

Chapter 14 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?

- A) Increase in the age of retirement
- B) Decrease in the birth rate
- C) Increase in the adult mortality rate
- D) Decrease in the child mortality rate
- E) None of the above

Question 2 of 5

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

- A) Increase in fat mass
- B) Increase in blood pressure
- C) Increase in cataracts
- D) Increase in perception of high frequency tones
- E) None of the above

Question 3 of 5

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

- A) Smoking cessation
- B) Multivitamin supplementation
- C) Physical activity
- D) Medication review
- E) 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 has increased by approximately how much?

- A) 10 years
- B) 15 years
- C) 20 years
- D) 30 years
- E) 45 years

Question 5 of 5

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

- A) Walking across a room
- B) Preparing a hot meal
- C) Shopping for groceries
- D) Making telephone calls
- E) 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

Visit the interactive atlas showing indicators for older people's health and wellbeing in England online: <http://www.wmpho.org.uk/olderpeopleatlas/default.aspx>

How do Wirral and Mid Suffolk local authorities compare in the number of emergency admissions and hip fractures due to falls? Reflect on the possible reasons and consider what can be done in Wirral to address the issues identified.

Web resources and further reading

World Population Ageing 2009, ESA/P/WP/212, United Nations, Department of Economic and Social Affairs, Population Division	http://www.un.org/esa/population/publications/WPA2009/WPA2009_WorkingPaper.pdf
Active ageing: a policy framework. WHO/NMH/NPH/02.8, World Health Organization, 2002	http://whqlibdoc.who.int/hq/2002/WHO_NMH_NPH_02.8.pdf
Palliative care for older people: better practices, World Health Organization (Europe) 2011	http://www.euro.who.int/_data/assets/pdf_file/0017/143153/e95052.pdf
Fairer Care Funding: The Report of the Commission on Funding of Care and Support, UK Commission on Funding of Care and Support, July 2011	http://www.dilnotcommission.dh.gov.uk/our-report/