissance period, much surgery and dentistry was performed by

- A) physicians and dentists.
- B) nurse midwives.
- C) surgeons trained only by apprenticeship.
- D) barbers.

Answer: D

22) The Middle Ages can be characterized as a time

- A) of health advances.
- B) when many health advancements were lost.
- C) focused on disease prevention efforts.
- D) emphasizing naturalistic and holistic approaches.

Answer: B

23) During which period did the concept of disease contagion become more universally accepted?

- A) Roman Empire
- B) Middle Ages
- C) Renaissance
- D) Age of Enlightenment

Answer: B

24) During the 1700s the "miasmas theory" held that

- A) disease was caused when vapors rising from rotting refuse were inhaled.
- B) an imbalance of the mind, body, and spirit caused disease.
- C) disease was caused by four humors: blood, phlegm, yellow bile, and black bile.
- D) parasites in the water caused most disease.

Answer: A

25) The smallpox vaccine was discovered during which period?

- A) 1500s
- B) 1600s
- C) 1700s
- D) 1800s

Answer: C

26) Who wrote the Report on an Inquiry into the Sanitary Conditions of the Labouring Population of Great Britain?

- A) John Snow
- B) James Lind
- C) Edwin Chadwick
- D) Thomas Muster

Answer: C

27) John Snow was able to interrupt a cholera epidemic in London by

- A) placing those infected in quarantine.
- B) removing a pump handle.
- C) promoting daily bathing.
- D) developing a new antibiotic.

Answer: B

28) Who proposed the germ theory of disease?

- A) Robert Koch
- B) Louis Pasteur
- C) Joseph Lister
- D) Edwin Chadwick

Answer: B

29) To address the many health problems facing U.S. cities in the late 1700s, some cities developed health

- A) laws.
- B) rules.
- C) boards.
- D) regulations.

Answer: C

30) Public health reform in the United States was stimulated by the landmark Report on the Sanitary Commission of Massachusetts written by

- A) Edwin Chadwick.
- B) Thomas Dewy.
- C) Horace Mann.
- D) Lemuel Shattuck.

Answer: D

31) Which of the following is *not* a result of the landmark Report on the Sanitary Commission of Massachusetts?

- A) The first full-time county health departments were formed.
- B) State boards of health were formed.
- C) The National Tuberculosis Study was conducted.
- D) The collection and analysis of vital statistics became practice.

Answer: C

32) Stephen Smith's effort to initiate a national sanitary association eventually evolved into the

- A) American Association for Health Education (AAHE).
- B) American Public Health Association (APHA).
- C) Society of Public Health Educators (SOPHE).
- D) Association for Worksite Health Promotion (AWHP).

Answer: B

33) The first national voluntary health agency established in 1902 was the

- A) American Cancer Society.
- B) American Heart Association.
- C) Sanitary Commission of Massachusetts.
- D) National Association for the Study and Prevention of Tuberculosis.

Answer: D

34) Passage of the 1798 Marine Hospital Services Act established a structure that eventually evolved into today's

- A) Centers for Disease Control and Prevention.
- B) U.S. Public Health Service.
- C) National Institutes of Health.
- D) U.S. Marine Corps.

Answer: B

35) Which act provided support for state health departments and their programs, including the development of sanitary facilities and improvements in maternal and child health?

- A) Ransdell Act
- B) Social Security Act
- C) Hill-Burton Act
- D) Congressional Health Services Act

Answer: B

36) The federal government's involvement in social issues including health began with passage of the

- A) Medicare Act.
- B) Medicaid Act.
- C) Ransdell Act.
- D) Social Security Act.

Answer: D

- 37) Dr. Mayhew Derryberry is credited with
- A) predicting how the shift from contagious to chronic diseases would impact health education.
 - B) establishing Medicare and Medicaid.
 - C) presenting Canadians with epidemiological evidence supporting the importance of lifestyle and environmental factors to health and sickness.
 - D) establishing what is now known as the National Institute of Health.

Answer: A

- 38) _____ was created to assist in the payment of medical bills for the elderly.

- A) Medicare
- B) Medicaid
- C) Social Security
- D) Health insurance

Answer: A

- 39) The first national effort to promote the health of citizens through a more preventative approach took place in what country?

- A) United States
- B) England
- C) Germany
- D) Canada

Answer: D

- 40) What famous Canadian report presented epidemiological evidence supporting the importance of lifestyle and environmental factors on health and sickness, and called for numerous national health promotion strategies?

- A) A New Perspective on the Health of Canadians
- B) A Report Card on Canadian Health Promotion Efforts
- C) Canadian Healthy Diary
- D) National Health Objectives for Canada Care

Answer: A

- 41) In the United States the first major recognition of the importance of lifestyle in promoting health and well-being came in the form of a governmental publication titled

- A) Healthy People.
- B) Surgeon General's Report on the Health of Americans.
- C) A Report Card on U.S. Health Indicators.
- D) National Health Objectives for the year 1990.

Answer: A

- 42) Which of the following is *not* an overarching goal of Healthy People 2020?

- A) Living longer lives
- B) Creating healthy environments
- C) Eliminating disparities
- D) Conducting critical research

Answer: D

43) The most recent set of national health objectives for the United States is titled

- A) Healthy People 2000.
- B) Healthy People 2010.
- C) Healthy People 2020.
- D) Healthy People 2030.

Answer: C

44) The Standard Occupational Classification Policy Review Committee approved the creation of a new, distinct classification for the occupation of health educator in

- A) the mid-1800s.
- B) the late 1800s.
- C) the mid-1900s.
- D) the late 1900s.

Answer: D

45) Massachusetts passed the first mandatory education law in 1647 to

- A) ensure children were prepared to become public servants in their community.
- B) provide basic skills for female children.
- C) combat plagues and other contagious diseases that were spreading throughout the community.
- D) help promote the reading of the Bible.

Answer: D

46) Who was the secretary of the Massachusetts State Board of Education in 1837 and repeatedly called for mandatory programs of hygiene education for students?

- A) Horace Mann
- B) Lemuel Shattuck
- C) Thomas Dewey
- D) Charles Darwin

Answer: A

47) Founded in 1927, the American Association of School Physicians evolved into the

- A) American Association for Health Education.
- B) American College Health Association.
- C) School Health Section of the American Public Health Association.
- D) American School Health Association.

Answer: D

48) The first national effort to promote the teaching of health related curriculum in the schools was directed by the

- A) Women's Christian Temperance Union.
- B) American Cancer Society.
- C) American Lung Association.
- D) National March of Dimes.

Answer: A

- 49) Among her many accomplishments, Miss Sally Lucas Jean was ultimately responsible for
- A) writing the first health objectives for the United States.
 - B) changing the name from hygiene education to health education.
 - C) chairing a presidential commission on health education.
 - D) developing the first health education curriculum.

Answer: B

- 50) What happened during World War I that provided the impetus for widespread acceptance of school health education as a field in its own right?
- A) The incidence of tuberculosis increased rapidly
 - B) School health was required of all children for the first time
 - C) Too many young men were unfit for service
 - D) The first college program for health education was established

Answer: C

- 51) Which of the following best represents the results of the School Health Education Study conducted by Dr. Elena Sliepcevich?
- A) Health attitudes and behaviors among the students surveyed were excellent
 - B) Content knowledge among students surveyed was high
 - C) The results were appalling with numerous misconceptions about health at all levels
 - D) The results indicated good fitness and tobacco behaviors, but poor nutrition behaviors

Answer: C

- 52) One of the more important health education studies that was conducted in the Los Angeles Area and was designed to evaluate the effectiveness of school health work in selected schools and colleges of the area was the
- A) School Health Education Evaluation Study.
 - B) School Health Effectiveness Project.
 - C) National School Health Assessment.
 - D) Regional Health Promotion and Education Survey.

Answer: A

- 53) Eight interactive components working together to enhance the health and well-being of the students, faculty, staff, and community within a school district are known as
- A) Comprehensive School Health Education.
 - B) a Coordinated School Health Program.
 - C) a Complete School Health Integration Program.
 - D) a Regulated School Health Plan.

Answer: B

- 54) The most recent school health publication focused on improving educational achievement for all students and improved health for the United States is the
- A) Standards for Health Literacy.
 - B) School Health Advisory Council Handbook.
 - C) Coordinated School Health Program Guidebook.
 - D) National Health Education Standards.

Answer: D

55) When developing school health curriculum, the CDC recommends emphasizing six key risk behaviors because the behaviors

- A) are the leading causes of death and disability among youth and adults.
- B) are the most controllable by young people.
- C) typically begin in early adulthood.
- D) have been proven to be most easily changed through education.

Answer: A

56) The coordinated school health concept has dominated the school health arena but has failed to reach its full potential in most schools because

- A) the recess before lunch concept has been a priority.
- B) the leadership to promote and coordinate school health programs is lacking.
- C) the program is too prescriptive for most administrators to implement.
- D) it lacks federal support.

Answer: B

57) The Patient Protection and Affordable Care Act

- A) expands healthcare to millions of uninsured Americans.
- B) will limit opportunities for health education specialists to promote health.
- C) focuses on providing affordable health education for high risk teens.
- D) will protect patients from physicians who fail to employ high standards of care.

Answer: A

58) The formal classification for the occupation of health education was significant because it

- A) allowed health educators to be eligible to sit for a certification exam.
- B) made it possible to determine the number of health education specialists employed.
- C) allowed health education specialists to serve as government consultants.
- D) guided undergraduate health education program admission rates.

Answer: B

59) Health literacy is defined as an individual's ability to read health information.

Answer: FALSE

60) The need for professional health educators emerged as human beings' knowledge of health and health care increased.

Answer: TRUE

61) Earliest man believed that disease and infirmity were caused by the influence of magic or malevolent spirits that inhabited streams, trees, animals, the earth, and the air.

Answer: TRUE

62) The earliest written record concerning public health was the Smith Papyri.

Answer: FALSE

63) Egyptian medicine never advanced far beyond primitive medicine, relying on faith in magic spells.

Answer: TRUE

64) The Egyptians possessed a strong sense of personal cleanliness and were considered to be the healthiest people of their time.

Answer: TRUE

65) The Egyptians utilized numerous pharmaceutical preparations and constructed earth privies for sewage as well as public drainage pipes.

Answer: TRUE

66) During the Greek era, the role of physician began to take shape and a more scientific view of medicine emerged.

Answer: TRUE

67) In Greek mythology Hygeia was given the power to prevent disease.

Answer: TRUE

68) Hippocrates taught that health was the result of prayer.

Answer: FALSE

69) The balance of mind, body, and spirit was a focus of the Romans.

Answer: FALSE

70) The Greeks emphasized instruction related to philosophy, athletics, and theology in order for individuals to maintain balance.

Answer: TRUE

71) The Hippocratic Oath continues to be used today as the basis for medical ethics.

Answer: TRUE

72) Asclepius has been credited as being the first epidemiologist and the father of modern medicine.

Answer: FALSE

73) As engineers, builders, and administrators, the Greeks had no equal among early civilizations.

Answer: FALSE

74) The Romans had a great appreciation for hygiene and developed an extensive system of private and public baths.

Answer: TRUE

75) The Romans can be credited with making many health advancements.

Answer: TRUE

76) The Middle Ages can be characterized as a time of health advancements.

Answer: FALSE

77) The Egyptians were the first to build hospitals.

Answer: FALSE

78) The years from 1875 to 1900 are known as the bacteriological period of public health.

Answer: TRUE

79) Entire libraries were burned and knowledge about the human body was seen as sinful during the Middle Ages.

Answer: TRUE

80) The contagion concept associated with leprosy and bubonic plague severely weakened the argument of those promoting the sin-disease theory.

Answer: TRUE

81) In order to join the Brotherhood of the Flagellants, group members had to pledge to ritualistically torment themselves three times daily for 33 days and eight hours.

Answer: TRUE

82) The plague caused widespread fear and superstition regarding the cause of disease.

Answer: TRUE

83) Religious leaders and physicians often were the first victims of the plague thus increasing fear and superstition as to the cause of disease.

Answer: TRUE

84) While disagreement existed as to the cause of the plague, many believed the disease was contagious.

Answer: TRUE

85) There was widespread agreement that the plague was caused by sin.

Answer: FALSE

86) If professional health educators had existed during the Middle Ages, millions of lives could have been saved.

Answer: FALSE

87) During the Renaissance period science again emerged as a legitimate field of inquiry, and numerous scientific advancements were made.

Answer: TRUE

88) Health status improved significantly in the first half of the 19th century.

Answer: FALSE

89) The practice of dentistry by professionally trained practitioners was a significant contribution of the Renaissance period.

Answer: FALSE

90) Due to their high standard of living, the English royalty experienced very few health problems.

Answer: FALSE

91) Disposal of human waste was still a major problem during the Renaissance period.

Answer: TRUE

92) Health boards were instituted to fight the plague during the 16th century.

Answer: TRUE

93) Health boards first began to provide oversight on the sewage system, cemeteries, and professional activity of physicians during the 18th century.

Answer: FALSE

94) By removing the handle from the Broad Street water pump, John Snow demonstrated that disease could be transmitted by water and not just through the air.

Answer: TRUE

95) The first life expectancy tables were developed in the United States in 1789 by Dr. Edward Wigglesworth.

Answer: TRUE

96) Life expectancy tables are used to project the average number of years a person from a specific cohort will live from a given point.

Answer: TRUE

97) In 2006, life expectancy at birth in the United States reached the highest level ever at 77.7 years.

Answer: TRUE

98) The history of the U.S. Public Health Service dates back to 1798 when Congress passed the Marine Hospital Service Act.

Answer: TRUE

99) The Marine Hospital Service Act provided funding for the first floating hospital that rotated among U.S. port cities.

Answer: FALSE

100) In the early part of the 20th century, nostrums and quackery were major problems facing health educators.

Answer: TRUE

101) The National Hospital Survey and Construction Act, also known as the Hill-Burton Act, was crafted to improve the distribution and enhance the quality of hospitals.

Answer: TRUE

102) Medicaid was created to assist in the payment of medical bills for the elderly.

Answer: FALSE

103) The coordinated school health program model has been expanded and revised, and is known as the Whole School, Whole Community, Whole Child Model (WSCC).

Answer: TRUE

104) The Healthy People initiative has evolved into an important strategic planning tool for federal, state, and local public health professionals.

Answer: TRUE

105) Healthy People 2020 was developed to improve the effectiveness of public health departments.

Answer: FALSE

106) The U.S. Department of Health approved the creation of a new, distinct classification for the occupation of health educator.

Answer: TRUE

107) As a result of health education becoming a recognized profession, it is possible to determine the number of health education specialists employed and the outlook for future health education positions.

Answer: TRUE

108) Health education becoming a recognized profession means the salary of health education specialists will increase.

Answer: FALSE

109) The teaching of health was part of the earliest education curricula in the United States.

Answer: FALSE

110) Only girls attended the earliest schools, as boys were too valuable to spare from the farms.

Answer: FALSE

111) Religious leaders initiated the push for formal education in the mid-1600s.

Answer: TRUE

112) Horace Mann, whose writings and speeches helped to promote the importance of education in general, was believed to be the first spokesperson for teaching health in schools.

Answer: TRUE

113) was critical in the development of public health and provided strong support for school health as well.

Answer: TRUE

114) The demonstration projects of the 1920s and 1930s showed that habits could be changed and health improved through health education.

Answer: TRUE

115) Results of The School Health Education Study, conducted by Dr. Elena M. Sliepecevic, were very positive and demonstrated that health education could change health behaviors.

Answer: FALSE

116) Comprehensive school health education refers to the development and delivery of a planned, sequential, effective school health instruction program.

Answer: TRUE

117) Comprehensive school health education is the curricular component of the coordinated school health program.

Answer: TRUE

118) There is currently a process for school health education teachers to become nationally certified teachers.

Answer: TRUE

119) It is anticipated that the Patient Protection and Affordable Care Act will create expanded opportunities for health education specialists to promote health.

Answer: TRUE

120) Discuss specific examples of how health beliefs and practices have changed from earliest humans to present day.

121) Describe two examples of the earliest efforts at health education.

122) Discuss the contributions of Hippocrates to health education and epidemiology.

123) What contributions did the Romans make to the field of public health?

124) Compare and contrast what it might have been like to live through a plague epidemic of the Middle Ages and the HIV/AIDS epidemic of today.

125) Why did the profession of health education finally begin to emerge in the mid-1800s and why did it not emerge prior to that time?

126) Identify and describe three governmental documents that have been important to the field of health promotion and education.

127) was important to the history of both school health and public health.

128) Identify four events that were important to the development of school health education in the United States and explain their specific contributions.

129) Explain the concept of a coordinated school health program.

130) Discuss what it means to health promotion and education professionals to have the Standard Occupational Classification (SOC) Policy Review Committee approve the creation of a new, distinct classification for the occupation of health educator.

131) Describe the initiatives that have shaped school health education programs over the past ten years.

132) Explain two key benefits anticipated by the passing of the Patient Protection and Affordable Care Act for consumers.

133) Discuss the role of the Patient Protection and Affordable Care Act on prevention and how that will impact the work of health education specialists.