# Chapter 8 Improving population health – questions

Self assessment

Question 1 of 5

Use the World Health Organisation website (<https://www.emro.who.int/about-who/public-health-functions/health-promotion-disease-prevention.html> ) and this article (<https://www.bmj.com/content/bmj/382/bmj.p1739.full.pdf> ) to decide which of the following is an example of tertiary prevention.

1. Health education of school children on lifestyle
2. Cervical cancer screening
3. Genetic counselling before marriage
4. Measles immunisation for children
5. Smoking cessation support after heart attack

Question 2 of 5

Which of the following has the biggest potential to improve health?

1. Improving the range of drugs available for cancer treatment
2. Addressing inequality between or within countries
3. Reducing cholesterol levels in men
4. Reducing post operative mortality for abdominal aortic aneurysm repairs
5. Promoting the development of cycle lanes

Question 3 of 5

Which of the following is a direct cause of disease?

1. Blood pressure
2. Serum cholesterol
3. Smoking
4. Body mass index
5. Bone mineral density

Question 4 of 5

Which of the following is an example of a societal approach to improving health?

1. A treatment algorithm for pulmonary arterial hypertension
2. An antipsychotic medication prescribed for schizophrenia
3. A government policy to reduce inequalities
4. Tailored messages to encourage vaccination uptake
5. Using a smart fridge for healthy eating reminders

Question 5 of 5

Which of the following is a population-based approach to prevention?

1. Chlamydia screening
2. TB vaccination in the UK
3. Fluoridation of water to prevent dental caries
4. Smoking cessation clinics
5. None of the above

Short answer questions

Question 1 of 3

Use the Pencheon and Bradley model to discuss the reduction of obesity levels in a country of your choosing.

Question 2 of 3

What is meant by a ‘high-risk’ approach to the prevention of ischaemic heart disease? Question 3 of 3

List some examples of practical actions that could be taken to improve the obesity situation you described in question 1.

# Web based resources and further reading

1. [WHO Topic guide on Health promotion](Background%20reading%20on%20models%20of%20health%20promotion)
2. [Useful summary paper on ‘Health Promotion: Causes, Beliefs and Measurements’](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1069052/)
3. [Useful summary of theories of behaviour change](https://assets.publishing.service.gov.uk/media/57a08b4bed915d622c000bfd/BehaviorChangeweb.pdf)
4. Frequently referred to model of behaviour change: Prochaska, J. O., & DiClemente, C. C. (1983). [Stages and processes of self-change of smoking: toward an integrative model of change](https://cpb-eu-w2.wpmucdn.com/mypad.northampton.ac.uk/dist/5/6345/files/2016/05/Stages-of-Change-Prochaska-1983-typs6q.pdf). Journal of consulting and clinical psychology, 51(3), 390
5. [**Example of using the stages of change model to lose weight – Motivational Interviewing Algorithm**](http://www.cellinteractive.com/ucla/physcian_ed/interview_alg.html)
6. [**Example of using the stages of change model to lose weight – Sample Scripts for Stages of Change**](http://www.cellinteractive.com/ucla/physcian_ed/scripts_for_change.html)