

South Asia's Health Landscape: Climate, NCDs, and Mental Well-being in Focus

South Asia Health · Practice Test · 11 Questions

1. Which South Asian region is particularly vulnerable to direct and indirect consequences of climate change, such as rising sea levels and extreme weather events?

- A) The Indo-Gangetic Plain
- B) The Himalayan foothills
- C) South Asia
- D) All of the above

2. What is a major environmental risk factor contributing to poor health in Central, South, and Southeast Asian regions, often exposing residents to levels above WHO guidelines?

- A) Water scarcity
- B) Air pollution
- C) Food insecurity
- D) Lack of access to healthcare

3. What significant health shift is occurring in South Asia, moving from a traditional burden of communicable diseases to a growing prevalence of?

- A) Nutritional deficiencies
- B) Maternal and child health issues
- C) Non-communicable diseases (NCDs)
- D) Vector-borne diseases

4. What factor contributes to higher rates of anxiety and depression in South Asian communities, along with intergenerational trauma and immigration stress?

- A) Limited access to technology
- B) Pressures related to marriage, family reputation, and academic/career success
- C) Abundant recreational activities
- D) Increased global travel

5. Rapid urbanization, rising incomes, and shifting lifestyles in South Asia are leading to a displacement of traditional diets by more energy-dense options. What health issue is rising steeply alongside these dietary changes?

- A) Infectious diseases
- B) Micronutrient deficiencies
- C) Diet-related noncommunicable diseases (NCDs)
- D) Communicable diseases

6. What is a primary concern regarding air quality in South Asian urban centers in early 2025, according to Copernicus Atmosphere Monitoring Service (CAMS) data?

- A) Excessive rainfall and flooding
- B) High levels of fine particulate matter (PM2.5) pollution
- C) Ozone depletion
- D) Increased solar radiation

7. What key indicator shows South Asia has reached its highest-ever immunization coverage for children in 2024, according to WHO and UNICEF data?

- A) Increase in childhood obesity rates
- B) Highest-ever Diphtheria, Tetanus, and Pertussis (DTP) vaccine coverage
- C) Reduced rates of malnutrition
- D) Increased access to telehealth services

8. Which of the following is identified as a significant challenge in addressing mental health among South Asian youth in many cultural contexts?

- A) Over-availability of mental health services
- B) Lack of interest in academic achievement
- C) Cultural stigma surrounding mental illness
- D) Abundance of recreational facilities

9. What is a major concern for South Asian populations regarding cardiovascular diseases (CVDs) compared to Western populations?

- A) Later onset and lower case fatality rates
- B) Earlier onset and higher case fatality rates
- C) Lower prevalence of risk factors
- D) Better treatment outcomes

10. What initiative is highlighted as a successful approach in Bangladesh for reaching remote communities with essential health care, including antenatal care and vaccinations?

- A) Large-scale hospital construction projects
- B) Mobile health clinics deployed by NGOs like BRAC
- C) Telemedicine platforms exclusively for urban areas
- D) Government-subsidized private clinics

11. Which factor is a key modifiable risk factor for Non-Communicable Diseases (NCDs) in South Asia, leading to a shift away from traditional diets?

- A) Increased physical activity
- B) Consumption of unhealthy sugars, salt, and fats
- C) Reduced access to processed foods
- D) Higher intake of legumes and whole grains