**Chapter 13 Public health and ageing – questions**

Self assessment

Question 1 of 5

Which of the following factors will increase the total dependency ratio in a population?

1. Increase in the age of retirement
2. Decrease in the birth rate
3. Increase in the adult mortality rate
4. Decrease in the child mortality rate
5. None of the above Question 2 of 5

Which of the following changes is an expected physiological consequence of the ageing process?

1. Increase in fat mass
2. Increase in blood pressure
3. Increase in cataracts
4. Increase in perception of high frequency tones
5. None of the above Question 3 of 5

Which of these measures will be least effective at preventing illness in older people?

1. Smoking cessation
2. Multivitamin supplementation
3. Physical activity
4. Medication review
5. None of the above will prevent illness in older people Question 4 of 5

Since the start of the twentieth century, life expectancy at birth in the UK has increased by approximately how much?

1. 10 years
2. 15 years
3. 20 years
4. 30 years
5. 45 years Question 5 of 5

Which of the following is NOT an instrumental activity of daily living?

1. Walking across a room
2. Preparing a hot meal
3. Shopping for groceries
4. Making telephone calls
5. Taking medications

Short answer questions

Question 1 of 5

What are the potential impacts of the anticipated increase in the dependency ratio? Question 2 of 5

List the three main ways in which ageing is related to ill health. Question 3 of 5

Define impairment, disability and handicap. Question 4 of 5

How might a longer life span affect time spent in ill health? Question 5 of 5

Give some examples of primary, secondary and tertiary prevention relevant to older age. Interactive exercise

1. Visit the OHID Fingertips Public health data for England - [Productive Healthy Ageing profile](https://fingertips.phe.org.uk/profile/healthy-ageing)s. Choose two areas of your choice and compare the number of emergency admissions and hip fractures due to falls? Reflect on the possible reasons and consider what can be done in areas with more hip fractures and falls to address the issues identified.

Web resources and further reading

1. [WHO Factfile Ageing & Health](https://www.who.int/news-room/fact-sheets/detail/ageing-and-health)
2. Useful policy overview article in [Lancet on the WHO decade of Health Ageing 2021-30](https://www.thelancet.com/journals/lanhl/article/PIIS2666-7568(21)00002-7/fulltext)
3. [NHS England Workstreams on supporting older people](https://www.england.nhs.uk/ourwork/clinical-policy/older-people/)
4. [US DHSS Social Determinants of Health and Older Adults resources](https://health.gov/our-work/national-health-initiatives/healthy-aging/social-determinants-health-and-older-adults)
5. Office for National Statistics (UK) - [Life expectancy factors and indicators of the health of the elderly in the UK](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/ageing)
6. Leading UK charity for Older People: [Age UK](https://www.ageuk.org.uk/)