## CONCEPT: POPULATION HEALTH

National Health

◆ The health associated with the _____ wellness and health of a population.

  ▪ It's in the best interest of a government to have a _____ population.

    - A (healthy) population provides a work force that can _____ productivity, creativity and innovation.

    - An (unhealthy) population _____ resources and _____ the cost of health care.

Healthy vs Unhealthy Population

Healthy	Unhealthy
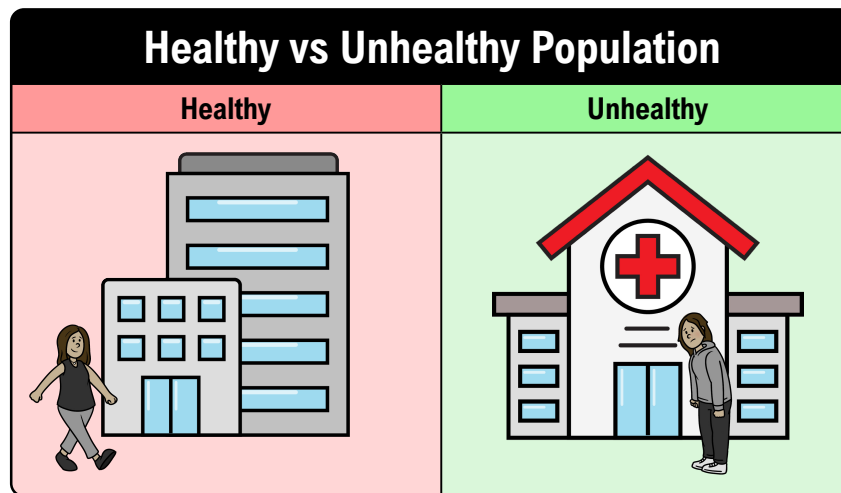
EXAMPLE

Which of the following would be least effective in strengthening the national health of a country?

a) Investments in public health infrastructure.

b) Increasing access to affordable healthcare coverage to all citizens.

c) Improvement in access to housing.

d) Streamline health policies to develop one protocol or initiative for all citizens regardless of social and economic status.

PRACTICE

In a province wide study, a developed nation revealed the number of cancer cases between its urban centers and rural areas. The diets, sun exposure and other common risk factors showed marginal differences between the two location types. Nevertheless, the data collected showed a disproportionately larger percentage of cases within the city as opposed to the countryside. Which of the following could be a reasonable explanation for this unforeseen result?

a) A greater number of smokers in rural areas made the percentage of cases lower.

b) The more agrarian lifestyle made the rural area more resilient to cancer.

c) Greater distances between individuals and inadequate infrastructure resulted in less testing.

d) The more urban lifestyle made the city area more resilient to cancer.

CONCEPT: POPULATION HEALTH

Leading Contributor vs Leading Cause

◆ A person's continuous bad habits and behaviors can have a _____ impact on their health outcomes.

  ▸ **Leading Contributor:** A factor of lifestyle choice that _____ a person's risk of dying from a particular disease.

  ▸ **Leading Cause:** The specific disease or health condition listed as the _____ reason for a death.

Leading Contributors & Causes					
Leading Contributors	**# of Deaths** (annually)	**% of Deaths** (annually)	**Leading Causes**	**# of Deaths** (annually)	**% of Deaths** (annually)
_____	480,000	18.0	_____ Disease	703,000	23.0
Diet	400,000	15.0	_____	608,000	22.0
_____	90,000	3.5	**Accidents**	227,000	6.0
Microbes	80,000	3.0	**COVID-19***	186,552	5.4
Firearms	30,000	1.1	**Stroke**	165,400	5.2
_____ **Drug Use**	25,000	1.0	**Chronic Lower Respiratory**	147,400	5.0
Motorized Vehicles	20,000	0.8	**Alzheimers's Disease**	120,000	4.2
Unsafe Sex	15,000	0.8	**Diabetes**	101,200	2.9

EXAMPLE

According to the National Library of Medicine, those hospitalized for alcohol use disorder die an average of 2 decades earlier. Which of the following would not be an effective means to increase their health and wellness?

a) Increased access to education on alcohol's effects on the human body.

b) A national ban on all alcoholic beverages.

c) Consider attending an alcohol cessation program like AA.

d) All of the above.

CONCEPT: POPULATION HEALTH

A 24-year-old individual, Alice, is an avid hiker. While exploring a remote area with no access to treated water Alice happens upon a running stream and decides to take a drink. By night fall, they began to experience gastrointestinal symptoms such as nausea, vomiting, diarrhea and a fever that last over 24 hours. Which of the following could be a potential contributor to their health dilemma?

a) Cancer   b) Illicit Drugs   c) E. Coli   d) Heart Disease

A 71-year-old individual, Matthew, smoked a pack per day of cigarettes for 35 years before his death. In his final years he reported experiencing fatigue with blurry vision, paralysis of the left side of their body, shortness of breath, and intermittent chest pain. Based on only these symptoms and his history of smoking, which of the following could be a potential cause of death?

    I. Diabetes   II. Heart Disease   III. Stroke   IV. Alzheimer's

a) I, II
b) II only
c) III only
d) I, II, III,
e) I, II, III, IV only