

US Regional Health Trends: Obesity, Diabetes, and Cultural Impacts Explored

US Health Trends · Practice Test · 17 Questions

1. According to research utilizing the American Nations model, which two regions of the United States consistently show markedly worse health outcomes across obesity, diabetes, and exercise prevalence?

- A) Deep South and Greater Appalachia
- B) Left Coast and Yankeedom
- C) Far West and Tidewater
- D) New England and Mid-Atlantic

2. Studies on obesity prevalence by race in the US (2017-2020) indicate which racial group has the highest obesity rate?

- A) Hispanic
- B) White
- C) Asian
- D) Black

3. Research on chronic disease prevalence across US counties reveals that areas with the highest prevalence often have a significant proportion of which racial group, contributing to major regional disparities?

- A) Asian residents
- B) Hispanic residents
- C) Black residents
- D) American Indian/Alaska Native residents

4. Analysis of COVID-19 vaccination rates in the United States has found that 'cultural tightness' is negatively correlated with vaccination rates. This implies that individuals in tighter cultures are more likely to base risk management decisions on:

- A) Advice from medical experts
- B) Government mandates
- C) Social norms
- D) Personal health data

5. The opioid epidemic's epicenter has shifted geographically over time. In its early years, where was the primary focus of the opioid epidemic?

- A) Largely white, rural communities
- B) Major metropolitan areas
- C) Coastal urban centers
- D) Native American reservations

6. A study examining cancer screening rates found disparities persisted between regions, with high screening prevalence in the Northeast and lower prevalence in which other region?

- A) The Midwest
- B) The Southwest
- C) The Pacific Northwest
- D) The Great Plains

7. Telemedicine use in 2021 showed variations by region. Which two regions reported higher telemedicine usage among adults compared to the Midwest and South?

- A) Northeast and West
- B) South and Midwest
- C) West and Southwest
- D) Northeast and Southeast

8. Diabetes prevalence in the US shows significant disparities by race and ethnicity. Which group has the highest incidence rate for diabetes per 1000 adults?

- A) Non-Hispanic White
- B) Non-Hispanic Black
- C) Hispanic
- D) Non-Hispanic Asian

9. Research on maternal health in the US highlights stark racial disparities. Compared to white women, Black women have a significantly higher risk of maternal death from pregnancy complications, approximately:

- A) 1.5 times higher
- B) 2 times higher
- C) 3 to 4 times higher
- D) 5 times higher

10. Studies on the opioid crisis have noted a demographic shift. Overdose deaths have nearly doubled in which communities in the past few years, indicating a spread beyond its initial epicenter?

- A) Black, Hispanic, and American Indian/Alaska Native communities
- B) White, rural communities
- C) Younger adult populations
- D) Socioeconomically advantaged communities

11. Analysis of wellness across the US indicates that residents in Southern regions report higher 'existential' wellness, which involves a sense of purpose, fulfillment, and community identity. In contrast, Northeastern and Midwestern residents tend to have higher 'traditional' wellness, encompassing physical, social, mental, and financial well-being. This regional variation in wellness is linked to:

- A) Modern dietary trends
- B) First-settler cultural legacies
- C) Recent technological advancements
- D) Climate change impacts

12. Regarding telemedicine use in 2021, adults living in which regions were more likely to use telemedicine than adults living in the Midwest and South?

- A) Northeast and West
- B) South and Southwest
- C) Midwest and Great Plains
- D) Pacific Northwest and Mountain West

13. When examining the prevalence of obesity among different racial and ethnic groups in the US (2017-2020), which group had the lowest obesity rate?

- A) Black
- B) Hispanic
- C) White
- D) Asian

14. Research on chronic disease prevalence in the US found that ZCTAs (Zip Code Tabulation Areas) with the highest chronic disease prevalence had a significantly higher proportion of Black residents and also a higher proportion of which other racial group compared to ZCTAs with the lowest prevalence?

- A) Hispanic residents
- B) Asian residents
- C) American Indian/Alaska Native residents
- D) Native Hawaiian or Other Pacific Islander residents

15. Studies on cancer screening disparities indicate that generally, all three major cancer screening rates (breast, cervical, and colorectal) were higher among counties on the East Coast and West Coast, and lower in which region of the US?

- A) The Midwest
- B) The South
- C) The Rocky Mountains
- D) The Great Plains

16. The 'Diabetes Belt' is a geographically distinct area in the US with a high prevalence of diabetes. Community-level correlates of diabetes prevalence that are more pronounced within this region include:

- A) Economic hardship
- B) Recreational context effects
- C) Higher rates of physical activity
- D) Lower rates of obesity

17. Maternal health outcomes show significant disparities. Black women are more likely than white women to give birth preterm, defined as less than 37 weeks estimated gestational age. Additionally, Black women are more likely to birth by Cesarean section than white women after controlling for social, economic, medical, and hospital factors, by approximately:

- A) 10%
- B) 20%
- C) 40%
- D) 60%