

PHC IN JORDAN & HEALTH EDUCATION LEC 3 Q:

1. According to the text, which of the following statements about Jordan's demographic transition is correct?

- A) The country has transitioned from low fertility and high mortality to high fertility and low mortality.
- B) Jordan's demographic transition has led to an increase in the proportion of the population under the age of 15.
- C) The demographic transition refers to a shift from high fertility and high mortality to low fertility and low mortality.
- D) Jordan's demographic transition has caused a significant reduction in life expectancy.

2. The 1994 census results indicated a significant change in the age structure of Jordan's population. Which of the following age-related trends is most accurate according to the text?

- A) The percentage of the population under 15 years of age has remained steady at around 51% since 1979.
- B) The percentage of people aged 65 and over in Jordan has remained stable since 1979.
- C) The proportion of people under 15 years of age decreased from 51% in 1979 to 34.4% in 2023, while the proportion of people aged 65+ increased.
- D) The proportion of people aged 65 and over has decreased dramatically from 3.7% in 2023 to 1% in 2024.

3. The text mentions that "investment in primary health care is a cost-effective investment." What is the underlying reason for this statement?

- A) Primary health care reduces the need for expensive tertiary and secondary care by focusing on prevention and health promotion.
- B) Primary health care focuses on treating serious diseases, which reduces the burden on the entire health system.
- C) Primary health care requires less medical training, making it more affordable.
- D) Primary health care primarily serves rural areas, where health costs are lower.

4. According to the text, which of the following factors has NOT contributed to the improvement in Jordan's health status over the past quarter century?

- A) The reduction in infant mortality rates.
- B) The eradication of smallpox in 1979.
- C) Increased funding for tertiary health care institutions.
- D) The decrease in the total fertility rate.

5. What does the text suggest as a limitation of the traditional approach to health education in Jordan?

- A) It has focused too much on environmental changes and not enough on individual behavior.
- B) It emphasizes changing individuals without improving the environment in which they live.
- C) It has been too focused on medical intervention and less on prevention.
- D) It involves too much reliance on external organizations like the WHO and UNFPA.

6. Which of the following conclusions about health education (HE) can be inferred from the text?

- A) Health education is only effective when delivered by highly trained specialists.
- B) The primary goal of health education is to make people adopt the behavior of health promoters without considering their personal values.
- C) Health education must cater to the needs of specific communities, considering their health literacy and local cultural practices.
- D) Health education should be targeted solely at urban populations since they have better access to health services.

7. In terms of health education strategies, the society-centered approach aims to:

- A) Focus primarily on individual decision-making and behavior change.
- B) Alter the broader social environment and political landscape to improve health.
- C) Provide medical treatments to improve community health.
- D) Focus exclusively on preventive measures for individuals rather than societal changes.

8. According to the text, which of the following is a key challenge Jordan faces in terms of its population growth?

- A) A decrease in the total fertility rate.
- B) An increase in the proportion of elderly citizens, requiring more healthcare services.
- C) A dramatic decrease in life expectancy, making primary health care more difficult.
- D) The rapid population growth rate, which strains resources and the quality of services.

9. According to the text, the total fertility rate in Jordan has decreased from 5.6 in 1990 to 2.6 in 2023. Which of the following factors might NOT have contributed to this decline?

- A) Increased availability and use of family planning services.
- B) Changing social norms regarding the role of women in society.
- C) The expansion of secondary and tertiary healthcare services.
- D) Better education and employment opportunities for women.

10. According to the text, the change in behavior approach to health education emphasizes:

- A) Medical interventions as the primary method for improving community health.
- B) A one-size-fits-all model to persuade individuals to adopt health-promoting behaviors.
- C) Helping individuals change their attitudes toward health and adopt healthier lifestyles.
- D) Changing society-wide norms through large-scale political campaigns.

11. Which of the following is NOT a specific target group for health education programs in Jordan, as mentioned in the text?

- A) Women, particularly those with children.
- B) Children, with an emphasis on sanitation, nutrition, and hygiene.
- C) Elderly, focusing on specific health needs related to aging.
- D) Immigrants, with a focus on language and cultural adaptation in health education.

12. The Ministry of Health (MOH) in Jordan plays a key role in health education. Which of the following is an activity it does not directly engage in based on the text?

- A) Developing health education plans based on surveys and community needs.
- B) Providing free family planning services through its Maternal and Child Health Centers (MCH).
- C) Offering free curative healthcare services to the general population.
- D) Training health workers in health education methods.

13. What is the relationship between life expectancy and infant mortality in Jordan as discussed in the text?

- A) A higher life expectancy is associated with higher infant mortality rates.
- B) As infant mortality rates decrease, life expectancy tends to increase.
- C) Life expectancy has increased, but infant mortality rates have remained constant.
- D) Life expectancy and infant mortality rates are unrelated.

14. According to the text, what percentage of Jordan's population is currently aged 65 and over (2023)?

- A) 2.1%
- B) 3.2%
- C) 3.7%
- D) 5%

15. What is the primary function of the health education division in Jordan's Ministry of Health (MOH)?

- A) To provide curative health services at the community level.
- B) To design and implement health education programs based on priorities, community needs, and data.
- C) To enforce public health laws and regulations related to disease prevention.
- D) To supply free medications to underprivileged communities.

Answers:

- 1. C
- 2. C
- 3. A
- 4. C
- 5. B
- 6. C
- 7. B
- 8. D
- 9. C
- 10. C
- 11. D
- 12. C
- 13. B
- 14. C
- 15. B

16. According to the text, what is the main reason for Jordan's rapid population growth?

- A) An increase in the number of immigrants to the country.
- B) A rise in fertility rates driven by cultural norms.
- C) A low mortality rate combined with high fertility.
- D) The influx of foreign aid promoting population growth.

17. Which of the following best describes the current trend in Jordan's fertility rate from 1990 to 2023?

- A) It has increased from 5.6 in 1990 to 8.3 in 2023.
- B) It has steadily decreased from 5.6 in 1990 to 2.6 in 2023.
- C) It has fluctuated around 4.0 since 1990.
- D) It has remained stable at 5.6.

18. What does the Ministry of Health (MOH) do through its Maternal and Child Health Centers (MCH)?

- A) Provide treatment for chronic diseases in children.
- B) Offer free family planning services as part of population control measures.
- C) Specialize in elderly health care and services.
- D) Provide acute care services for maternal health emergencies.

19. Based on the text, which of the following statements about Jordan's health status in 2023 is correct?

- A) Infant mortality has remained stagnant at 17 per 1000 live births since 2012.
- B) Life expectancy in Jordan has decreased from 73.3 years in 2012 to 72.3 years in 2023.
- C) The total population of Jordan in 2023 is 11.5 million people.
- D) Measles and smallpox prevalence rates have remained high in recent years.

20. According to the text, what is the main objective of the health education division in Jordan?

- A) To develop free healthcare services for all citizens.
- B) To reduce healthcare costs by promoting insurance schemes.
- C) To design and implement health education plans based on the community's needs and research.
- D) To provide specialized medical training to healthcare workers.

21. Which of the following is the best description of infant mortality according to the text?

- A) The number of children under the age of 5 who die annually.
- B) The probability of dying between birth and the first birthday.
- C) The percentage of babies born with birth defects.
- D) The number of infants who are not immunized in the first year.

22. Which group is NOT specifically mentioned as a target for health education programs in Jordan according to the text?

- A) Women, especially for child-rearing and preventive health practices.
- B) Children, with a focus on hygiene and nutrition.
- C) Elderly, emphasizing health maintenance in later life.
- D) Foreign workers, with a focus on workplace health issues.

23. What is a key characteristic of Jordan's healthcare system that impacts primary health care (PHC) provision?

- A) A highly urbanized population with access to advanced medical services.
- B) A shortage of medical personnel in rural areas and urban centers.
- C) A reliance on international healthcare organizations to deliver primary care.
- D) A lack of safe water and waste disposal systems in urban centers.

24. What critical challenge does Jordan face as it undergoes demographic transition according to the text?

- A) A decrease in life expectancy due to high infant mortality rates.
- B) The need to adapt resources and services to a rapidly growing and aging population.
- C) The inability to expand healthcare services to meet growing demand.
- D) A shift from low fertility and high mortality to high fertility and low mortality.

25. What is one of the most important aspects of the medical approach in health education as discussed in the text?

- A) It involves providing people with information and allowing them to make their own decisions.
- B) It relies heavily on behavioral change strategies, such as modifying attitudes toward health.
- C) It uses persuasive methods and focuses on encouraging individuals to comply with medical interventions.
- D) It aims to change the entire society's attitudes toward health issues.

26. Which of the following is a specific objective of health education (HE) in Jordan?

- A) Raising awareness about the benefits of curative medical treatments for all diseases.
- B) Helping people understand their health behaviors and how these affect their overall health.
- C) Focusing primarily on curative health measures and the treatment of diseases.
- D) Teaching people to rely solely on medical professionals for health decisions.

27. What is the target age group for health education on issues like sanitation, nutrition, and personal hygiene in Jordan?

- A) Women, as they are primarily responsible for child-rearing.
- B) Elderly, to address aging-related health concerns.
- C) Children, as these concepts have long-lasting effects on behavior into adulthood.
- D) Young adults, focusing on reproductive health and family planning.

28. According to the text, what does health education aim to achieve in terms of community behavior?

- A) To force individuals to change their behaviors in accordance with medical advice.
- B) To help people understand how their lifestyle choices can impact their health and encourage voluntary changes.
- C) To provide medical treatments to individuals and encourage compliance with prescribed drugs.
- D) To focus only on the behavioral change of society, not on individual actions.

29. Which of the following is true regarding the proportion of the population aged 65+ in Jordan by 2023?

- A) It has decreased from 3.7% in 2012 to 2.1% in 2023.
- B) It has remained constant at 3.2% since 2002.
- C) It has steadily increased from 2.1% in 1979 to 3.7% in 2023.
- D) It is projected to fall below 2% in the next decade.

30. Which of the following is NOT a recommended approach to health education as per the text?

- A) The educational approach, which involves providing information and helping people make informed decisions.
- B) The behavioral change approach, which focuses on changing individual attitudes toward health.
- C) The societal-centered approach, which targets societal changes rather than individual behaviors.
- D) The medical approach, which emphasizes using medical interventions to directly alter health behaviors.

31. Which public health achievement is specifically highlighted in the text as an improvement in Jordan's health status?

- A) The eradication of polio and measles prevalence.
- B) The introduction of advanced health insurance policies for all citizens.
- C) The establishment of free hospital care for all Jordanians.
- D) The elimination of all chronic diseases in the population.

Answers:

- 16. C
- 17. B
- 18. B
- 19. C
- 20. C
- 21. B
- 22. D
- 23. A
- 24. B
- 25. C
- 26. B
- 27. C
- 28. B
- 29. C
- 30. D
- 31. A

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