

North America's Shifting Health Landscape: Remote Work, Mental Health & C

Global Health · Answer Key · 15 Questions

1. Which of the following North American regions has seen a significant increase in remote work adoption, leading to discussions about potential mental health crises due to social isolation?

- A) The Maritimes
- B) The Great Plains
- C) The Pacific Northwest
- D) Urban centers and their surrounding suburbs across the US and Canada**

2. In response to the ongoing opioid crisis, what legislative action has been taken by states like Connecticut and Florida in 2024 and 2025?

- A) Mandatory drug testing for all public employees.
- B) Requiring emergency departments to include fentanyl in toxicology screenings for patients under certain circumstances.**
- C) Establishing supervised injection sites in all major cities.
- D) Abolishing all needle exchange programs.

3. Which of the following is a major factor driving the growth of the digital health market in North America, as highlighted by recent trends?

- A) A decrease in chronic disease prevalence.
- B) Reduced patient engagement with healthcare providers.
- C) Increased adoption of digital health technologies and a focus on preventive care.**
- D) A decline in telehealth services post-pandemic.

4. What is a primary concern raised by researchers regarding the impact of widespread remote work on the mental well-being of North American professionals?

- A) Increased workplace collaboration and team cohesion.
- B) A decline in overall job satisfaction due to lack of flexibility.
- C) The potential for social isolation and blurred work-life boundaries.**
- D) A decrease in productivity and motivation.

5. How has climate change disproportionately impacted specific communities in the United States, according to recent health assessments?

- A) Communities in colder climates have experienced the most severe health impacts.
- B) Coastal communities are unaffected by rising sea levels.
- C) Vulnerable groups, including lower-income populations and people of color, face higher risks from extreme heat.**
- D) Climate change has led to a decrease in respiratory illnesses.

6. What is a significant trend observed in youth mental health across Canada in recent years?

- A) A decline in rates of anxiety and depression.
- B) Increased life satisfaction and hopefulness among young Canadians.
- C) Rising trends in self-reported mental health symptoms, particularly among girls and marginalized youth.**
- D) A decrease in the need for mental health services.

7. Which of the following is a key emerging trend in North American digital health for 2025?

- A) A complete shift away from remote patient monitoring.
- B) The integration of artificial intelligence (AI) and enhanced telepsychiatry services.**
- C) A decrease in the use of wearable health technology.
- D) The discontinuation of electronic health records.

8. What cultural shift in North America is contributing to increased food insecurity, according to recent reports?

- A) A widespread adoption of home gardening and local food production.
- B) Cuts to social safety net programs like SNAP, exacerbating existing affordability challenges.**
- C) A significant decrease in the cost of basic food staples.
- D) Increased government subsidies for all food purchases.

9. What is a primary characteristic of long COVID research in 2025, as indicated by recent studies?

- A) A clear understanding of a single root cause for all long COVID cases.
- B) Focus on a single treatment approach for all patients.
- C) Identification of multiple distinct phenotypes and potential root causes, such as persistent inflammation and autoimmune reactions.**
- D) A significant decline in the number of people affected by long COVID.

10. In North America, what is a leading driver of increased health risks and mortality related to climate change?

- A) A decrease in the frequency of extreme weather events.
- B) Increased air quality due to reduced industrial activity.
- C) Rising exposure to extreme heat and its associated health consequences.**
- D) A decline in vector-borne diseases.

11. What cultural force is increasingly shaping individual health decisions in North America, leading to a greater emphasis on self-reliance?

- A) Increased trust in traditional healthcare institutions.
- B) A growing skepticism towards information and a rise in personal discernment over traditional structures.**
- C) A reduced interest in personal health and wellness.
- D) A preference for externally dictated health advice.

12. What is a notable trend in the North American digital health market projected for 2025?

- A) A contraction of the market due to reduced technological investment.
- B) Significant growth driven by increasing adoption of digital health technologies and rising healthcare costs.**
- C) A decrease in the demand for telehealth services.
- D) Limited impact of AI on healthcare solutions.

13. What ongoing public health challenge in North America continues to see legislative efforts for prevention and response?

- A) The rise of seasonal allergies.
- B) The persistence of the opioid crisis, with new legislation focusing on drug checking and emergency department screenings.**
- C) A decline in chronic diseases like diabetes.
- D) The resurgence of common influenza strains.

14. What is a key challenge for Canada's healthcare system in 2025, despite its universal coverage model?

- A) A surplus of healthcare professionals.
- B) Significant barriers to healthcare access for rural and Indigenous communities.**
- C) A decrease in the demand for healthcare services.
- D) Limited adoption of digital health technologies.

15. Which of the following is identified as a significant factor contributing to the youth mental health crisis in Canada?

- A) Increased access to mental health services for all young people.
- B) A decline in cyberbullying incidents.
- C) Disparities in access to timely and appropriate care, exacerbated by backlogs and staffing shortages.**
- D) A reduction in overall psychological distress among youth.