

# 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
- 

**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 care giver 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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