

***Population Health Creating a Culture of Wellness 3rd
edition Nash Test Bank***

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Multiple Choice

1. Which of the following answers most accurately describes the components of population health?
 - A. the general health and well-being of any group of people
 - B. the distribution of health outcomes in a population and assured funding of hospitals
 - C. health outcomes, health determinants, and the policies and interventions that affect the determinants in any population***
 - D. Chronic care management

Ans: C

2. Why do improved outcomes in population health require rigorous analysis of outcomes?
 - A. Without data there can be no good outcomes
 - B. Health needs to be supported with proper funding
 - C. Better health is consistently achieved through outcome analysis***
 - D. Health needs cannot be understood without understanding patterns of outcome distribution

Ans: C

3. What four major healthcare challenges affecting all Americans have been identified by the National Priorities Partnership?
 - A. Inadequate funding, understaffed hospitals, lack of trained personnel and overutilization
 - B. Uninformed consumers, rising costs of medical testing, lack of urgent care centers, wasteful spending
 - C. Eliminating harm, eradicating disparities, reducing disease burden and removing waste***
 - D. Keeping well people well, treating acute illness, managing chronic disease and providing compassionate care for the dying

Ans: C

4. The U.S. healthcare system currently emphasizes:
 - A. Hospital based care
 - B. Proper medical care for emergencies and acute illness***

- C. Health promotion and disease prevention
- D. Wellness and physical fitness

Ans: B

5. Which of these most adequately describes the fundamental goal of population health?
- A. Reducing medical errors
 - B. Helping people to live healthier lives
 - C. Improving the health of a population***
 - D. Creating greater awareness of the importance of health

Ans: C

6. What percentage of the U.S. gross domestic product (GDP) is currently spent on health care?
- A. 18% ***
 - B. b. 10%
 - C. c. 25%
 - D. d. 5%

Ans: A

7. Healthcare spending in the U.S. results in:
- A. a healthier society
 - B. improved healthcare outcomes equivalent to other developed nations
 - C. a healthcare system that does not perform as well as other developed nations***
 - D. dollar for dollar improvements in health

Ans: C

8. True or False - The average life expectancy of the average American is improving over time
- A. True
 - B. False***

Ans: B

9. What is the greatest contributor to premature death from chronic illness?
- A. Medical error
 - B. Patient behavior***
 - C. Inadequate funding

D. Accidents and injuries

Ans: B

10. The increasing presence of chronic illness in America results in:
- A. Reduced health care spending
 - B. Increased healthcare spending and rising cost of health services***
 - C. Increasing length of hospital stays
 - D. Greater longevity

Ans: B

11. Two of the leading causes of preventable deaths in the United States are:
- A. Cancer and heart disease
 - B. Smoking and obesity***
 - C. Understaffed hospitals and inadequate funding
 - D. Accidents and injuries

Ans: B

12. The four stages of prevention are:
- A. Primary, Secondary, Tertiary & Disease Management
 - B. Primordial, Primary, Secondary, Health Determinants
 - C. Primary, Screening, Public Health, Health Policy
 - D. Primordial, Primary, Secondary & Tertiary***

Ans. D

13. Health outcomes in the U.S. could be improved with:
- A. Assuring access to quality care regardless of ability to pay***
 - B. Increased medical spending
 - C. Lengthened hospital stays
 - D. More medical care

Ans: A

14. The primary focus of a quality healthcare system should be:
- A. Eliminating tobacco use
 - B. Improving emergency room care

C. Health maintenance and disease prevention*

D. Intensive care

Ans: C

15. What three lifestyle modifications reduce the prevalence of chronic conditions in a population?

A. Eliminating or reducing tobacco use, eating healthy foods with portion control, and increasing regular physical activity*

B. Maintaining a strict diet, following a rigorous program of physical training and proper rest

C. Eliminating tobacco use, annual physicals, and frequent dieting

D. Using seat belts, bike helmets, and ski helmets

Ans: A

16. Improved health care and an improved system of health care result from:

A. Increased medical spending

B. A proactive approach to health care that emphasizes healthy living*

C. A reactive approach to health care delivering care for illness and trauma

D. All the above

Ans: B

17. What 1999 Institute of Medicine report helped national and professional organizations start to identify best practices & made recommendations on how to design processes to make healthcare safer? (short answer)

To Err is Human*

18. What are the four pillars of Population Health? (short answer)

- **Answer - Care Management, Quality & Safety, Public Health, Health Policy**

19. What are the three steps towards making lasting change in population health? (Short Answer)

- **Answer - Building awareness, Identifying population health needs, & Recognizing the importance of data & measurement**

20. The concept entitled “Compression of Morbidity” means (Short Answer)

Answer - The longer that you live healthy and well the shorter is your period of suffering before you pass away