Multiple Choice

1. What is the World Health Organization’s definition of health?

A. “Health is a state of complete physical wellbeing and not merely the absence of disease or infirmity.”

B. “Health is a state of complete physical and mental wellbeing.”

C. “Health is a state of complete physical and mental wellbeing and not merely the absence of disease or infirmity.”

D. “Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.”

Ans: D

Page: 2

2. Which is not an essential public health service?

A. Enforce laws and regulations that protect health and ensure safety.

B. Inform, educate, and empower people about health issues.

C. Monitor health status to identify community problems.

D. Research for new insights and innovative solutions to health problems.

E. All of the above are examples of essential public health services.

Ans: E

Page: 3

3. In 1900, what was the most common cause of death in the United States?

A. Cancer

B. Diarrhea

C. Heart disease

D. Pneumonia / influenza

E. Yellow fever

Ans: D

Page: 5

4. What is the most common cause of death in the United States today?

A. Cancer

B. Heart disease

C. Influenza

D. Road traffic accidents

E. Stroke

Ans: B

Page: 5

5. Which type of population is most likely to have a high fertility rate, high mortality rate, and short life expectancy?

A. High income area

B. Middle income area

C. Low income area

Ans: C

Page: 5

6. Which type of population is most likely to have a low fertility rate, low mortality rate, and long life expectancy?

A. High income area

B. Middle income area

C. Low income area

Ans: A

Page: 5

7. Which term describes a shift toward lower birth and death rates that occurs as populations experience economic development?

A. Demographic transition

B. Epidemiologic transition

C. Nutrition transition

D. Socioeconomic transition

Ans: A

Page: 6

8. What stage of the demographic transition is characterized by a decreasing death rate, a high birth rate, and an increasing population size?

A. Pre-transition

B. Early transition

C. Late transition

D. Post-transition

Ans: B

Page: 6

9. Which of the following statements is not true?

A. Low income populations tend to have a higher proportion of deaths from infection than NCDs

B. Lower middle income populations tend to have a higher proportion of deaths from injuries than infections.

C. Upper middle income populations tend to have a higher proportion of deaths from NCDs than infections

D. High income populations tend to have a higher proportion of deaths from NCDs than infections

Ans: B

Page: 7

10. Which is not an example of a modifiable risk factor?

A. Age

B. Exercise habits

C. Household income

D. Tobacco use

Ans: A

Page: 10

11. Which of the following is not a criterion for causation?

A. A higher dose of the exposure is associated with higher risk of disease

B. Removing the exposure reduces the risk of disease

C. There is a clear time sequence, with the exposure occurring before onset of disease

D. There is a strong statistical association between having the exposure and having the disease

E. All of the above are causal criteria

Ans: E

Page: 11

12. Which of the following is an example of primary prevention?

A. Glaucoma (eye pressure) tests

B. Mammography (breast cancer screening)

C. Measles vaccination

D. Physical therapy following an injury

Ans: C

Page: 15

13. Which of the following is an example of secondary prevention?

A. Hand-washing

B. Routine blood pressure checks

C. Using a seat belt when traveling in a car

D. Vitamin supplements

Ans: B

Page: 15

14. What is the target population for secondary prevention programs?

A. People without disease

B. People with early, non-symptomatic disease

C. People with symptomatic disease

Ans: B

Page: 15

15. What is the goal of tertiary prevention programs?

A. To prevent disease from ever occurring

B. To reduce death, disability, and severe disease through early diagnosis

C. To reduce impairment and minimize suffering through treatment and rehabilitation

Ans: C

Page: 15