

CDC 7th LEVEL SERVICES BLOCK 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How frequently should community health needs assessments be carried out?**
 - A. Every year
 - B. Every two years
 - C. Every three to five years
 - D. Every ten years
- 2. Which method is commonly used to evaluate the effectiveness of health interventions?**
 - A. Focus groups
 - B. Case studies
 - C. Outcome measurement
 - D. Observation
- 3. What is one potential negative impact of infectious disease outbreaks?**
 - A. They can lead to increased public health awareness
 - B. They can foster collaboration among health systems
 - C. They can overwhelm health systems
 - D. They often have a limited geographical focus
- 4. What is the focus of health promotion?**
 - A. To conduct research on rare diseases
 - B. To enable individuals to increase control over and improve their health
 - C. To manage healthcare costs effectively
 - D. To enforce health regulations strictly
- 5. In the Performance Work Statement (PWS), how is required service output described?**
 - A. What is to be performed
 - B. How is it performed
 - C. Measurable performance
 - D. Cost effective

- 6. What kind of diseases fall under the surveillance conducted by the CDC?**
- A. Only emerging diseases
 - B. Communicable and chronic diseases
 - C. Non-communicable diseases only
 - D. Diseases not affecting large populations
- 7. Which type of contract may be awarded for specified individuals due to their unique skills or experience?**
- A. Non-personal service contract
 - B. Blanket Purchase Agreement
 - C. Individual service contract
 - D. Concessionaire
- 8. How does the CDC suggest integrating mental health into primary care?**
- A. By excluding behavioral health discussions
 - B. By offering co-located services within primary care settings
 - C. By requiring patients to visit separate facilities
 - D. By prioritizing physical health over mental health
- 9. What does a 'health impact assessment' aim to determine?**
- A. The overall satisfaction with healthcare
 - B. The potential health effects of a proposed policy, program, or project
 - C. The historical health data of a population
 - D. The budget for health initiatives
- 10. What funding type is prioritized through the INVS for installation commanders and staff?**
- A. APF funding at MAJCOM level
 - B. NAF funding at AF level
 - C. NAF funding at MAJCOM level
 - D. APF funding at AF level

Answers

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1. C
2. C
3. C
4. B
5. A
6. B
7. C
8. B
9. B
10. B

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Explanations

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1. How frequently should community health needs assessments be carried out?

- A. Every year
- B. Every two years
- C. Every three to five years**
- D. Every ten years

Community health needs assessments are typically conducted every three to five years to ensure that they remain relevant and accurately reflect the current health needs of the community. This timeframe strikes a balance between capturing significant changes in health trends, demographic shifts, and emerging health issues while not being so frequent that it becomes burdensome or resource-intensive. Conducting assessments within this interval allows health organizations to track progress on previously identified needs, evaluate the effectiveness of implemented strategies, and adjust to new health challenges as they arise. Assessments undertaken too frequently, such as annually or biannually, may overwhelm stakeholders and lead to redundant findings without allowing sufficient time for implemented changes to take effect. Conversely, an assessment conducted every ten years could miss important shifts in health needs and could hinder timely responses to public health issues, making it less effective in promoting community health improvements. Thus, the three to five-year period is widely regarded as the optimal balance for ongoing community health needs assessments.

2. Which method is commonly used to evaluate the effectiveness of health interventions?

- A. Focus groups
- B. Case studies
- C. Outcome measurement**
- D. Observation

Outcome measurement is a systematic approach typically employed to assess the effectiveness of health interventions. It involves evaluating specific health outcomes that directly reflect the intervention's impact. This could include metrics such as changes in disease prevalence, patient health status, or quality of life indicators. By focusing on quantifiable results, outcome measurement provides concrete evidence of whether an intervention achieves its intended goals. In contrast, focus groups can provide qualitative insights into participant experiences and perceptions but do not directly measure health outcomes. Case studies may illustrate the application of an intervention in a specific instance but often lack the broader applicability necessary for assessing overall effectiveness. Observation is valuable for understanding behaviors and contexts but, like focus groups, does not provide direct measures of health outcomes related to an intervention.

3. What is one potential negative impact of infectious disease outbreaks?

- A. They can lead to increased public health awareness
- B. They can foster collaboration among health systems
- C. They can overwhelm health systems**
- D. They often have a limited geographical focus

Infectious disease outbreaks can overwhelm health systems due to the sudden and high demand for medical resources, personnel, and infrastructure. When an outbreak occurs, there is often an influx of patients seeking care, which can lead to a strain on hospitals, clinics, and healthcare providers. This situation can result in resources being stretched beyond capacity, affecting the ability of health systems to provide adequate care not just to those affected by the outbreak, but to other patients as well. Additionally, limited hospital beds, shortages of medical supplies, and the need for rapid mobilization of healthcare workers can create significant challenges for public health responses. As the outbreak progresses, health systems may struggle to perform routine services and respond effectively to the crisis, potentially leading to increased morbidity and mortality rates. While public health awareness and collaboration among health systems can certainly be seen as positive outcomes in the long term, the immediate consequences of outbreaks often highlight vulnerabilities within healthcare infrastructures. Furthermore, outbreaks can extend beyond confined geographical areas, which complicates the response further, making the overwhelming effects on health systems the most pressing concern.

4. What is the focus of health promotion?

- A. To conduct research on rare diseases
- B. To enable individuals to increase control over and improve their health**
- C. To manage healthcare costs effectively
- D. To enforce health regulations strictly

The focus of health promotion is primarily about enabling individuals to increase control over and improve their health. This encompasses a wide range of strategies and interventions aimed at empowering people to make informed decisions regarding their health and well-being. Health promotion seeks to provide individuals with the knowledge, skills, and resources necessary to adopt healthier lifestyles, manage stress, maintain a balanced diet, and engage in regular physical activity. This approach recognizes that health is influenced by a variety of factors including social, economic, and environmental conditions, and it aims to create supportive environments that facilitate healthy choices. By putting emphasis on personal empowerment and responsibility, health promotion ultimately works towards enhancing the overall quality of life and fostering a culture of health within communities. In contrast, conducting research on rare diseases would not fit the broader goals of health promotion, as it is more focused on specific medical inquiries rather than empowering individuals. Managing healthcare costs effectively relates to the economic aspects of health systems, and while important, it doesn't directly address the individual empowerment central to health promotion. Strict enforcement of health regulations typically pertains to public health compliance rather than enhancing personal control and health improvement.

5. In the Performance Work Statement (PWS), how is required service output described?

- A. What is to be performed**
- B. How is it performed
- C. Measurable performance
- D. Cost effective

The correct answer emphasizes that the Performance Work Statement (PWS) clearly outlines "what is to be performed." In a PWS, required service output is primarily defined by specifying the tasks and deliverables expected from the contractor. This description serves as a straightforward guideline for both the government and the contractor about the scope of work to be undertaken. By detailing "what is to be performed," the PWS addresses specific services, activities, and products that need to be delivered, thereby ensuring all parties understand their responsibilities and objectives. This clarity is vital as it establishes a baseline for performance expectations, allowing for effective monitoring and assessment of the contractor's outputs. The other options, while relevant to the overall context of service performance, do not focus on the explicit output of services as dictated by the PWS. They may relate to aspects of the performance process or the qualities of the service but do not capture the essence of the required service output as directly as this choice does.

6. What kind of diseases fall under the surveillance conducted by the CDC?

- A. Only emerging diseases
- B. Communicable and chronic diseases**
- C. Non-communicable diseases only
- D. Diseases not affecting large populations

The correct response focuses on the types of diseases that the Centers for Disease Control and Prevention (CDC) monitors through its surveillance efforts. The CDC is responsible for overseeing a wide range of health-related issues, including both communicable diseases (which can spread from person to person) and chronic diseases (long-lasting conditions that may not be infectious but significantly impact public health). Communicable diseases, such as influenza, tuberculosis, and COVID-19, are tracked to control outbreaks and implement vaccination strategies. Chronic diseases, like heart disease and diabetes, are monitored to address risk factors and promote health initiatives aimed at prevention and management. Surveillance of both types of diseases allows the CDC to gather essential data that informs public health policies, guides research, and implements health promotion programs. This comprehensive approach ensures that the full scope of public health challenges is addressed, rather than limiting focus to a narrower category of diseases. In contrast, options that limit the surveillance scope—such as only emerging diseases or non-communicable diseases—do not reflect the CDC's broad mandate. Diseases not affecting large populations also do not align with the CDC's mission, as the organization often focuses on impactful health concerns that may threaten larger groups or communities.

7. Which type of contract may be awarded for specified individuals due to their unique skills or experience?

- A. Non-personal service contract
- B. Blanket Purchase Agreement
- C. Individual service contract**
- D. Concessionaire

The correct answer is focused on the concept of an individual service contract, which is specifically designed for situations where unique skills or experiences are required from specified individuals. These contracts are awarded to individuals rather than organizations or companies, recognizing that their specific expertise will contribute significantly to the success of a project or task. Individual service contracts are typically used when the services needed cannot be easily fulfilled by a standard labor category or when the work requires specialized knowledge that a broader hiring approach would not cover. This tailored contracting method ensures that the agency or organization can access the particular qualifications or niche competencies of the individual, aligning individual capabilities with project requirements. In contrast, non-personal service contracts do not involve direct supervision or control of personnel and are based more on the outcome rather than the individual's unique skills. Blanket Purchase Agreements provide a simplified way to procure services over a period, but they are not specific to individual personnel and typically apply to broader categories of products or services. Concessionaires operate under agreements that allow them to sell goods or services on behalf of another entity, which does not pertain to the unique qualifications of an individual. Thus, individual service contracts are fundamental in scenarios where the distinct talents and experiences of specific individuals are paramount to fulfilling a particular need effectively.

8. How does the CDC suggest integrating mental health into primary care?

- A. By excluding behavioral health discussions
- B. By offering co-located services within primary care settings**
- C. By requiring patients to visit separate facilities
- D. By prioritizing physical health over mental health

The recommendation to integrate mental health into primary care is centered on the concept of offering co-located services within primary care settings. This approach brings mental health professionals into the primary care environment, allowing for collaborative treatment and comprehensive care that addresses both physical and mental health needs simultaneously. By having these services in the same location, patients are more likely to seek help for mental health issues alongside their physical health concerns, leading to improved overall healthcare outcomes. Co-location facilitates better communication between healthcare providers and promotes a holistic view of patient health. It allows for quicker referral processes, reduced stigma associated with seeking mental health care, and typically results in a more seamless patient experience. This integrated approach is part of a broader strategy to foster a healthcare system that sees mental health as an essential component of overall health, rather than something that is separate or secondary to physical health.

9. What does a 'health impact assessment' aim to determine?

- A. The overall satisfaction with healthcare
- B. The potential health effects of a proposed policy, program, or project**
- C. The historical health data of a population
- D. The budget for health initiatives

A health impact assessment (HIA) is primarily focused on identifying and evaluating the potential health effects that could arise from a proposed policy, program, or project before it is implemented. This systematic approach allows stakeholders to consider how various factors, such as environmental changes or new legislation, may influence the health and well-being of a population. By assessing these potential impacts, decision-makers can proactively address any negative health outcomes or enhance positive ones, ultimately guiding policies to promote better health outcomes. This proactive strategy highlights the importance of considering health implications in the planning and development stages of projects, ensuring that health impacts are an integral part of decision-making processes. The other options do not align with the core purpose of an HIA. For instance, evaluating overall satisfaction with healthcare pertains more to patient experience and quality of care, while historical health data focuses on trends and statistics rather than prospective impact assessments. Budget considerations for health initiatives relate to financial planning rather than health outcomes directly associated with specific policies or projects.

10. What funding type is prioritized through the INVS for installation commanders and staff?

- A. APF funding at MAJCOM level
- B. NAF funding at AF level**
- C. NAF funding at MAJCOM level
- D. APF funding at AF level

The correct choice highlights that NAF funding at the Air Force (AF) level is prioritized through the Installation Voluntary Service (INVS) for installation commanders and staff. NAF, or Non-Appropriated Funds, are funds generated by the activities and programs of the installation that do not rely on appropriated military funding. This type of funding is essential for providing various installation services, morale, recreation, and welfare programs, which are critical to enhancing the quality of life for military personnel and their families. In the context of installation commanders and staff, prioritizing NAF funding at the AF level ensures that these leaders have access to the necessary resources to support well-being programs that may not be fully covered by appropriated funds. Furthermore, this level of prioritization allows for more flexibility in addressing immediate needs unique to each installation, thus enhancing the support system at the local level. Other funding types, such as APF (Appropriated Fund) funding, while important, are generally more restricted and must follow specific budgeting processes, which can limit immediate availability for on-the-ground necessities. This distinction showcases why NAF funding at the AF level takes precedence in this context.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://cdc7levelservicesblock1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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