

1. The 20th century saw numerous improvements in the health status of people in the developed world. This was **primarily** attributable to what phenomenon?
  - A) Steady declines in the rate of tobacco consumption
  - B) The development of vaccines against many communicable diseases
  - C) Eradication of microorganisms responsible for infectious diseases
  - D) Government policies that prioritized health promotion over disease treatment
  
2. What document is recognized as laying the foundation for the transition in the focus of Canadian health policy from disease to health?
  - A) The *Ottawa Charter for Health Promotion*
  - B) The Epp Framework (*A Framework for Health Promotion*)
  - C) The WHO *Declaration of Alma-Ata*
  - D) The Lalonde Report (*New Perspectives on the Health of Canadians*)
  
3. The Lalonde Report of 1974 is recognized as one of the seminal publications that have shaped the character and direction of public health policy in Canada. What change in policy is attributed to the Lalonde Report?
  - A) A shift from collective responsibility for the health of Canadians to an individual focus
  - B) A change in focus from the treatment of illness to the promotion of health
  - C) A change from private funding for health to a combination of provincial and federal funding
  - D) A recognition of the importance of determinants of health
  
4. The publication of the World Health Organization's *Declaration of Alma-Ata* is acknowledged to be a key event in the development of contemporary public health policy. The *Declaration* **prioritized**:
  - A) collaboration among individuals and healthcare providers to impact health decisions.
  - B) increased funding for the education of nurses, physicians, and allied health workers in member nations.
  - C) cooperation between developed nations and developing nations to eradicate global health inequities.
  - D) the removal of class-based barriers to health decision making.

5. A public health worker is participating in the creation of a health promotion initiative that aims to address many of the poor health outcomes in a city's homeless population. The success or failure of this initiative is likely to depend on what factor?
- A) Accessibility and the perceived credibility of the planned initiative
  - B) The provision of incentives and immediate benefits for participants in the program
  - C) Providing safe and supportive housing for homeless people before addressing their health needs
  - D) Redressing the disparities based on gender, socioeconomic status, and education
6. Which issue is recognized as being inadequately addressed by current Canadian health policy?
- A) Canadians are not aware of the impact that their behaviours have on their health status.
  - B) Utilization of the healthcare system is insufficient to ensure the health of the population.
  - C) Members of disadvantaged groups are less healthy than other Canadians.
  - D) The interests of the healthcare industry are at odds with the long-term health of Canadians.
7. Which client typifies the health problems that began to predominate in Canada during the late 20th century?
- A) A young man who incurred a spinal cord injury while playing sports
  - B) An elementary school student who developed measles because she was not vaccinated
  - C) An older adult client who had type 2 diabetes that resulted in vascular and cardiac complications
  - D) A child who was born HIV positive to a mother who was an intravenous substance user
8. Which statement **best** captures the concept of population health?
- A) Population health is the median life expectancy within a defined group of people.
  - B) Population health is citizens' subjective perceptions of their physical, mental, and spiritual well-being.
  - C) Population health is the health status of a group of individuals that is considered as a whole, coherent unit.
  - D) Population health is the relative risk of premature death that exists within a specified group of residents.

9. A tobacco educator is working with a group of adults who have a history of cigarette smoking. The group comprises immigrants to Canada from an ethnic group whose members have a smoking rate higher than that of the Canadian population as a whole. Which determinant of health does **not** have a significant impact on the group members' tobacco use?
- A) Culture
  - B) Social environments
  - C) Personal health practices
  - D) Physical environment
10. The community health worker who works with the residents of a low-income neighbourhood with few recreational amenities and difficult access to health and social services compared to another neighbourhood with a higher average income, good access to amenities and understands that the residents might live with some:
- A) wellness disadvantages.
  - B) health disparities.
  - C) health flaws.
  - D) wellness deficits.
11. A community health worker is collaborating with educators and school administrators to spearhead a new program for elementary students that aims to prevent children from beginning to smoke in junior high. This effort **most** clearly exemplifies what element of the population health approach?
- A) Focusing on the health of populations
  - B) Addressing the determinants of health
  - C) Increasing accountability for health outcomes
  - D) Investing upstream
12. Which action **best** demonstrates the element of collaboration in the population health approach?
- A) A community health worker liaises with municipal leaders and social services representatives during the planning of a program.
  - B) A community health worker adopts a multidisciplinary approach to the provision of care in a community.
  - C) A community health worker forms a committee of fellow community health workers when weighing the costs and benefits of a proposed program.
  - D) A community health worker consults published evidence when planning an intervention and integrates the evidence into practice.

13. Knowing that health is a result of a complex interplay among numerous factors, the community health worker is careful to make a distinction between risk factors and risk conditions. What factor would be considered a risk condition?
- A) A community hospital has been closed due to budgetary pressures and consolidation with a larger, more distant hospital.
  - B) The community's alcohol purchases have increased to very high levels since the loss of a key employer in the community several months ago.
  - C) A group of local middle-aged factory workers have avoided going to their primary care providers for the past 4 years for fear of digital rectal examinations.
  - D) A group of women attending a community centre art class has been encouraged to increase their activity level but most women continue to maintain a sedentary lifestyle.
14. Which population group is considered to be the **most** vulnerable in Canadian society?
- A) The Aboriginal population
  - B) People who are homeless
  - C) Female lone parenting families
  - D) Children with chronic diseases
15. The Epp Framework (*A Framework for Health Promotion*) of 1986 is acknowledged as a milestone in the development of public health policy in Canada. What was a **primary** goal in this framework?
- A) Encouraging Canadians to become more aware of international health disparities
  - B) Empowering Canadians to exercise control over and improve their own health
  - C) Fostering a sense of pride in the healthcare system that Canadians created
  - D) Promoting a reduction in known health risk factors
16. One of the key mechanisms of health promotion is self-care. What is an example of this mechanism in action?
- A) A group of construction workers choose to pack healthy lunches to work rather than buying fast food each day.
  - B) A community centre resolves to increase the activity level of the children by purchasing outdoor toys.
  - C) A school participates in a regional tobacco prevention campaign.
  - D) The leadership of a church organizes a drop-in exercise program for parishioners.

17. Which is an example of a limitation of the 1974 Lalonde Report (*New Perspectives on the Health of Canadians*)?
- A) Blaming victims if they got sick or injured
  - B) Not addressing the social conditions that affect health
  - C) An overemphasis on lifestyle
  - D) Focus of attention on sectors other than health
18. One of the modes of collaboration is horizontal. What activity **best** demonstrates collaboration in action?
- A) A public health clinical specialist partnering with the Board of Education and Health Canada to develop recommendations for gender-safe schools
  - B) A school nurse, environmental health officer, and a teacher engaged together in a head lice program in a local elementary school
  - C) A sexual health nurse, the head of the Boys and Girls Club, and the Chief of Police working on a bullying prevention program for transgendered high school students
  - D) A Medical Officer of a health region partnering with a provincial Pharmacy Association and Public Health Agency to develop guidelines for influenza immunization
19. The Declaration of Alma-Ata placed the greatest emphasis on:
- A) prevention.
  - B) expertise-driven programs.
  - C) low-technology options.
  - D) social justice.
20. The Epp Framework (*A Framework for Health Promotion in Canada*) of 1986 defines health promotion. Which **best** captures that definition?
- A) A person who does not have a disease, illness, or injury
  - B) The opportunity for people to exercise control over their health
  - C) Education programs that inform people about how to be healthy
  - D) Individual Canadians taking responsibility for their health

## **Answer Key**

1. B
2. D
3. B
4. A
5. A
6. C
7. C
8. C
9. D
10. B
11. D
12. A
13. A
14. B
15. B
16. A
17. A
18. B
19. D
20. B