

# Care CEUs

## The State of Aging and Health in America

### Executive Summary

**1. By 2030, older adults will account for roughly \_\_\_\_\_% of the U.S. population.**

- A. 10
  - B. 20
  - C. 30
  - D. 40
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**2. All 50 states and DC met the 2020 target for which of the following?**

- A. Current smoking
  - B. Flu vaccine in past year
  - C. Taking medications for high blood pressure
  - D. Ever had pneumonia vaccine
- 

### An Introduction to the Health of Older Americans

**3. By 1910, which disease became the leading cause of death every year except 1918-1920, when the influenza epidemic took its disastrous toll?**

- A. Heart disease
  - B. Lung cancer
  - C. Kidney disease
  - D. Stroke
- 

**4. Among health care costs for older Americans, 95% are for chronic diseases.**

- A. True
  - B. False
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**5. Which key area(s) are the public health professionals beginning to address among older adults?**

- A. Binge drinking
  - B. Emergency preparedness
  - C. Health literacy
  - D. All of the above
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**6. Health literacy was defined by Healthy People 2010 as, "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."**

- A. True
  - B. False
- 

## **The National Report Card on Healthy Aging**

**7. Older adults have the highest rates of poor physical health and activity limitation compared with other age groups.**

- A. True
  - B. False
- 

**8. Older adults who meet physical activity guidelines are less likely to experience frequent physical distress, which is defined as \_\_\_\_\_ or more physically unhealthy days.**

- A. 3
  - B. 7
  - C. 14
  - D. 21
- 

**9. Older adults tend to have higher rates of frequent mental distress compared with other age groups.**

- A. True
  - B. False
- 

**10. PEARLS participants were \_\_\_\_\_ times more likely than those receiving usual care to report a significant reduction in their symptoms or complete elimination of their depression.**

- A. 2
  - B. 3
  - C. 4
  - D. 5
- 

**11. Flu and pneumonia represent the 3rd leading cause of death among U.S. adults aged 65 years or older.**

- A. True
  - B. False
-

**12. Two-thirds of all new cases of colorectal cancer are in people aged 65 or older.**

- A. True
  - B. False
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## **The State-by-State Report Card on Healthy Aging**

**13. Which form of physical activity is the most commonly reported among older adults?**

- A. Swimming
  - B. Cycling
  - C. Weightlifting
  - D. Walking
- 

**14. Starting at age 75, fatal motor vehicle crash rates increase per mile traveled largely due to the older adults' increased tendency to get into crashes.**

- A. True
  - B. False
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