

Nordic Nations Navigate Digital Well-being and Health Trends: From Social Media

Nordic Health · Practice Test · 8 Questions

1. Which Nordic country is proposing legislation to ban social media use for children under the age of 16, citing concerns about mental health and digital well-being?

- A) Finland
- B) Sweden
- C) Norway
- D) Denmark

2. In 2024, Finland's healthcare system ranked highly in 'Quality,' particularly in patient-centered care. However, where did it rank significantly lower, indicating a challenge in its healthcare system?

- A) Science and Technology
- B) Fiscal Sustainability
- C) Choice
- D) Accessibility

3. Denmark's Digital Health Strategy, extended to 2024, aims to boost digital healthcare collaboration. What is a key focus area identified within this strategy?

- A) Reducing hospital waiting times
- B) The patient as an active partner
- C) Mandatory vaccination policies
- D) Expanding pharmaceutical research

4. Sweden has established the Psychological Defence Agency to combat foreign malign information influence. What is a primary focus of this agency concerning disinformation?

- A) Monitoring domestic political discourse
- B) Developing new social media platforms
- C) Strengthening population resilience against disinformation campaigns
- D) Regulating international tech companies

5. According to the 2026 World Happiness Report, which Nordic country retained its position as the happiest country in the world for the second consecutive year?

- A) Iceland
- B) Denmark
- C) Norway
- D) Finland

6. Iceland faces a significant public health challenge related to lifestyle diseases. What specific issue has been highlighted as a major concern, with a notable percentage of the adult population affected?

- A) High rates of smoking
- B) Low physical activity and high obesity rates
- C) Widespread alcohol abuse
- D) Increased prevalence of infectious diseases

7. Norway's government is taking steps to protect children online. Besides proposing a social media ban for those under 16, what other measure is being implemented concerning personal data?

- A) Increasing the GDPR age of consent for processing personal data to 15 years
- B) Mandating parental consent for all online activity
- C) Implementing a complete ban on data collection for under-18s
- D) Reducing the age of digital consent to 10 years

8. In 2024, Finland launched the 'Health 360 Finland' program to accelerate digital health solutions. What is a key objective of this program?

- A) To reduce the number of healthcare professionals
- B) To boost exports of Finnish health tech companies
- C) To limit access to digital health data
- D) To decrease investment in medical research