1. Factors affecting health that have the largest impact are:
   a. Socioeconomic status
   b. Clinical interventions
   c. Protective interventions
   d. Counseling and education

2. For programs promoting healthy aging to be successful they must be all of the following EXCEPT:
   a. Evidence-based
   b. Multifactorial
   c. Evaluated with data
   d. Grant funded

3. Nutritional requirements in older adults are impacted by changes in body composition associated with normal aging. Which of the following has the greatest impact on macronutrient needs in older adults?
   a. Increase in total body fat
   b. Decrease in lean body mass
   c. Alterations in liver metabolism
   d. Decrease in bone strength

4. Assessing nutritional status in older adults is challenging. Which of the following factors contributes to the difficulty in accurately assessing nutrition in older clients/patients?
   a. There are no reference standards for adults over age 60
   b. Chronic disease may affect laboratory values
   c. Body composition changes so anthropometric measures may be inaccurate
   d. All of the above

5. Physical changes in aging include all EXCEPT:
   a. Slower nerve conduction velocity
   b. Increased maximum heart rate
   c. Reduced maximal lung capacity
   d. Loss of Type II muscle fibers
6. Brain benefits of exercise include all the following EXCEPT:
   a. Improves memory
   b. Lengthens attention span
   c. Improves physical fitness
   d. Boosts decision making skills

7. Which age group is the fastest growing segment of our population and will quadruple between 2010 and 2050?
   a. Age 90 and older
   b. Age 65 and older
   c. Age 75 and older
   d. Age 75 - 85

8. What are the factors that seem to be most associated with compression of aging and declining dementia rates?
   a. Higher educational levels over time
   b. Better control of cardiovascular risk
   c. Widespread use of donepezil (Aricept)
   d. A and B only

9. Which domain listed below is NOT considered in WHO’s Age-Friendly Communities?
   a. Transportation
   b. Climate change
   c. Employment and civic engagement
   d. Outdoor spaces and buildings

10. Which of the following statements best reflects evidence about Age-Friendly Communities?
    a. The majority of the existing studies on Age-Friendly Communities rely on case study methods and program evaluations.
    b. Evidence has demonstrated Age-Friendly Communities improve the quality of life of all participants.
    c. The most rigorous studies of Age-Friendly Communities do not include older persons.
    d. All of the above.