**Part One: Introducing Community-Based Interventions**

**Chapter 1: Improving Health in Community Settings**

**TRUE/FALSE**

1. Ecological theory outlines important interventions that take place primarily in a clinical setting.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale**: (p. 4)

1. Unlike communities of interest which are defined by collective activities or hobbies, professional communities consist of a group of people who share only knowledge and skills, but not similar interests.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale:** (p. 4)

1. A good example of a unit within community of interest would be a group of men undergoing radiation or chemotherapy treatment for prostate cancer.
   1. True
   2. False

**Correct Answer:** a. True

**Rationale:** (p. 4)

1. Certain demographic variables like age, gender, ethnicity, race, education, and social class tend to only depict members of common-interest communities, and not geographic or professional communities.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale:** (p. 5)

1. When evaluating an interrelated ecological system’s role on determining health, a variety of factors including family, work, school, and socioeconomic status must be considered.
   1. True
   2. False

**Correct Answer:** a. True

**Rationale:** (p.5)

1. Medical technology of the twenty-first century is all-encompassing in that it can prevent all disease, optimize health, and prolong the life of those with complicated health problems.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale:** (p. 6)

1. One primary goal of interventions in a community setting is to impact the factors that influence morbidity and mortality outside of a health care setting.
   1. True
   2. False

**Correct Answer:** a. True

**Rationale:** (p. 7)

1. Support groups for breast cancer survivors and the removal of vending machines that contain soft drinks and unhealthy snacks from schools are two examples of tertiary prevention.
   1. True
   2. False

**Correct Answer:** a. True

**Rationale:** (p. 8)

1. The health care system in the United States has the ability and the tools to maintain a healthy population.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale:** (p.7)

1. The seasonal influenza vaccination is a method of secondary prevention.
   1. True
   2. False

**Correct Answer:** b. False

**Rationale:** (p. 7)

**MULTIPLE CHOICE**

1. Which of the following is a method of secondary prevention?
   1. Walking trails in the community
   2. Support groups for cancer survivors
   3. Needle exchange intervention
   4. Mammogram access

**Correct Answer:** d

**Rationale:** (p. 8)

1. Communities of interest must share which of the following, except:
   1. Physical space
   2. Interests
   3. Behavior
   4. Risk

**Correct Answer:** a

**Rationale:** (p. 4)

1. Any influential health intervention must include knowledge of:
   1. Cultural background
   2. Health beliefs
   3. Socioeconomic status
   4. All of the above

**Correct Answer:** d

**Rationale:** (p. 5)

1. The first step to determining an appropriate community-based health intervention is to understand three basic principles. Which of the following represents one of the three principles?
   1. Environmental and social conditions do not play a significant role on an individual’s overall health.
   2. Health should primarily be dealt with from a clinical approach.
   3. Health involves the interaction between individuals and their environment.
   4. Community-based interventions aim solely to change the behavior of individuals.

**Correct Answer:** c

**Rationale:** (p. 6)

1. Social units in communities of interest can be broken down into smaller groups by which of the following factors:
   1. Age
   2. Values
   3. History
   4. Customs

**Correct Answer:** a

**Rationale:** p.4

1. Which of the following is a growing concern for the U.S. health care system and for overall community health?
   1. Inadequate technology in neonatal nurseries
   2. Accessible and sufficient preventative care services
   3. Lack of highly trained and skilled health care professionals
   4. Scarce resources and means to prolong life

**Correct Answer:** b

**Rationale:** (p. 6)

1. All of the following a good methods of primary prevention, except:
   1. Passing out free condoms
   2. Promoting the importance of seat belt use through a buckle-up seat belt campaign
   3. Using social marketing to spread the message that infants should be placed on their backs to sleep
   4. Providing for accessible and convenient means to test for HIV and other sexually transmitted disease

**Correct Answer:** d

**Rationale:** (p. 8 &9)

1. The Alma Ata Declaration states that:
   1. Primary health care is most important to those in certain age and health status groups.
   2. Primary health care should be universally accessible and affordable.
   3. Disease prevention at a community level has been extremely successful in the past few decades in the United States.
   4. Health care professionals and scientists, not individuals in a community, should be in charge of health promotion.

**Correct Answer:** b

**Rationale:** (p. 6)

1. Geographic communities are defined by several factors, such as:
   1. Shared interests
   2. Shared knowledge and skills
   3. Physical boundaries
   4. All of the above

**Correct Answer:** c

**Rationale:** (p. 4)

1. Ecological theory suggests that the definition of health:
   1. Should include the interaction between demographic variables and the environment.
   2. Is based off of a model of living organisms.
   3. Is affected by only the physical and social environment.
   4. Is clear and does not vary across communities.

**Correct Answer:** a

**Rationale:** (p. 5)

**DISCUSSION QUESTIONS**

1. p. 6, 7
2. p. 7,8,9
3. p. 5