

US Health Observances & Policy Shifts: May 2026 Deep Dive

US Health · Practice Test · 12 Questions

1. In May 2026, which national observance focuses on promoting prevention, wellness, and personal responsibility as cornerstones of healthy aging, with the theme 'Champion Your Health'?

- A) National Nurses Month
- B) Older Americans Month
- C) Mental Health Awareness Month
- D) National Physical Fitness and Sports Month

2. What is the primary focus of the 'More Good Days, Together' theme for Mental Health Awareness Month in the US in May 2026?

- A) Highlighting advancements in psychiatric medications
- B) Encouraging community-based support systems to foster well-being
- C) Promoting rigorous clinical trials for mental health treatments
- D) Advocating for increased funding for mental health research

3. Which viral hepatitis observance in May 2026 specifically includes a designated day for testing, encouraging screenings for Hepatitis B and C?

- A) World Hepatitis Day
- B) National Hispanic Hepatitis Awareness Day
- C) Hepatitis Awareness Month
- D) National Hepatitis Testing Day

4. The American Stroke Association is adopting which acronym as part of its consumer education campaigns for Stroke Awareness Month in May 2026 to help recognize stroke warning signs?

- A) R.A.C.E.
- B) S.T.R.O.N.G.
- C) B.E. F.A.S.T.
- D) C.A.R.E.

5. In May 2026, National Physical Fitness and Sports Month aims to dispel myths about fitness. What is identified as the key to an active, healthier lifestyle during this observance?

- A) Achieving specific weight loss goals
- B) Participating in competitive sports
- C) Consistent physical movement and healthier choices
- D) Extensive daily calorie-burning activities

6. The 'Champion Your Health' theme for Older Americans Month in May 2026 emphasizes several cornerstones of healthy aging. Which of the following is NOT explicitly mentioned as a cornerstone?

- A) Prevention
- B) Personal responsibility
- C) Community engagement
- D) Wellness

7. For Stroke Awareness Month in May 2026, what is highlighted as the single most significant controllable risk factor for stroke?

- A) High cholesterol
- B) Diabetes
- C) Smoking
- D) High blood pressure

8. May 2026 is recognized as Hepatitis Awareness Month. Which of the following is a primary goal of this observance?

- A) Promoting annual flu vaccinations
- B) Raising awareness about viral hepatitis, testing, and vaccination
- C) Educating on the benefits of regular dental check-ups
- D) Encouraging participation in national cancer screenings

9. Considering the US healthcare policy dynamics for 2026, what is a significant shift expected regarding federal involvement in healthcare decision-making?

- A) Increased federal regulation and control
- B) Emphasis on state and individual choice over federal decision-making
- C) Expansion of federal healthcare spending
- D) Centralization of healthcare administration at the federal level

10. The One Big Beautiful Bill Act (OBBBA) enacted in July 2025, impacting 2026 healthcare, includes a significant element related to federal healthcare spending. What is this element?

- A) A substantial increase in federal healthcare spending
- B) A reduction in federal healthcare spending, including cuts to Medicaid
- C) The reallocation of funds from private insurance to federal programs
- D) A freeze on all federal healthcare expenditures for five years

11. In May 2026, the U.S. observes National Nurses Week. What specific date within May 2026 is recognized as International Nurses Day?

- A) May 6
- B) May 8
- C) May 10
- D) May 12

12. For Mental Health Awareness Month in May 2026, what is the overall theme introduced by SAMHSA?

- A) "Mind Matters: A Collective Approach"
- B) "See the Person. Support the Journey."
- C) "Healthy Minds, Healthy Lives"
- D) "Breaking the Stigma Together"