

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

Global Health · Practice Test · 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.