

Public Health Quiz – Basic (Answers)

1. A. heart disease

The leading cause of death in the United States is Heart Disease. According to the Centers for Disease Control and Prevention (CDC), heart disease caused approximately 655,000 deaths in 2003 while cancer was responsible for 550,000 and stroke 150,000. In 2004 AIDS was responsible for approximately 15,800 deaths in the United States.

2. B. pasteurization

Although Louis Pasteur's process of pasteurization was first applied in wine preservation, milk producers adopted the process of pasteurization in the 1920's and thereby eliminated a substantial vector of food borne disease

3. A. smallpox

As recently as 1958, small pox killed 2 million people each year worldwide. Due to aggressive efforts by the World Health Organization, small pox was completely eradicated in the 1970's

4. D. purchase organic produce

Organic produce can contain the same food borne contaminants as other produce. "Organic" only means that pesticides were not used in growing the produce, and does not refer to the absence of pathogens.

5. C. mercury

Mercury, a highly toxic element, used to be a component of the production process of felt for hats. The application of a mercury solution was used to roughen the surface of animal hair that was then shaped into felt hats. The mercury was absorbed through the skin, and attacked the nervous system, which caused a degenerative nervous disorder. Symptoms of the disorder included fluttering eyelids, slurred speech, an unsteady gait and general mental confusion. Hence, the term "mad as a hatter."

6. A. niacin - tuberculosis

Niacin prevents pellagra, a disease that plagued the United States in the early 1900's. It causes diarrhea, dermatitis, dementia and death. Niacin is now added to flour and pellagra is almost completely eliminated in the United States.

7. B. outbreak of disease in populations

Epidemiology is defined as the study of distribution and determinants of disease frequency in human populations.

8. B. birth defects

It is advised that women of child-bearing age consume .4 milligrams of folic acid to avoid birth defects, such as spinal bifida. Folic acid is also found in other foods, such as broccoli and dried beans.

9. A. fluoridation of drinking water

Fluoridation of tap water has, in part, led to a 68% decrease in dental caries in children under 12 from 1970 to 1994. The American Dental Association, the American Medical Association, and the World Health Organization endorse water fluoridation.

10. C. 50%

Smoking causes approximately one out of every five deaths in the United States each year. Out of the 48 million Americans who smoke 50% will die from a smoking related disease if they continue to smoke.

11. A. Twenty minutes of intensity at least three times a week.

Data from the National Health Interview Survey shows that in 1997-98 nearly four in 10 (38.3%) adults reported no participation in leisure- time physical activity. According to the CDC, adults should engage in vigorous physical activity 3 or more days per week for 20 or more minutes per occasion.

12. B. A disease that can be spread from one person to another.

A communicable disease is an infectious disease that spreads directly from one person to another.

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HEALTH**