

**Chapter 2: The Social Determinants of Health, Health Equity, and Social Justice:
Translating the Evidence for Advanced Nursing Health Promotion Practice**

Multiple Choice

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

1. Which social determinant of health focuses on workplaces that provide strong health and social benefits?

- A. Employment
- B. Social exclusion
- C. Social safety nets
- D. Self-determination

Answer: _____

2. What needs to be done for health-care services and access to be strengthened as a social determinant of health?

- A. Achieve health equity
- B. Improve population health
- C. Focus education on rural populations
- D. Address factors that influence health

Answer: _____

3. Which social determinant of health incorporates the effects of the environment on health?

- A. Housing security
- B. Social safety nets
- C. Self-determination
- D. Equitable distribution of income

Answer: _____

4. Which statement can be used to explain the equitable distribution of income?
- A. Understanding this determinant leads to comprehension of societal discrimination.
 - B. Considering this determinant helps understand marginalized populations.
 - C. Narrowing the gap will improve the health and well-being of populations.
 - D. Addressing exposure to lead paint improves the well-being and the survival of those at risk.

Answer: _____

5. Which term refers to measurable differences in health between individuals, groups, or communities?
- A. Social justice
 - B. Health inequity
 - C. Health inequality
 - D. Social determinants of health

Answer: _____

6. Which term is used interchangeably with health inequality?
- A. Safety net
 - B. Health equity
 - C. Health inequity
 - D. Health disparity

Answer: _____

7. Which concern might move a country to improve health inequalities within the country's population?
- A. Religious
 - B. Economic
 - C. Education
 - D. Immigration

Answer: _____

8. Which statement best describes the ecosocial framework used to study social determinants of health?

- A. Emphasizes the effects of stress on susceptibility to illness
- B. Integrates social and biological factors
- C. Focuses on economic and political influences
- D. Forces people to compare themselves constantly with others

Answer: _____

9. Which is an outcome if social determinants of health are addressed within a population?

- A. Improved housing issues
- B. Reduced social injustices
- C. Enhanced availability of employment
- D. Elimination of the root causes of health inequities

Answer: _____

10. Which variable influences the social determinants of health inequities?

- A. Housing
- B. Education
- C. Employment
- D. Social position

Answer: _____

Multiple Choice: Answers and Rationale

1. Which social determinant of health focuses on workplaces that provide strong health and social benefits?

- A. Employment
- B. Social exclusion
- C. Social safety nets
- D. Self-determination

Answer: A

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As a social determinant of health, employment and working conditions include the workplace that provides strong social benefits. Social exclusion focuses on access to social supports and community participation. Social safety nets refer to a range of government-provided benefits, programs, and supports that protect a nation's citizens during life changes that affect their health and well-being. Self-determination is the right of all individuals to determine their own economic, social, and cultural development.

2. What needs to be done for health-care services and access to be strengthened as a social determinant of health?

- A. Achieve health equity
- B. Improve population health
- C. Focus education on rural populations
- D. Address factors that influence health

Answer: D

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Although health care is essential to health, research demonstrates that it is a relatively weak health determinant. Health-care services require broader approaches that address social, economic, and environmental factors that influence health. Achieving health equity is a goal of strengthening health-care services. Improving population health is an outcome of strengthened health-care services. People living in rural areas have less access to health-care services and tend to have poorer health than those living in urban areas.

3. Which social determinant of health incorporates the effects of the environment on health?

- A. Housing security
- B. Social safety nets
- C. Self-determination
- D. Equitable distribution of income

Answer: A

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Housing security includes a consistent, stable, safe shelter and green space for play and addresses the impact of adverse home environments on health. Social safety nets refer to a range of government-provided benefits, programs, and supports that protect a nation's citizens during life changes that affect their health and well-being. Self-determination refers to the right of all individuals to determine their own economic, social, and cultural development. Equitable distribution of income refers to annual income that is adequate for an individual, family, or community to meet basic needs.

4. Which statement can be used to explain the equitable distribution of income?

- A. Understanding this determinant leads to comprehension of societal discrimination.
- B. Narrowing the gap will improve the health and well-being of populations.
- C. Considering this determinant helps understand marginalized populations.
- D. Addressing exposure to lead paint improves the well-being and the survival of those at risk.

Answer: B

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It is well established that narrowing the gap between the rich and the poor will improve the health and well-being of populations. Social exclusion is linked to societal discrimination. Social determination is relevant to understanding historically marginalized populations. Housing insecurity includes adverse environments such as exposure to lead paint and how addressing these environments improves well-being and the survival of those at risk.

5. Which term refers to measurable differences in health between individuals, groups, or communities?

- A. Social justice
- B. Health inequity
- C. Health inequality
- D. Social determinants of health

Answer: C

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Health inequality refers to measurable differences in health between individuals, groups, or communities. Social justice refers to the fair distribution of society's benefits, responsibilities, and their consequences. Health inequity is a subset of health inequality and refers to differences in health associated with social disadvantages that are modifiable and thus are considered unfair. Social determinants of health are variables that influence health status.

6. Which term is used interchangeably with health inequality?

- A. Safety net
- B. Health equity
- C. Health inequity
- D. Health disparity

Answer: D

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The term *health disparity* is sometimes used interchangeably with the term *health inequality*. A safety net is a social determinant of health. Health equity means all people have a fair chance to reach their full health potential and are not disadvantaged by social, economic, and environmental conditions. Health inequity is a subset of health inequality and refers to differences in health associated with social disadvantages that are modifiable and thus are considered unfair.

7. Which concern might move a country to improve health inequalities within the country's population?

- A. Religious
- B. Economic
- C. Education
- D. Immigration

Answer: B

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Economic concerns may move a country to action because there is a growing realization that health inequalities have considerable economic impacts when left unattended. Religious,

education, and immigration concerns are not identified as moving a country to improve health inequalities within the country's population.

8. Which statement best describes the ecosocial framework used to study social determinants of health?

- A. Emphasizes the effects of stress on susceptibility to illness
- B. Integrates social and biological factors
- C. Focuses on economic and political influences
- D. Forces people to compare themselves constantly with others

Answer: B

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Ecosocial frameworks integrate social and biological factors to analyze patterns of health, disease, and well-being. The psychosocial approach states that stress from the environment alters a person's susceptibility to illness. Social production of disease and the political economy of health focuses on economic and political influences. The psychosocial approach forces people to compare their circumstances with others constantly.

9. Which is an outcome if social determinants of health are addressed within a population?

- A. Improved housing issues
- B. Reduced social injustices
- C. Enhanced availability of employment
- D. Elimination of the root causes of health inequities

Answer: D

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Leaders in the field have argued that addressing the social determinants of health helps to ameliorate the root causes of health inequities. Housing issue is a social determinant of health. Social justice refers to the fair distribution of society's benefits, responsibilities, and their consequences. Employment issues are part of a social determinant of health.

10. Which concept influences the social determinants of health inequities?

- A. Housing
- B. Education
- C. Employment
- D. Social position

Answer: D

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The concept of social position plays a central role in the social determinants of health inequities. Housing is a social determinant of health. Education may affect social determinants of health but has minimal impact on health inequities. Employment is a social determinant of health.