

Chapter 13 Adult public health – answers

Self assessment

Question 1 of 4

Answer C

Question 2 of 4

Answer C – secondary prevention. Screening identifies early stages of breast cancer so is therefore secondary prevention.

Primordial prevention would consist of efforts to reduce the onset of risk factors known to predispose individuals to breast cancer, not early stages of disease identified through screening. Rehabilitation aims to return an individual with diagnosed breast cancer to a state of wellbeing. Specific protection includes specific measures taken to prevent the occurrence of breast cancer. Tertiary prevention aims to prevent complications, and improve survival and wellbeing in those who have already been diagnosed with breast cancer

Question 3 of 4

Answer E

Question 4 of 4

Answer D

Short answer questions

Question 1 of 3

The reasons for this might include:

- Improved medical care including timely treatment and more treatment options available including drug therapies and novel technologies
- Increased screening such that detection occurs earlier and disease becomes more treatable
- Variations in incidence and mortality levels across different geographical areas confounding the overall data
- Improvements in awareness leading to early diagnosis or reduced risk factors and potentially delayed onset of disease with death from other causes than cancer occurring
- Accuracy of data should also be considered when looking at such statistics to ensure that the conclusion is not simply a data artifact

Question 2 of 3

These could include:

- Smoking policies and access to stop smoking services
- Workplace mental health programmes and policies to reduce the impact of stress
- Weight management activities to promote healthy eating and physical activity in the workplace (e.g. cycle to work schemes, low fat food options, subsidised gym membership)
- Workplace risk factor identification such as cholesterol or blood pressure checks

- Availability and promotion of healthy food to minimise salt and fat intake and promote fruit and vegetable consumption

Question 3 of 3

The following could be considered wider determinants of health which are risk factors for mental illness:

- Exposure to violence, conflict and disasters
- Stressful life events
- Ethnic minority status
- Low socio-economic status

For example, some ways to tackle low socio-economic status are outlined in Chapter 15 and include:

- Governmental policies which promote equity such as taxation, welfare benefits, parental leave and pension entitlements, and the setting of decent wages
- Laws that improve the quality of work and the environment, e.g. the European Working Time Directive; standards for urban planning and housing, particularly social housing; and anti-discrimination laws
- Sustainable economic development
- Universal access to effective and affordable essential services such as family support services (e.g. Sure Start in the UK), child care, pre-school education, schools, facilities for life-long learning, preventative, screening and primary care services, community-based mental health, hospital services and a range of high quality and affordable services
- Community-based initiatives which promote social capital, ownership and community capabilities