

Europe's Health Evolution: Culture, Digitalization, and Demographic Shifts

European Health · Practice Test · 13 Questions

1. In the context of integrating cultural activities into mental health strategies across the EU, which of the following initiatives was specifically highlighted by the European Commission's Communication on a Comprehensive Approach to Mental Health (June 2023) as a way to connect people to community resources for well-being?

- A) Arts on Prescription
- B) Social Prescribing
- C) Cultural Heritage Preservation
- D) Digital Therapeutics

2. Despite the projected growth of the European digital health market to exceed US\$260 billion by 2030, experts identify significant barriers to widespread adoption. Which of the following is consistently cited by experts as a major hurdle for digital health scaling in Europe?

- A) Lack of technological innovation
- B) Insufficient patient demand
- C) Fragmented systems and regulatory disharmony
- D) Over-reliance on traditional medicine

3. The World Health Organization's (WHO) resolution in May 2025 recognized social connection as a global health priority. What specific recommendation did this resolution make to member states regarding the collaboration between sectors to promote social inclusion and cohesion?

- A) Strengthen collaboration between agriculture and health sectors
- B) Strengthen collaboration between culture and health sectors
- C) Strengthen collaboration between sports and health sectors
- D) Strengthen collaboration between education and health sectors

4. The CARE project, funded by the Creative Europe Programme, aims to improve mental health through arts and cultural participation. What is the total budget allocated for this project, and over what period will it be implemented?

- A) EUR1.4 million over 2 years (November 2024 - December 2026)
- B) EUR2.8 million over 3 years (November 2024 - December 2027)
- C) EUR1.4 million over 3 years (November 2024 - December 2027)
- D) EUR2.8 million over 2 years (November 2024 - December 2026)

5. A significant challenge facing Europe's healthcare systems, as highlighted by the Deloitte report (March 2024), is the increasing burden on services due to demographic shifts. Which specific demographic trend is identified as a primary driver of these challenges, alongside cultural shifts and rising costs?

- A) Declining birth rates
- B) Youth emigration
- C) Ageing populations
- D) Increased urbanization

6. The EU's approach to digital health is noted for its ethical considerations. According to experts, while Europe may not be the fastest adopter, it is arguably the most principled due to frameworks like the EU AI Act. What is identified as a practical barrier to digital health adoption in Europe, despite its ethical lead?

- A) Lack of public interest in technology
- B) Overly strict data privacy regulations hindering innovation
- C) Disparate regulations between countries and lack of harmonization
- D) High cost of digital health infrastructure

7. Regarding vaccine hesitancy in Europe, a report from May 2024 highlights that the issue is complex and requires novel strategies. What is identified as a significant factor contributing to vaccine hesitancy, alongside misinformation?

- A) Uniformity in public health messaging
- B) Low vaccine prices
- C) Cultural and historical influences
- D) Limited availability of vaccines

8. The European Commission's EU4Health Programme (2021-2027) aims to build a healthier, stronger, and more resilient Europe. To truly achieve 'health for all' in its next phase, what crucial dimension must be explicitly included in European health planning beyond infrastructure and digitalization?

- A) Economic diversification
- B) Technological advancement
- C) Cultural, social, and ethical dimensions of health
- D) Intergovernmental cooperation

9. As of 2024, data from Eurostat indicates disparities in self-perceived health and unmet needs among different citizenship groups within the EU. Which group reported the highest percentage of unmet needs for dental examination in 2024?

- A) Nationals
- B) Citizens of other EU countries
- C) Non-EU citizens
- D) All groups reported equal unmet needs

10. In the context of migration policies and their impact on health in Europe, a report from October 2024 highlights that tightening migration and border control policies have led to migrants taking more dangerous paths. What is the consequence of these policies, as stated by the report?

- A) Improved access to healthcare for migrants
- B) Reduced health risks during migration
- C) Increased health risks and a political decision influencing health outcomes
- D) Greater integration into European societies

11. The STADA Health Report 2024 reveals that a significant percentage of Europeans are afraid of ageing, with the primary reason being concern about age-related physical decline. Which group is noted as being more afraid of ageing?

- A) Men
- B) Women
- C) Individuals with good mental health
- D) Young adults

12. The European Parliament Research Service (EPRS) briefing 'Cohesion and ageing society in the EU11' (April 2023) highlighted pressures on the welfare state due to an ageing population. What crucial aspect is emphasized for facing these demographic challenges and reducing the burdens of ageing?

- A) Increasing retirement age significantly
- B) Focusing on social care facilities
- C) Improving citizens' health and promoting healthy ageing strategies
- D) Reducing immigration

13. The European Culture and Health Hub (ECHH), a Horizon Europe initiative (2026-2029), aims to integrate arts and culture into public health approaches. What is identified as a key outcome of participation in cultural activities, according to research cited in relation to the ECHH?

- A) Increased reliance on digital health solutions
- B) Improved mental health, stronger social cohesion, and more resilient communities
- C) Decreased need for traditional healthcare services
- D) Greater economic independence for artists