Preventing Premature Deaths from the Top Five Causes of Death in Rural and Urban Counties of the United States, 2010–2022

Description

In a recent study, researchers found that rural residents, especially those living in noncore counties, experienced high rates of preventable premature deaths. Disparities in premature deaths were not only linked to where people lived, but also to other demographic factors such as sex, race, and ethnicity. For instance, rural counties with a majority Black, African American, American Indian, or Alaska Native population had the highest rates of premature deaths. To address these disparities, data on cause-specific premature deaths are crucial for informing interventions and health policies tailored to specific racial and ethnic groups.

The study also highlighted significant progress in reducing preventable premature deaths from cancer, particularly in urban counties with better access to preventive services and treatment. However, challenges remain, with rural areas still facing higher rates of premature cancer deaths. In terms of unintentional injuries, the study pointed to a growing epidemic of drug overdoses, traffic fatalities, and falls contributing to preventable premature deaths. Disparities in heart disease and stroke mortality were also observed, especially during the COVID-19 pandemic.

Overall, while progress has been made in reducing preventable premature deaths, more efforts are needed to address disparities in different regions and among various demographic groups. The findings underscore the importance of targeted interventions and policies to ensure equitable health outcomes for all populations.

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Vocabulary List:

1. **Premature** // (adjective): Occurring or done before the usual or proper time early.
2. **Disparities** // (noun): Inequalities or differencesespecially in agerankor degree.
3. **Interventions** // (noun): Actions taken to improve a situationespecially a medical disorder.
4. **Tailored** // (verb): Designed or adapted for a specific purpose or person.
5. **Equitable** // (adjective): Fair and impartial ensuring everyone is treated fairly.
6. **Demographic** // (adjective): Relating to the structure of populationsincluding factors such as ageraceor income.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a fatal neurodegenerative disease affecting deer elk and moose?

   Option: Mad Cow Disease
   Option: Chronic Wasting Disease
   Option: Zika Virus
   Option: Lyme Disease

2. What is the proteinaceous infectious agent responsible for transmitting CWD?

   Option: Prion
   Option: Virus
   Option: Bacterium
   Option: Parasite

3. What is the term for completely eliminating CWD from a specific area?

   Option: Mitigating
   Option: Adapting
   Option: Eradicating
   Option: Supplementing

4. Which condition is characterized by a decline in cognitive function severe enough to interfere with daily life?

   Option: Dementia

Option: Depression
Option: Anxiety
Option: Hypertension

5. Which term describes something that is used to treat or relieve symptoms of a disease?

Option: Harmful
Option: Therapeutic
Option: Negligible
Option: Detrimental

6. What type of interventions are customized to meet the specific needs of an individual or group?

Option: Universal
Option: Generalized
Option: Adaptive
Option: Tailored

7. Which approach involves taking action to control a situation before it becomes a crisis?

Option: Reactive
Option: Inactive
Option: Passive
Option: Proactive

8. What is the ability to adapt and recover from adversity trauma or stress?

Option: Persistence
Option: Resilience
Option: Weakness
Option: Fragility

9. What refers to the statistical data of a population especially those relating to the groups within it?

Option: Biometric
Option: Demographic
Option: Geographic
Option: Economic

10. What is a general term encompassing the overall health and happiness of an individual or group?

Option: Discomfort
Option: Well-being
Option: Suffering
Option: Malaise

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. CWD is primarily spread through direct _____ among animals.

12. Proper disposal of deer carcasses is a _____ task to prevent the spread of CWD.

13. Hunters should take necessary _____ while field dressing and processing deer.

14. The _____ of CWD can range from a few months to over a year.

15. Public health interventions must be _____ to ensure fair access to resources.

16. Avoid prolonged _____ with deer or elk that may carry CWD.

17. Developing effective CWD therapies would be a _____ achievement in the medical

field.

18. Ensuring the _____ of healthcare services is crucial for disease management.

19. Drawing conclusions based on incomplete data may lead to _____ decisions.

20. Regular exercise and healthy diet are examples of _____ in preventing dementia.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Venison is a popular choice for many hunters due to its lean and flavorful qualities.
22. Epidemiologists study patterns causes and effects of health and disease conditions in defined populations.
23. Effective interventions can help reduce the spread of CWD within wildlife populations.
24. People who are incarcerated may face unique challenges in accessing healthcare services.
25. Health disparities can lead to unequal access to quality healthcare among different population groups.
26. To enhance resilience it is important to diversify sources of support and coping mechanisms.
27. Launching an educational initiative can raise awareness about the risks of CWD in deer populations.
28. Exploring new therapies is essential to improve the quality of life for individuals with dementia.

29. Ensuring equal accessibility to healthcare services can help bridge the gap in disparities.

30. Caregivers play a vital role in supporting individuals with dementia and maintaining their well-being.

Answer

Multiple Choice: 1. Chronic Wasting Disease 2. Prion 3. Eradicating 4. Dementia 5. Therapeutic 6. Tailored 7. Proactive 8. Resilience 9. Demographic 10. Well-being

Gap-Fill: 11. contact 12. hefty 13. precautions 14. incubation period 15. equitable 16. cuddling 17. groundbreaking 18. accessibility 19. premature 20. modifiable risk factors

Matching sentence: 1. Venison 2. Epidemiologists 3. Interventions 4. Incarcerated 5. Disparities 6. Diversify 7. Initiative 8. Therapies 9. Accessibility 10. Caregivers

CATEGORY

1. Health - LEVEL4

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