

Mindful Continuing Education

Summarizing Progress Made in Understanding the Health Consequences of Smoking

Overview

1. Which of the following is an accurate statement about the harm caused by tobacco use in the United States?

- A. More than 15 million Americans have died as a result of smoking since the first Surgeon General's report on smoking and health was released in 1964
 - B. If smoking persists at the current rate among young adults in this country, 5.6 million of today's Americans younger than 18 years of age are projected to die prematurely from a smoking related illness.
 - C. While most deaths were attributed to a history of smoking, nearly 1.5 million were nonsmokers who died from heart disease or lung cancer caused by exposure to second hand smoke
 - D. More than 8 times as many US citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States during its history
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Major Conclusions from the Report

2. Although cigarette smoking has declined significantly since 1964, very large disparities in tobacco use remain across groups defined by race, ethnicity, educational level, and socioeconomic status and across regions of the country.

- A. True
 - B. False
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Section 2: The Health Consequences of Active and Passive Smoking: The Evidence in 2014

3. Nicotine activates multiple biologic pathways that are relevant to fetal growth and development, _____, the cardiovascular system, the central nervous system, and carcinogenesis.

- A. Respiratory capacity

- B. Metabolic activity
 - C. Disease progression
 - D. Immune function
-

Cardiovascular Diseases

4. Lung cancer continues to be the largest smoking attributable cause of death in the United States for all age groups, followed by cardiovascular disease.

- A. True
 - B. False
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Adverse Health Outcomes in Cancer Patients and Survivors

5. In cancer patients and survivors, the evidence is sufficient to infer a causal relationship between cigarette smoking and increased all-cause mortality and cancer specific mortality, as well as an increased risk for second primary cancers known to be caused by cigarette smoking.

- A. True
 - B. False
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Chapter 10: Other Specific Outcomes- Diabetes

6. The risk of developing diabetes is 20%-30% higher for active smokers than nonsmokers although there is no positive dose-response relationship between the number of cigarettes smoked and the risk of developing diabetes.

- A. True
 - B. False
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Tracking and Ending the Epidemic

7. Trends in tobacco control efforts indicate each of the following EXCEPT:

- A. Historic success in tobacco control is considered one of the top public health achievements of the twentieth century
- B. Today, in the United States there are more former smokers than current smokers and success rates for quitting have been increasing among recent birth cohorts

- C. There is a decrease in the use of all tobacco products, including cigars, roll-your own cigarettes and chewing tobacco
 - D. Patterns of tobacco use are also changing, with more people smoking intermittently and smoking fewer cigarettes
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8. Scientific findings show that there are evidence based strategies that can rapidly drop initiation and prevalence rates of smoking among youth as long as they are fully implemented and sustained with sufficient:

- A. Intensity and duration
 - B. Information and appeal
 - C. Rigor and tenacity
 - D. Energy and persistence
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9. Reducing the nicotine content to make cigarettes less addictive and implementing greater restrictions on sales are examples of tobacco "hard-line" strategies.

- A. True
 - B. False
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Chapter 12: Smoking-Attributable Morbidity, Mortality and Economic Costs

10. Due to the slow decline in the prevalence of current smoking, the annual burden of smoking-attributable mortality can be expected to remain at high levels for decades into the future.

- A. True
 - B. False
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Chapter 14: Current Status of Tobacco Control

11. While there is sufficient evidence to conclude that litigation against tobacco companies has reduced tobacco use in the United States, there is not enough proof to conclude that increases in the prices of tobacco products prevent initiation of tobacco use or promote cessation.

- A. True
 - B. False
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Accelerating the National Movement to Reduce Tobacco Use

12. The Strategic Action Plan, Ending the Tobacco Epidemic: A Tobacco Control Strategic Action Plan for the US Department of Health and Human Services provides a critical framework to guide and coordinate efforts to reduce the smoking rate to:

- A. Less than 8% for youth and adults in 8 years**
 - B. Less than 10% for youth and adults in 10 years**
 - C. Less than 15% for youth and adults in 15 years**
 - D. Less than 20% for youth and adults in 20 years**
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