**Community health sciences department**

**College of Applied Medical Sciences**

**King Saud University**

**CHS 212**

**Community Health**

**1st semester of 1434-1435**

**1st midterm**

**Ms. Samah Alageel**

**Name: Model Answers**

**Student no.: Model Answers.**

**Time allowed: 1 hour**

**Marks: 20**

**Please answer the following questions:**

**Define the following terms (2 grades):**

**Health:**

A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**Social determinants of health:**

The social determinants of health are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels.

Or:

life-enhancing resources, such as food supply, housing, economic and social relationships, transportation, education, and health care, whose distribution across populations effectively determines length and quality of life.

**Please choose the right answer for the following questions (12 grades):**

1. **…………… was the first to link the cholera epidemic in London to a particular water source.**
2. John Graunt.
3. Hippocrates.
4. John Snow.
5. **Health problems were considered to have spiritual causes and solutions:**
6. Because of John Graunt.
7. In the middle ages.
8. As a result of the yellow fever.
9. **As a result of the Miasma Theory:**
10. Public health were concerned with sanitation.
11. Medical practices were devoted to the destruction of agents.
12. It was believed that prevention is better than treatment.
13. **Which of the following theories were used to explain the spread of cholera in London:**
14. Germ theory.
15. Miasma theory.
16. Epidemiological triangle.
17. **Health problems were believed to be the product of living organisms. In which of the following theories:**
18. Web of causation.
19. Germ theory.
20. General suitability.
21. **Social determinant of health include all of the following factors, except:**
22. Cultural factors.
23. Genetic factors.
24. Educational factors.
25. **………………… is useful in understanding infectious disorders, but less useful in dealing with chronic diseases.**
26. Web of causation.
27. Socio-environmental approach.
28. Epidemiological triangle.
29. **……………… is concerned with identifying the broad factors that make and keep people healthy.**
30. Web of causation.
31. Socio-environmental approach.
32. Epidemiological triangle.

1. **……………….. type of social support is related to the presence of companions in order to be able to engage in social activities:**
2. Emotional support.
3. Tangible support.
4. Belonging support.
5. **Which of the following social determinants of health have an effect on reducing stress:**
6. Social support.
7. Culture.
8. Environment.
9. **Patients who display an indifferent attitude towards pain are from which cultural background?**
10. Jewish background.
11. American origins.
12. Muslim patients.
13. **Traffic related health pollution contribute to the morbidity and mortality of all the following, except:**
14. Cardiovascular diseases.
15. Depression.
16. Respiratory diseases.
17. **The best source of ………….. support is from health professionals:**
18. Tangible support.
19. Informational support.
20. Emotional support.

1. **In some situations, …………. patients believe that the cause of a disease is a bad eye:**
2. Confucius patient.
3. Muslim patient.
4. Buddhist patient.

1. **Which of the following health effects is the result of Saudi religious beliefs?**
2. High rates of obesity.
3. Low rates of alcohol related diseases.
4. High rates of diabetes.

**16) Environmental health concerns all of the following, except:**

1. Health services quality.
2. Safe water supplies.
3. Occupational health and safety.

**What is the public health approach when dealing with public health problems? (2 grades)**

* Define the health problem.
* Identify risk factors associated with the problem.
* Develop and test community-level interventions to control or prevent the cause or the problem.
* Implement interventions to improve the health of the population.
* Monitor those interventions to assess their effectiveness.

**How can our neighborhoods affect out health? (2grades)**

**Four of the following:**

* Safe places to exercise.
* Access to healthy food and health facilities.
* Exposure to targeted advertising of harmful substances.
* Social networks & support.
* Norms, role models, peer pressure.
* Fear, anxiety, stress, despair.
* Violence and fear.
* Quality of schools.

**Studies have shown that social support has many positive effects. List four health effects of having strong support system (2 grades).**

**Four of the following:**

* + - Reduced risk of death due to heart attack or other circulatory diseases.
    - Reduced risk of cancers.
    - Faster recovery.
    - Fewer complications during pregnancy.
    - Keeping patients in medical treatment and increasing compliance with prescribed medications.
    - Increased levels of self-worth and esteem.
    - Facilitates coping and adaptation to change.
    - Reduced anxiety levels.
    - Overall, increased life satisfaction.