

# Mindful Continuing Education

## Issues Impacting American Indian and Alaska Native Populations Across the Lifespan

1. There are \_\_\_\_\_ federally recognized tribes in the United States.

- A. 672
  - B. 836
  - C. 574
  - D. 475
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2. The goal of the \_\_\_\_\_ era was to give settlers access to traditional tribal lands and assimilate tribes.

- A. Relocation
  - B. Assimilation
  - C. Removal
  - D. Reservation
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3. Environmental justice is important to AI/AN communities because

- A. natural resources are expensive.
  - B. land is viewed as a cultural resource and sacred.
  - C. pipelines are dangerous.
  - D. there are land treaties.
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4. Genocide includes all but

- A. sterilization
  - B. killing members of group
  - C. causing serious mental harm
  - D. assimilation
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5. A mass cumulative trauma across generations and communities is

- A. historical trauma
  - B. genocide
  - C. assimilation
  - D. allotment
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**6. Factors that impact youth obesity include all but**

- A. sedentary lifestyle**
  - B. lack of fruits and vegetables**
  - C. academic difficulties**
  - D. parental obesity**
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**7. \_\_\_\_\_ percent of AI/AN families live in poverty.**

- A. 20%**
  - B. 40%**
  - C. 60%**
  - D. 10%**
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**8. Depressive symptoms, suicidal ideations, alcohol use, and lack of feeling like school matters are all tied to.**

- A. poverty**
  - B. victimization**
  - C. assimilation**
  - D. obesity**
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**9. AI/AN binge drinking rates are \_\_\_\_\_ times higher than all other ethnicities.**

- A. two**
  - B. four**
  - C. five**
  - D. ten**
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**10. AI/AN youth typically start using drugs \_\_\_\_\_ before non-AI/AN youth.**

- A. 1-2 years**
  - B. 2-4 years**
  - C. 2-6 years**
  - D. 4-6 years**
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**11. \_\_\_\_\_ are abuse, neglect, and other traumatic events experienced before the age of 18.**

- A. domestic violence**
  - B. victimization**
  - C. historical trauma**
  - D. adverse childhood experiences**
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**12. \_\_\_\_\_ is the second leading cause of death for AI/AN youth**

- A. suicide**
  - B. accidents**
  - C. overdoses**
  - D. murder**
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**13. Targeting and strengthening \_\_\_\_\_ are more effective at reducing suicide rates among AI/AN youth**

- A. risk factors**
  - B. protective factors**
  - C. drug resilience**
  - D. restorative justice**
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**14. AI/AN students perform at \_\_\_\_\_ grade levels below their non-AI/AN peers**

- A. 1-2**
  - B. 2-3**
  - C. 3-4**
  - D. 4-5**
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**15. Exposure to domestic violence, child abuse, and drug and alcohol use are all risk factors for**

- A. suicide**
  - B. obesity**
  - C. delinquency**
  - D. poverty**
- 

**16. AI/AN life expectancy is \_\_\_\_\_ years shorter than all other races in the United States.**

- A. 3**
  - B. 5.5**
  - C. 6.5**
  - D. 7**
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**17. In 2020 \_\_\_\_\_ was the leading cause of death among AI/ANs.**

- A. suicide**
  - B. liver disease**
  - C. diabetes**
  - D. COVID-19**
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**18. Poor outcomes in maternal health care may be due to all except:**

- A. lack of insurance**
  - B. discrimination**
  - C. previous children**
  - D. chronic diseases**
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**19. Treating patients with consideration for their cultural needs and their healthcare needs is:**

- A. culturally competent healthcare**
  - B. discriminatory practices**
  - C. favoritism**
  - D. social justice**
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**20. \_\_\_\_\_% of AI/ANs are obese.**

- A. 21%**
  - B. 31%**
  - C. 41%**
  - D. 51%**
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**21. Contributing factors to adult obesity are all except**

- A. high stress levels**
  - B. sedentary lifestyle**
  - C. adverse childhood experiences**
  - D. diabetes**
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**22. The most common mental health disorder for AI/AN women is**

- A. PTSD**
  - B. Bipolar**
  - C. Depression**
  - D. Anxiety**
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**23. A serious barrier to mental health treatment for AI/AN people is**

- A. poverty**
  - B. trusting western medicines treatments**
  - C. Depression**
  - D. violence**
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**24. This legislative policy allows tribal courts to prosecute non-native perpetrators of abuse.**

- A. Savanna's Act**
  - B. Not Invisible Act**
  - C. Lady Justice Act**
  - D. Violence Against Women Act**
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**25. AI/ANs have the \_\_\_\_ rate of substance use of any racial/ethnic group in the U.S.**

- A. lowest**
  - B. same**
  - C. highest**
  - D. second highest**
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**26. 43% of these types of AI/AN heads of household families live in poverty.**

- A. unmarried mothers**
  - B. married mothers**
  - C. unmarried fathers**
  - D. grandparent**
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**27. Women who are responsible for the caretaking of elderly family members are more likely to**

- A. be in poor health**
  - B. be a perpetrator of elder abuse**
  - C. be neglectful of their children**
  - D. be employed under challenging conditions**
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**28. AI/AN individuals who combined traditional gender roles according to their own personal traits were labeled as**

- A. homosexual**
  - B. two-spirit**
  - C. deviant**
  - D. sun dancers**
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**29. The households with the highest rates of elder abuse**

- A. have low income for the caregiver and elder**
- B. have a high income for the caregiver and elder**
- C. have a high income for the caregiver and low income for elder**

**D. have a low income for the caregiver and high income for the elder**

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**30. One in \_\_\_\_ AI/AN adults have been diagnosed with diabetes.**

**A. 2**

**B. 3**

**C. 4**

**D. 6**

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