

## Chapter 1: The Older Population in the United States

1) “Baby boomers” are fueling one of the most dramatic demographic changes in the United States and worldwide.

Answer: TRUE

*Page Ref: 11*

Difficulty: Easy

Type: Factual

2) Since January 2011, approximately 5,000 baby boomers turn 65 every day.

Answer: FALSE

*Page Ref: 11*

Difficulty: Easy

Type: Factual

3) The average length of time one could expect to live if one were born in a particular year and if death rates were to remain constant is called **life expectancy**.

Answer: TRUE

*Page Ref: 12*

Difficulty: Easy

Type: Factual

4) The current median age of the U.S. population is over 37 years.

Answer: TRUE

*Page Ref: 13*

Difficulty: Easy

Type: Factual

5) U.S. life expectancy lags behind that of 51 other countries.

Answer: TRUE

*Page Ref: 13*

Difficulty: Easy

Type: Factual

6) There are fewer women over age 80 than men.

Answer: FALSE

*Page Ref: 14*

Difficulty: Easy

Type: Factual

7) Women of color generally die sooner than their male counterparts.

Answer: FALSE

*Page Ref: 15*

Difficulty: Easy

Type: Factual

8) Maximum life span refers to the length of years a given species could expect to live if all environmental hazards were eliminated.

Answer: TRUE

*Page Ref: 16*

Difficulty: Easy

Type: Factual

9) The dependency ration refers to the number of people age 65 and older to every 100 people of traditional working ages.

Answer: TRUE

*Page Ref: 19*

Difficulty: Easy

Type: Conceptual

10) In terms of the oldest-old, about 33% are women.

Answer: FALSE

*Page Ref: 20*

Difficulty: Easy

Type: Factual

11) These describe the changes in the characteristics over time.

A) demographic trends

B) population aging trends

C) individual aging processes

D) population pyramids

Answer: A

*Page Ref: 11*

Difficulty: Easy

Type: Conceptual

12) By 2011, people age 65 and account for this number of people in the U.S. population.

A) 10 million

B) 20 million

C) 30 million

D) 40 million

Answer: D

*Page Ref: 11*

Difficulty: Easy

Type: Factual

13) What is the life expectancy of the average American today?

A) 65 years

B) 69 years

C) 78 years

D) none of the above

Answer: C

*Page Ref:* 12

Difficulty: Easy

Type: Factual

14) Which of the following is a factor that contributes to better life expectancy in countries other than the United States?

- A) better prenatal care
- B) early childhood services
- C) more access to health care
- D) all of the above

Answer: D

*Page Ref:* 13

Difficulty: Medium

Type: Factual

15) Which of the following may account for women's longer life expectancy?

- A) the positive physical effects of childbirth
- B) the greater likelihood of preventive health behaviors
- C) women's higher levels of education
- D) all of the above

Answer: B

*Page Ref:* 14

Difficulty: Medium

Type: Factual

16) Women of color generally live longer than their male counterparts, with this group living the longest.

- A) African American women
- B) White women
- C) Asian American women
- D) Latino women

Answer: C

*Page Ref:* 15

Difficulty: Easy

Type: Factual

17) This refers to the number of people age 65 and older to every 100 people of traditional working ages.

- A) maximum life span
- B) population pyramid
- C) support ratio
- D) dependency ratio

Answer: D

*Page Ref:* 19

Difficulty: Easy

Type: Conceptual

18) People who are between the ages of 75 and 84 are known as

- A) the youngest-old
- B) the young-old
- C) the old-old
- D) the oldest-old

Answer: C

*Page Ref:* 19

Difficulty: Easy

Type: Factual

19) Which of the following is not accurate in terms of characterizing the oldest-old?

- A) About 66 percent are women.
- B) Not many live below or near poverty compared to those age 65-69 years.
- C) About 55 percent of the men are married.
- D) About 15 percent of the women are married.

Answer: B

*Page Ref:* 20

Difficulty: Easy

Type: Factual

20) Which of the following is true concerning centenarians?

- A) Their numbers are increasing dramatically.
- B) In 2010, almost 72,000 Americans had reached a hundred years old.
- C) One in 26 baby boomers can expect to live to be 100 by 2025.
- D) All of the above

Answer: D

*Page Ref:* 21

Difficulty: Easy

Type: Conceptual

21) Which of the following is true regarding super-centenarians?

- A) They have had more experience with chronic disease.
- B) They have fewer chronic diseases.
- C) About 60% have cardiovascular disease.
- D) Hypertension rates stand at 50% for the population.

Answer: B

*Page Ref:* 22

Difficulty: Easy

Type: Conceptual

22) Genetic factors play a role in determining how well an older person copes with disease and other stressors in their lives; this is referred to as

- A) heritability.
- B) hardiness.

- C) coping strategies.
- D) genetic advantage.

Answer: B

*Page Ref:* 22

Difficulty: Easy

Type: Conceptual

23) The largest group of elders of color in the United States is

- A) African American elders.
- B) Native American elders.
- C) Asian American elders.
- D) Latino elders.

Answer: A

*Page Ref:* 24

Difficulty: Easy

Type: Factual

24) Which of the following is true of the elders of color population in the United States?

- A) They are healthier than their non-White counterparts.
- B) They may face more chronic illnesses and poverty in old age.
- C) They have few support social support systems.
- D) all of the above

Answer: B

*Page Ref:* 25

Difficulty: Medium

Type: Factual

25) When it comes to relocation, what is true of older people's movement in their later years?

- A) Older people do not relocate significant distances.
- B) The oldest-old are the most likely to relocate.
- C) Less than 6 percent of people age 65 and older move in a typical year.
- D) all of the above

Answer: D

*Page Ref:* 26

Difficulty: Medium

Type: Conceptual

26) What percentage of older adults live in metropolitan areas?

- A) 10 percent
- B) 20 percent
- C) 50 percent
- D) 80 percent

Answer: D

*Page Ref:* 27

Difficulty: Easy

Type: Factual

27) Which of the following is true of older American Indians?

- A) They move many times during their lifetimes.
- B) They prefer to age in place.
- C) They live mostly in urban areas.
- D) all of the above

Answer: B

*Page Ref: 27*

Difficulty: Medium

Type: Factual

28) In general, the lowest educational gains among older people were among

- A) Asian Americans.
- B) Pacific Islanders.
- C) Latinos.
- D) Whites.

Answer: C

*Page Ref: 28*

Difficulty: Easy

Type: Factual

29) This term refers to the lengthening of the period of youthful vigor and the lessening of the number of years of major illness in very old age.

- A) compression of illness
- B) compression of morbidity
- C) compression of longevity
- D) morbidity dividend

Answer: B

*Page Ref: 29*

Difficulty: Easy

Type: Factual

30) Active life expectancy varies by which of the following?

- A) gender
- B) race
- C) social class
- D) all of the above

Answer: D

*Page Ref: 30*

Difficulty: Easy

Type: Factual

31) Define the term “baby boomer” and how that group is now changing the demographics of the United States. What are the implications, in society, of an aging population who lives longer?

Difficulty: Hard

Type: Applied

32) Why is the population growing so rapidly? Discuss life expectancy and make sure to support your answer with evidence and statistics.

Difficulty: Hard

Type: Applied

33) What are some of the reasons that elders of color in the United States have a lower life expectancy than whites? How does gender affect life expectancy for elders of color?

Difficulty: Hard

Type: Applied

34) Discuss the health status for most centenarians and super-centenarians. What role do genes play in someone reaching the one-hundred year mark?

Difficulty: Hard

Type: Applied

35) How can one avoid chronic illness in their later years?

Difficulty: Medium

Type: Applied