



SIR ARTHUR LEWIS COMMUNITY COLLEGE
ACADEMIC YEAR (2024/2025) – SEMESTER TWO
END OF SEMESTER EXAMINATION

COURSE CODE : HEA404
COURSE TITLE : Social Determinants of Health – A Caribbean Prospective
LECTURER(S) : Edward Emmanuel
DATE : 22 April 2025
TIME : 1:00 pm – 3:00 pm
DURATION : 2 hours
STUDENT ID # : _____

GENERAL INFORMATION AND INSTRUCTIONS

- Students must sign **IN** and **OUT** on the examination class list.
- Write your ID number on the question paper.
- This paper has 80 multiple-choice questions.
- Circle the correct answer on the question paper.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

Instruction: Answer all questions by circling the most appropriate answer on the question paper.

1. They are the non-medical factors that affect health outcomes:
 - a) Poverty
 - b) Ignorance
 - c) Social Determinants of Health
 - d) Fear
2. It is a state of complete mental, physical, and social well-being and not merely the absence of disease or infirmity:
 - a) Health
 - b) Determinants
 - c) Lack of knowledge
 - d) Health promotion
3. Social factors and physical conditions in the environment in which people are born, live, learn, play, work, and age.
 - a) Health status
 - b) Social Determinants of Health
 - c) Attitudes
 - d) Knowledge deficit
4. This concept is the science that explains the strength of association between exposures and health effects in human population:
 - a) Public legislation
 - b) Determinants
 - c) Epidemiology
 - d) Standards
5. This concept studies the impact that social structures and conditions have on the general public's health:
 - a) Sociology
 - b) Epidemiology
 - c) Social Epidemiology
 - d) Psychology
6. Social determinants go beyond medical care and consider the wider social, economic and political factors influencing health:
 - a) Discrimination
 - b) Holistic View
 - c) Gender inequality
 - d) Biases
7. Unequal distribution of resources across social groups leads to disparities in health outcomes, with lower socio-economic positions generally experiencing _____.
 - a) Good health
 - b) Poorer health
 - c) Adequate health
 - d) Fair healthcare
8. Focuses on population-level interventions to improve social conditions that influence health, like access to quality housing, education and employment:
 - a) Clinical perspective
 - b) Intersectionality
 - c) Public health perspective
 - d) Clinical perspective

9. Empowering communities to identify and address social determinants affecting their health through grassroots initiatives involves which of the following approaches?
 - a) Organizing yard cleaning activities
 - b) Conducting fundraising events
 - c) Adopting a community-based perspective
 - d) Providing bathing services for all community member
10. Which option best analyzes the factors that contribute to an individual's health, considering the interplay between societal, environmental, and personal influences?
 - a) The Determinants of Health
 - b) Political Systems
 - c) Climate Degradation
 - d) Climate Changes
11. Which economic factor has been most strongly linked to health disparities among different Caribbean islands?
 - a) Currency exchange rates
 - b) Income inequality and poverty rates
 - c) Tourism revenue
 - d) Export diversity
12. Identify the non - risk factor of Social Determinants of Health
 - a) Wealth
 - b) Poverty and Social isolation
 - c) Minority race and/ or ethnicity
 - d) Limited community resources
13. Which economic challenge specifically affects health outcomes in rural Caribbean communities compared to urban centers?
 - a) Higher costs of imported medications
 - b) Limited economic diversification opportunities
 - c) Greater impact of seasonal employment
 - d) All of the above
14. Consistent with Healthy People 2020, the Organization describes three overall determinants of health to be: (1) the social and economic environment (2) the physical environment; and (3) the person's individual characteristics and behavior:
 - a) UNAIDS
 - b) PAHO
 - c) WHO
 - d) CARICOM
15. The Caribbean Public Health Agency (CARPHA) primarily addresses regional health challenges through:
 - a) Direct patient care
 - b) Medical research, surveillance, and policy coordination
 - c) Hospital construction
 - d) Pharmaceutical manufacturing
16. It now encompasses a broader focus on lifestyle factors, social determinants of health, and preventive measures beyond sanitation
 - a) Public Health
 - b) Environmental Health
 - c) Sanitation
 - d) Modern Public Health
17. Women's health in Caribbean communities is particularly influenced by:
 - a) Access to maternal healthcare services
 - b) Economic decision-making power within households
 - c) Traditional gender roles regarding caregiving
 - d) All of the above

18. They are designed to help vulnerable populations gain the resource needed for better health and reduction of risk factors:
 - a) Nursing Interventions
 - b) Nursing education
 - c) Reduce vulnerability
 - d) Support system
19. According to the World Health Organization whether people are healthy or not is determined by their:
 - a) Health Literacy
 - b) Environment
 - c) Knowledge
 - d) Circumstances and environment
20. This aspect is linked with poor health; more stress and lower self-confidence:
 - a) Low education
 - b) Illiteracy
 - c) Racism
 - d) Social norms
21. Traditional healing practices in Caribbean healthcare settings are best characterized as:
 - a) Completely replaced by modern medicine
 - b) Operating in parallel with formal healthcare systems
 - c) Rejected by younger generations
 - d) Limited to remote rural areas
22. Which historical factor continues to significantly influence health systems throughout the Caribbean?
 - a) Colonial legacy and post-colonial development patterns
 - b) Pre-Columbian medical traditions
 - c) 19th century immigration patterns
 - d) Cold War political alignments
23. The Social Determinant framework are designed to achieve the following except :
 - a) help vulnerable populations
 - b) reduction of risk factors
 - c) gain resources needed for better health
 - d) poverty management
24. The social determinants of health framework is a way to organize and understand the non-medical factors that affect health. These factors:
 - a) economic, political, social conditions, living and working conditions
 - b) political bias, degradation, poor judgement
 - c) disorder, health issues, poor management'
 - d) tardiness, ethical issues, financial management
25. The "nutrition transition" in Caribbean populations refers to:
 - a) Increasing preference for traditionally prepared foods
 - b) Shift from undernutrition to diet-related non-communicable diseases
 - c) Greater availability of organic produce
 - d) Adoption of specialized athletic diets
26. Important concepts related to social determinants of health:
 - a) carelessness, history, and poor socioeconomic
 - b) social selection, social capital, and intersectionality
 - c) health , degradation and thought processes
 - d) peace, refusal to help, and frustration

27. Which nutritional challenge disproportionately affects low-income Caribbean communities?
- a) Protein deficiency
 - b) Inadequate food preparation knowledge
 - c) "Food deserts" with limited access to fresh foods
 - d) Excessive supplement use
28. Which social factor has been shown to significantly influence mental health outcomes in Caribbean youth?
- a) Digital media exposure
 - b) Familial migration patterns
 - c) Academic pressure
 - d) All of the above
29. Health disparities among different ethnic groups in Caribbean nations most commonly reflect:
- a) Genetic predispositions
 - b) Historical socioeconomic stratification
 - c) Dietary preferences
 - d) Religious practices
30. Which traditional community structure serves as a protective health factor in many Caribbean communities?
- a) Extended family support networks
 - b) Neighborhood security patrols
 - c) Religious leadership hierarchies
 - d) Business improvement districts
31. Which form of economic migration most significantly impacts healthcare delivery systems in the Caribbean?
- a) Healthcare worker emigration ("brain drain")
 - b) Seasonal agricultural workers
 - c) Tourism industry workers
 - d) Financial sector professionals
32. Educational attainment in Caribbean populations tends to correlate most strongly with which health outcome?
- a) Dental health
 - b) Maternal and child health
 - c) Sports injuries
 - d) Genetic disorders
33. A public health researcher observes that a low-income neighborhood has higher rates of asthma and heart disease compared to wealthier areas. Which analysis best explains this disparity using the framework of social determinants of health?
- a) Genetic predispositions in the low-income population make them more susceptible to chronic diseases.
 - b) Individual lifestyle choices, such as poor diet and smoking, drive higher disease rates in the area.
 - c) Limited access to affordable healthcare is the primary cause of poor health outcomes in the community.
 - d) Combined factors like polluted air, lack of safe parks, and food deserts create systemic barriers to health.

34. Individual lifestyle choices, such as poor diet and smoking, are often linked to higher disease rates. Analyze the following scenarios and identify which explanation best demonstrates an understanding of the broader factors influencing these behaviors.
- a) Poor diet and smoking are entirely personal decisions, unrelated to external factors like socioeconomic status or environment.
 - b) Disease rates are solely determined by genetic predisposition, making lifestyle choices irrelevant.
 - c) Lifestyle choices such as poor diet and smoking are influenced by limited access to healthy foods, targeted advertising by tobacco companies, and economic stress in underserved communities.
 - d) Addressing poor diet and smoking requires only educational campaigns about healthy habits, without considering external influences.
35. Analyze the following scenarios and determine which one best reflects the principles of social epidemiology.
- a) A study investigates the genetic predisposition to diabetes in a specific population without considering socioeconomic factors.
 - b) Researchers analyze how income inequality, residential segregation, and access to education contribute to disparities in cardiovascular disease rates across communities.
 - c) A clinical trial focuses solely on the effectiveness of a new medication for treating hypertension, without exploring environmental or social influences.
 - d) Public health officials implement a vaccination program without addressing barriers such as transportation or language differences in underserved areas.
36. Analyze the following scenarios and identify which one best demonstrates the application of epidemiological principles to improve public health.
- a) Researchers investigate the prevalence of lung cancer in a city, analyze air pollution levels as a potential determinant, and recommend stricter environmental regulations to reduce exposure.
 - b) A doctor prescribes medication to an individual patient based on their symptoms without considering broader population trends.
 - c) A clinical trial evaluates the effectiveness of a new drug for treating diabetes without examining how socioeconomic factors influence disease prevalence.
 - d) Public health officials focus solely on vaccination campaigns without addressing barriers like misinformation or access issues within specific communities.
37. Analyze the following scenarios and identify which one best demonstrates a systemic perspective on addressing SDH to improve population health.
- a) A hospital implements a program to provide free medications to patients with chronic diseases, focusing only on clinical care.
 - b) A community health initiative addresses housing instability, food insecurity, and unemployment as interconnected factors contributing to poor health outcomes.
 - c) Government policy prioritizes funding for advanced medical technologies over investments in education and neighborhood infrastructure.
 - d) A public health campaign focuses solely on educating individuals about healthy eating habits without considering access to affordable nutritious food.
38. Analyze the following scenarios and identify which one best differentiates between vulnerability and susceptibility.
- a) A low-income community experiences higher exposure to air pollution due to its proximity to industrial areas, while individuals with pre-existing respiratory conditions in the same community are more likely to develop severe health outcomes from the pollution.
 - b) A wealthy neighborhood has access to clean air and healthcare, making them neither vulnerable nor susceptible to environmental hazards.
 - c) Susceptibility refers only to genetic predispositions, while vulnerability is solely about environmental exposures.
 - d) Vulnerability and susceptibility are interchangeable terms that describe the same health risks regardless of social determinants.

39. A public health team investigates why a low-income neighborhood has higher rates of chronic diseases. Which analysis best identifies risk factors rooted in social determinants of health?
- a) Genetic predispositions and individual lifestyle choices are the primary drivers of disease in the community.
 - b) Limited access to nutritious food, unsafe housing conditions, and underfunded schools collectively contribute to poor health outcomes.
 - c) Healthcare providers in the area lack training to manage chronic diseases effectively.
 - d) Residents avoid medical checkups due to personal preferences for alternative medicine.
40. To address the risk factors associated with social determinants of health (SDH), an interdisciplinary team proposes several strategies. Analyze the following approaches and identify which one best demonstrates a comprehensive method to mitigate these risks.
- a) Providing free medical checkups to underserved communities without addressing barriers like transportation or housing instability.
 - b) Increasing funding for advanced medical technologies without addressing underlying socioeconomic disparities.
 - c) Offering health education programs focused solely on individual behavior changes, such as smoking cessation and exercise routines.
 - d) Implementing policies to improve access to affordable housing, nutritious food, quality education, and employment opportunities while collaborating with community organizations.
41. Which of the following events marked a significant development in the history of public health?
- a) The establishment of sanitation systems and clean water supplies during the 19th century.
 - b) The discovery of antibiotics in the mid-20th century.
 - c) The introduction of vaccination programs in the late 18th century.
 - d) All of the above.
42. Who is often referred to as the "Father of Public Health" for his contributions to the field?
- a) Edward Jenner
 - b) C.-E.A. Winslow
 - c) Alexander Fleming
 - d) John Snow
43. Which of the following best explains how economic disparities influence health outcomes in Caribbean populations?
- a) Economic disparities lead to increased access to healthcare services.
 - b) Economic disparities result in unequal distribution of resources, limiting access to quality healthcare and healthy living conditions.
 - c) Economic disparities have no significant impact on health outcomes.
 - d) Economic disparities improve health outcomes by promoting competition among healthcare providers.
44. The distribution of healthcare facilities in many Caribbean nations is characterized by:
- a) Even distribution across all communities
 - b) Concentration in tourist areas
 - c) Urban concentration with limited rural access
 - d) Specialized clinics in farming regions
45. Which healthcare access barrier is particularly pronounced in smaller Caribbean island nations?
- a) Distance to specialized care facilities
 - b) Cost of preventive screenings
 - c) Cultural acceptance of medical procedures
 - d) Documentation requirements

46. Health education programs in Caribbean schools have shown the greatest success when they:
- a) Focus exclusively on disease prevention
 - b) Incorporate cultural relevance and community involvement
 - c) Are delivered primarily online
 - d) Emphasize pharmaceutical interventions
47. Housing as a social determinant of health in Caribbean populations is specifically impacted by:
- a) High-density urban living
 - b) Vulnerability to hurricane damage
 - c) Land ownership patterns dating to colonial periods
 - d) All of the above
48. Water security as a social determinant of health in the Caribbean is complicated by:
- a) Limited freshwater resources on many islands
 - b) Aging infrastructure for water distribution
 - c) Saltwater intrusion due to rising sea levels
 - d) All of the above
49. Which environmental factor uniquely impacts public health planning in Caribbean nations?
- a) Air pollution from manufacturing
 - b) Vulnerability to climate change and natural disasters
 - c) Nuclear power plant safety
 - d) Winter weather emergency preparedness
50. Which healthcare workforce issue most significantly impacts quality of care in the Caribbean?
- a) Limited specialists requiring off-island referrals
 - b) Language barriers between providers and patients
 - c) Lack of continuing education opportunities
 - d) High turnover rates of nursing staff
51. Which of the following is NOT typically considered a social determinant of health?
- a) Income and social status
 - b) Blood type and genetic makeup
 - c) Education and literacy
 - d) Social support networks
52. In the social determinants model, "structural determinants" refer to:
- a) The physical structures of healthcare facilities
 - b) Socioeconomic positions and the social class structure
 - c) The biological structures of disease pathways
 - d) Building codes and housing regulations
53. A public health nurse is working in a low-income neighborhood with high unemployment. Based on the social determinants model, which intervention would most effectively address the root causes of health disparities?
- a) Distributing pamphlets about healthy eating
 - b) Establishing a community job training and placement program
 - c) Offering free annual check-ups
 - d) Creating a walking club for seniors
54. Using the social determinants framework, how might a hospital best address the frequent readmissions of homeless patients?
- a) Extend hospital stays by an additional day for homeless patients
 - b) Partner with housing organizations to establish medical respite facilities
 - c) Provide additional medications at discharge
 - d) Implement stricter discharge criteria

55. Evaluating interventions through a social determinants lens, which approach to reducing obesity rates would be considered most comprehensive?
 - a) A program focused exclusively on individual education about nutrition and exercise
 - b) A campaign to make healthy foods more appealing through marketing
 - c) A multisectoral approach addressing food environments, physical infrastructure, economic factors, and education
 - d) A medical intervention program focusing on weight loss medications and surgeries
56. Which of the following best defines the concept of "social determinants of health"?
 - a) The genetic factors that determine individual health outcomes
 - b) The conditions in which people are born, grow, live, work, and age
 - c) The quality of healthcare services available in a community
 - d) The individual lifestyle choices that impact health status
57. Which organization developed the Commission on Social Determinants of Health in 2005?
 - a) United Nations Children's Fund (UNICEF)
 - b) World Health Organization (WHO)
 - c) Centers for Disease Control and Prevention (CDC)
 - d) World Bank
58. How does educational attainment typically influence health outcomes according to the social determinants model?
 - a) Higher education leads to better health literacy and higher income, contributing to better health outcomes
 - b) Educational attainment has minimal impact compared to genetic factors
 - c) Educational impact on health is limited to knowledge about nutrition
 - d) Educational benefits only apply to preventive care, not treatment outcomes
59. Which statement best explains the concept of "health equity" within the social determinants framework?
 - a) Providing identical healthcare services to all individuals
 - b) The absence of avoidable health differences among population groups
 - c) Focusing healthcare resources primarily on vulnerable populations
 - d) Achieving identical health outcomes across all demographic groups
60. How do early childhood experiences function within the social determinants model?
 - a) They have minimal long-term impact compared to adult experiences
 - b) They only affect physical development, not social development
 - c) They establish a foundation that affects lifelong health trajectories
 - d) Their effects can be completely reversed through later interventions
61. Which statement best describes how the Public Health Model addresses chronic diseases?
 - a) It focuses solely on individual treatment plans for patients with chronic illnesses
 - b) It emphasizes prevention strategies and community-based interventions
 - c) It prioritizes hospital-based care for chronic disease management
 - d) It relies entirely on pharmaceutical solutions for chronic illnesses
62. A community has high rates of diabetes due to limited access to healthy food options and physical activity spaces. Based on the Public Health Model, which intervention would be most appropriate?
 - a) Increasing the number of diabetes clinics in the area
 - b) Offering free insulin to all residents with diabetes
 - c) Providing education about healthy eating and creating accessible exercise programs
 - d) Conducting genetic testing for diabetes risk factors in the community
63. What conclusions can be drawn from the correlation between housing instability and poor health outcomes?
 - a) Poor health outcomes are likely due to lack of access to stable living conditions impacting overall well-being
 - b) Housing instability only affects mental health outcomes, not physical health outcomes
 - c) Housing instability has no measurable impact on individual health outcomes
 - d) Stable housing is unrelated to social determinants of health

64. Which criteria would you use to assess the effectiveness of a community-based health intervention targeting obesity?
- a) The number of participants enrolled in the program
 - b) The cost-effectiveness of the intervention compared to hospital treatments
 - c) The frequency of program advertisements in local media
 - d) The reduction in obesity rates and improvement in overall community health metrics over time
65. Design a program that addresses multiple social determinants of health to reduce childhood asthma rates in urban areas with high pollution levels.
- a) Create an initiative combining air quality monitoring, public education campaigns, and improved housing conditions
 - b) Develop a mobile clinic offering asthma treatments exclusively
 - c) Provide free inhalers through schools without addressing environmental factors
 - d) Focus solely on genetic research into asthma predisposition
66. How would you explain the relationship between income level and access to healthcare?
- a) Higher income levels directly result in better healthcare access due to affordability
 - b) Income level has no impact on healthcare access
 - c) Lower income levels lead to better healthcare access due to government programs
 - d) Healthcare access is solely determined by geographical location
67. Which of the following correctly defines the primary prevention level in the Public Health Model?
- a) Early detection and treatment of disease
 - b) Actions taken before disease or injury occurs
 - c) Treatment to limit disability after disease has occurred
 - d) Rehabilitation services to restore function
68. Which level of the Public Health Model focuses on early detection and prompt treatment of diseases?
- a) Primary prevention
 - b) Secondary prevention
 - c) Tertiary prevention
 - d) Quaternary prevention
69. Why are social determinants considered fundamental causes of health disparities?
- a) They determine access to healthcare services exclusively
 - b) They influence multiple disease outcomes through multiple mechanisms
 - c) They only affect low-income populations
 - d) They are entirely controlled by government policy
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71. A public health nurse is working in a community with high rates of childhood obesity. Which approach represents primary prevention?
- a) Screening children for high BMI at schools
 - b) Providing treatment programs for obese children
 - c) Implementing healthy school lunch programs and safe playgrounds
 - d) Setting up support groups for families of children with obesity

72. A public health team wants to develop a comprehensive hypertension prevention strategy for a diverse urban neighborhood. Which approach would most effectively address social determinants of health?
- a) Opening more hospitals with cardiology departments
 - b) Focusing exclusively on individual behavior change through educational materials
 - c) Creating a multi-level intervention addressing food access, physical activity options, stress reduction, healthcare access, and community engagement
 - d) Implementing a medication distribution program
73. What represents the most comprehensive evaluation of a community-based diabetes prevention program?
- a) Tracking the number of participants who lost weight during the program
 - b) Comparing blood glucose levels before and after the program
 - c) Assessing changes in health behaviors, clinical outcomes, access barriers, and social support systems
 - d) Calculating the cost-effectiveness of the program compared to medication
74. How does culture primarily function as a mechanism of social control?
- a) Through explicit laws and regulations only
 - b) Through economic incentives and punishments
 - c) By controlling access to technological innovations
 - d) By establishing norms, values, and expected behaviors that members internalize
75. What criteria would be most appropriate for assessing whether a cultural practice contributes positively to societal functioning?
- a) Whether it promotes human well-being, social integration, and adaptation to environmental challenges
 - b) Whether the practice is traditional or modern
 - c) Whether it resembles Western cultural norms
 - d) Whether it prioritizes economic growth above all else
76. How might cultural attitudes toward gender influence educational systems?
- a) Cultural gender norms might affect curriculum design, classroom dynamics, and educational opportunities
 - b) Education systems are entirely based on scientific evidence, not cultural values
 - c) Gender influences in education exist only in developing nations
 - d) Educational systems function independently of cultural gender norms
77. How could policymakers develop economic systems that align with cultural values while adapting to global market forces?
- a) Impose external economic models regardless of cultural context and cultural norms of the members of society
 - b) Design hybrid economic frameworks that incorporate cultural priorities regarding community, environment, and values while engaging strategically with global markets
 - c) Reject all global economic connections to preserve cultural purity of the wider community and peoples
 - d) Allow economic forces to operate independently of cultural considerations
78. Which statement most accurately assesses the relationship between cultural diversity and social cohesion?
- a) Cultural diversity always leads to social fragmentation and conflict
 - b) Social cohesion requires complete cultural homogeneity
 - c) Cultural diversity and social cohesion can coexist when supported by inclusive institutions, intercultural dialogue, and shared civic values
 - d) Cultural diversity and social cohesion are unrelated concepts

79. Which best describes the relationship between technological change and cultural transformation?
- a) Culture influences technological development, while new technologies simultaneously reshape cultural practices in a complex, reciprocal relationship
 - b) Technology changes culture in a one-directional, deterministic manner that influence the mass population
 - c) Cultural values always resist technological changes and advancements
 - d) Technology and culture evolve independently of each other in a diverse community or population
80. Which of the following is defined as the shared beliefs, values, norms, and practices of a group of people that are transmitted across generations?
- (a) Economy
 - (b) Culture
 - (c) Governance
 - (d) Geography

END OF EXAMINATION