

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
-

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
-

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.
-

4. Genocide includes all but

- A. sterilization
 - B. killing members of group
 - C. causing serious mental harm
 - D. assimilation
-

5. A mass cumulative trauma across generations and communities is

- A. historical trauma
 - B. genocide
 - C. assimilation
 - D. allotment
-

6. Factors that impact youth obesity include all but

- A. sedentary lifestyle
 - B. lack of fruits and vegetables
 - C. academic difficulties
 - D. parental obesity
-

7. _____ percent of AI/AN families live in poverty.

- A. 20%
 - B. 40%
 - C. 60%
 - D. 10%
-

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
-

9. AI/AN binge drinking rates are _____ times higher than all other ethnicities.

- A. two
 - B. four
 - C. five
 - D. ten
-

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
-

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
-

12. _____ is the second leading cause of death for AI/AN youth

- A. suicide
 - B. accidents
 - C. overdoses
 - D. murder
-

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
-

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
-

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
-

17. In 2020 _____ was the leading cause of death among AI/ANs.

- A. suicide
 - B. liver disease
 - C. diabetes
 - D. COVID-19
-

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
-

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
-

20. _____ % of AI/ANs are obese.

- A. 21%
 - B. 31%
 - C. 41%
 - D. 51%
-

21. Contributing factors to adult obesity are all except

- A. high stress levels
 - B. sedentary lifestyle
 - C. adverse childhood experiences
 - D. diabetes
-

22. The most common mental health disorder for AI/AN women is

- A. PTSD
 - B. Bipolar
 - C. Depression
 - D. Anxiety
-

23. A serious barrier to mental health treatment for AI/AN people is

- A. poverty
 - B. trusting western medicines treatments
 - C. Depression
 - D. violence
-

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
-

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
-

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
-

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
-

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
-

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 care giver and low income for elder
 - D. have a low income for the caregiver and high income for the elder
-

30. One in ____ AI/AN adults have been diagnosed with diabetes.

- A. 2
 - B. 3
 - C. 4
 - D. 6
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