**Chapter 12 Adult public health – questions**

Self assessment

Question 1 of 4

What is the leading cause of mortality among adults in the UK?

1. Accidents
2. Cancers
3. Cardiovascular diseases
4. Respiratory diseases
5. Suicides Question 2 of 4

How can screening for early diagnosis of breast cancer best be described?

1. Primordial prevention
2. Rehabilitation
3. Secondary prevention
4. Specific protection
5. Tertiary prevention Question 3 of 4

Which is the leading cause of disability worldwide?

1. Accidents
2. Blindness
3. Diabetes
4. Genetic disorders
5. Mental illness Question 4 of 4

What is the most likely cause for the rising prevalence of Type 2 diabetes in the Western world?

1. Cardiovascular diseases
2. Diet
3. Genetic factors
4. Obesity
5. Smoking

Short answer questions

Question 1 of 3

Although the incidence of all cancers is rising, mortality due to all cancers shows a declining trend. What factors might contribute to this phenomenon?

Question 2 of 3

Identify healthy workplace initiatives that could be used to prevent cardiovascular disease.

Question 3 of 3

What is the relationship between mental illness and the wider determinants of health? Discuss measures that could be used to address any one determinant.

Interactive exercise

* 1. What are the leading global risks for mortality in the world?
  2. What are the leading global risks for burden of disease as measured in disability- adjusted life years (DALYs)?
  3. What are the key risk factors which account for the majority of cardiovascular deaths in the world?
  4. What was the average life expectancy at birth of the global population in 2023?
  5. What proportion of total child deaths occur in Africa and South-East Asia?

Visit the World Health Organization (<https://www.who.int/data/gho/data/themes/mortality-and-global-health-estimates>); the Lancet Global Burden of Disease resource centre (<https://www.thelancet.com/gbd>) and/or The Institute for Health Metrics and Evaluation (<https://www.healthdata.org/research-analysis/gbd>) to verify/find answers to the above questions.

Web resources and further reading

1. [Lancet Global Burden of Disease (GBD) Resource Centre](https://www.thelancet.com/gbd)
2. [WHO Factsheet on Non-communicable disease](https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases)
3. [King’s Fund briefing on Non-communicable disease](https://www.kingsfund.org.uk/projects/time-think-differently/trends-disease-and-disability-non-communicable-diseases)
4. [US Centre for Disease Control on relevant conditions](http://www.cdc.gov/DiseasesConditions/)
5. [UK National Obesity Observatory](http://www.noo.org.uk/)
6. A selection of UK charities aiming to promote awareness and treatment of adult diseases

* [Diabetes UK](http://www.diabetes.org.uk/)
* [MIND](http://www.mind.org.uk/)
* [Cancer Research UK](http://www.cancerresearchuk.org)
* [British Heart Foundation](a.%09http:/www.bhf.org.uk/)

1. [World Health Organization on workplace health](https://www.who.int/health-topics/occupational-health)