



Student Study Guide Module # 3: Population Health

1. Identify the two main roles of government in public health.
Protecting/promoting public health and ensuring the protection of rights of individuals in the process
2. Give several examples of state police powers regarding public health.
Enforcement of quarantines, immunization programs, and smoking bans
3. Describe the importance of the US Public Health Service.
Focal point for federal public health
4. Identify the four key roles of state health agencies.
Communicate link between local and federal public health agencies, conduct disease surveillance, collect health statistics, support agricultural and animal health
5. Identify the four most common services provided by the Local Public Health Services agency.
Immunizations, communicable disease surveillance, inspection/licensing of retail food establishments, tuberculosis screening
6. Name several international health organizations.
World Health Organization, Pan American Health Organization, UNICEF, Doctors without Borders
7. Identify the number (proportion) of deaths attributed to unhealthy behaviors in the United States.
Almost half of the deaths in the US
8. Distinguish between the sick role and the at risk role.
At risk roles involve any activity undertaken for the purpose of preventing disease and sick role activities undertaken by individuals who consider themselves to be ill for the purpose of getting well

9. Give several examples of important health behaviors.

Using safety belts, taking medications, good nutrition, physical activity, drinking alcohol in moderation

10. Identify the four purposes of theory.

Predict, explain, focus, and simplify

11. Identify the three health behavior frameworks discussed in this class.

Health Belief Model

Social Cognitive Theory

Ecological Framework

12. Identify the advantages of ecological models.

Goes beyond changing individual behaviors, focuses on changing environments

13. Define social epidemiology.

The study of determinants and distribution of disease considering factors such as social class, ethnicity, race, gender, age and region

14. Identify the five structural sources of health inequalities.

Social class, race/ethnicity, gender, age, and sexual orientation

15. Define what is meant by health inequalities.

The presence of social conditions that contribute unevenly to different social groups leading to differences in disease patterns and health

16. Identify the four social class factors that contribute to poor health outcomes.

Education, jobs, income, and housing

17. Describe what is meant by the Whitehall effect.

The higher your job classification the less likely you will experience disease, also known as a health-wealth gradient

18. Define health information literacy.

Made up of the skills necessary to obtain, process and understand basic health information and services

19. Identify which groups are likely to have low levels of Health Information Literacy.

Men lower than women, adults over 65 years of age, Adults living below the poverty line, individuals with lower levels of education

20. Name the five goals of Health Information Literacy.

Recognize the need for health information, identify relevant sources of health information, evaluate the quality of the health information, use the health information to make good health decisions, evaluate the quality of the health information

21. Describe why internet health sources may be unreliable.

There is not clear sourcing of information.

22. Describe the ABCs of evaluating websites.

Evaluating author, bias and currency

23. Define cultural competency.

Ability of health organizations and practitioners to recognize the role of cultural beliefs, values, attitudes, traditions, language preferences and health practices among diverse groups

24. Define risk communication.

Effectively communicating scientific information to a non-scientific audience to promote health.

25. Describe why it is important to involve the public in risk communication.

Decisions are likely to last, there will be fewer lawsuits, and this increases an organization's credibility