

## Chapter 1: Healthy People 2020 and Initiatives for Healthy Families

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_ 1. Which statement is accurate regarding the *Healthy People 2020* initiative related to families, children, and infants?
  - 1) Most of the Healthy People documents apply specifically to infants and children.
  - 2) Healthy People documents address the good health of adults, which benefits children.
  - 3) There are no Healthy People initiatives specifically addressing infants or children.
  - 4) The only initiative impacting families, infants, and children encourages breastfeeding.
  
- \_\_\_\_ 2. What two federal agencies oversee objectives related to maternal, infant, and child health in the *Healthy People 2020* initiative?
  - 1) The Department of Agriculture and the Centers for Disease Control and Prevention
  - 2) The Department of Children and Youth Services and the Health Resources and Services Administration
  - 3) The Centers for Medicare & Medicaid Services and the Health Resources and Services Administration
  - 4) The Centers for Disease Control and Prevention and the Health Resources and Services Administration
  
- \_\_\_\_ 3. Who created the original Healthy People initiative?
  - 1) The Centers for Disease Control and Prevention
  - 2) The Health Resources and Services Administration
  - 3) President Jimmy Carter
  - 4) The surgeon general of the United States
  
- \_\_\_\_ 4. Which initiative did not demonstrate improvement over the past decades?
  - 1) Air quality
  - 2) Childhood exposure to secondhand smoke
  - 3) Suicide and depression in adolescents
  - 4) Increased physical activity for adults
  
- \_\_\_\_ 5. One initiative of *Healthy People 2020* is to increase the proportion of infants who are breastfed. What is the maternity nurse's primary role in helping to meet this initiative?
  - 1) All nurses should become lactation consultants.
  - 2) Increasing the percentage of employers that offer a place to pump breast milk
  - 3) Providing support and teaching immediately after birth
  - 4) Increasing the percentage of live births in hospitals
  
- \_\_\_\_ 6. How can maternal and pediatric nurses promote Healthy People objectives for their clients?
  - 1) Provide all patients with a copy of the current Healthy People objectives
  - 2) Plan care that includes teaching and support for Healthy People objectives
  - 3) Require all new mothers to breastfeed while hospitalized
  - 4) Discourage the father from ever bottle feeding the newborn

- \_\_\_\_\_ 7. When the *Healthy People 2020* initiatives are reviewed, which initiative related to infants and young children has shown improvement?
- 1) Suicide rates in adolescents
  - 2) Increased life expectancy
  - 3) Babies put to bed on their backs
  - 4) Infant mortality rates

## Chapter 1: Healthy People 2020 and Initiatives for Healthy Families

### Answer Section

#### MULTIPLE CHOICE

1. ANS: 2

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Describe how the *Healthy People 2020* initiative relates to families, children, and infants.

Chapter page reference: 4

Heading: Leading Health Indicators

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	Very few of the <i>Healthy People 2020</i> initiatives are specific to families, children, or infants.
2	By helping adults stay healthy, <i>Healthy People 2020</i> creates healthier families with healthier children, so this statement is accurate.
3	Some <i>Healthy People 2020</i> initiatives do address children, but they are in the minority.
4	There are initiatives impacting families, infants, and children other than the one mentioned in the chapter on breastfeeding.

PTS: 1

CON: Promoting Health

2. ANS: 4

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: List government agencies that are involved in the Healthy People objectives.

Chapter page reference: 3

Heading: Historical Perspective

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	The Department of Agriculture is not involved in overseeing objectives.
2	The Department of Children and Youth Services is not involved in overseeing objectives.
3	The Centers for Medicare & Medicaid Services has no role in overseeing objectives.

4	The Centers for Disease Control and Prevention and the Health Resources and Services Administration are the agencies that oversee the objectives of Healthy People 2020.
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PTS: 1 CON: Promoting Health

3. ANS: 4

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Describe how the *Healthy People 2020* initiative relates to families, children, and infants.

Chapter page reference: 4

Heading: Leading Health Indicators

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	Although the Centers for Disease Control and Prevention oversees the objectives, it did not create the original Healthy People initiative.
2	Although the Health Resources and Services Administration oversees the objectives, it did not create the original Healthy People initiative.
3	President Jimmy Carter supported the original Healthy People initiative; he did not create it.
4	The surgeon general of the United States created the original Healthy People initiative to promote better health in the country.

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4. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Describe historical perspectives related to the Healthy People initiative.

Chapter page reference: 1

Heading: Historical Perspective

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	Air quality has improved, although problems still exist in some areas.
2	Childhood exposure to secondhand smoke has declined as a result of a reduction in the number of adults who smoke.
3	Unfortunately, suicide and depression in adolescents is still a significant problem that has not improved and is actually getting worse.
4	Adults are more active, and physical activity has improved over the past decade.

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5. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Discuss how the Healthy People objectives apply to maternal and child well-being.

Chapter page reference: 4-6

Heading: Application: *Healthy People 2020* Objective – Increase Proportion of Infants Who Are Breastfed

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	There is no need for all nurses to become lactation consultants, and this is not the primary role of nurses.
2	Although nurses can advocate for pumping areas in the workplace, this is not the primary role of nurses in meeting this initiative.
3	Nurses can take an active role in teaching and supporting new mothers in breastfeeding their babies after birth, but it is important to allow the patient autonomy to make her own decision.
4	Nurses cannot increase the percentage of live births in hospitals, but they can contribute to this initiative (although this has nothing to do with meeting the breastfeeding initiative).

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6. ANS: 2

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Explain how maternal and pediatric nurses can be instrumental in promoting Healthy People objectives for their clients.

Chapter page reference: 6

Heading: *Healthy People 2020* Leads to Healthy Families

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	Providing patients with a copy of the current initiatives is not the most effective means of helping clients meet these initiatives.
2	The nurse, who has a primary role in health promotion, can plan care that keeps the Healthy People objectives in mind and can provide teaching and support to help patients meet the objectives.
3	Breastfeeding is a choice each woman makes, and it cannot be required of all new mothers.

4	Discouraging the father from ever bottle feeding the newborn is not realistic, reasonable, or helpful.
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7. ANS: 3

Chapter number and title: 1: *Healthy People 2020* and Initiatives for Healthy Families

Chapter learning objective: Analyze the progress, or lack of, for each of the Leading Health Indicators that pertain to families.

Chapter page reference: 3

Heading: Introduction

Integrated processes: Caring

Client need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Promoting Health

Difficulty: Easy

	Feedback
1	The suicide rate in adolescents has not shown improvement and is actually worsening.
2	Increased life expectancy is seen in adults, not infants and young children.
3	More babies are sleeping on their backs, with a significant decline in the frequency of sudden infant death syndrome as a result.
4	Unfortunately, infant mortality rates are increasing and have not improved.

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