

CERTIFIED IN PUBLIC HEALTH (CPH) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is HEDIS primarily used for in health care delivery?**
 - A. Investigating fraud and abuse violations
 - B. Lobbying for employee health investments
 - C. Measuring the quality of care provided by HMOs
 - D. Providing developmental programming for clinical managers

- 2. What substance's exposure can lead to impaired cognitive development in children?**
 - A. Mercury
 - B. Arsenic
 - C. Lead
 - D. Cadmium

- 3. Which characteristic does NOT apply to a cross-sectional study?**
 - A. Characteristics of "case" are clearly defined
 - B. The study is done on a defined population
 - C. All members of the population should be able to experience the outcome of interest
 - D. Patients are followed for a sufficient period of time for outcome events to occur

- 4. What type of pollution is caused by stormwater runoff from chemically fertilized farm fields?**
 - A. Area source pollution
 - B. Point source pollution
 - C. Accidental and unforeseeable pollution
 - D. Unpreventable and inconsequential pollution

- 5. What describes a progressive employee discipline process?**
 - A. The discipline process is structured as increasingly severe responses to violations.
 - B. The punishment must fit the crime.
 - C. Discipline is not important in the modern health care organization.
 - D. Progressive discipline allows immunity for the first code violation.

- 6. What environmental condition do low-income communities often lack access to?**
- A. Advanced technology
 - B. Reliable healthcare services
 - C. Social and economic amenities
 - D. Quality education
- 7. Which statement accurately describes the financing of health care in the United States?**
- A. Public health services represent approximately half of total expenditures for health care
 - B. Health care expenditures as a percentage of GDP have remained stable within the range of 5%-8% since the 1970s
 - C. Medicare funds most services for the elderly in institutional long-term care facilities
 - D. Medicaid is a Federal-State partnership covering health care for low-income families, elderly, blind, and disabled individuals
- 8. Which of the following is not included in informed consent?**
- A. Risks and benefits
 - B. Technical terms
 - C. Understandable terms
 - D. Research topic
- 9. Which statement about the policy-making process is not true?**
- A. A policy is a blueprint for action
 - B. Policy-making often occurs without complete information
 - C. Only experts play a meaningful role in policy development
 - D. Policies often reflect compromises among key players
- 10. Which option represents a boundary management function in public health?**
- A. Creating cubicles to maximize staff efficiency
 - B. Mapping diabetes incidence in communities
 - C. Reprimanding an employee for sexual harassment
 - D. Scheduling interviews with journalists about outbreaks

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is HEDIS primarily used for in health care delivery?

- A. Investigating fraud and abuse violations
- B. Lobbying for employee health investments
- C. Measuring the quality of care provided by HMOs**
- D. Providing developmental programming for clinical managers

HEDIS, which stands for Healthcare Effectiveness Data and Information Set, is primarily utilized to measure the quality of care provided by Health Maintenance Organizations (HMOs) and other health plans. It serves as a standardized tool that evaluates various aspects of healthcare delivery, including preventive care, chronic disease management, and patient satisfaction. By using HEDIS measures, healthcare organizations can assess their performance relative to established benchmarks and identify areas needing improvement. This promotes accountability and informed decision-making among providers and stakeholders in the healthcare system. HEDIS metrics thus play a pivotal role in ensuring that health plans maintain high standards of care and contribute to the overall improvement of health outcomes for populations they serve. Other options like investigating fraud and abuse, lobbying for health investments, or providing managerial programming do not align with HEDIS's primary purpose, which is focused specifically on quality measurement within healthcare settings, thereby affirming the choice related to measuring care quality.

2. What substance's exposure can lead to impaired cognitive development in children?

- A. Mercury
- B. Arsenic
- C. Lead**
- D. Cadmium

The substance that is most commonly associated with impaired cognitive development in children is lead. Lead exposure can occur through various environmental sources, such as lead-based paints, contaminated soil, and plumbing systems with lead pipes. When ingested or inhaled, lead can accumulate in the body, particularly in children whose developing brains are more vulnerable to its toxic effects. Research has demonstrated that even low levels of lead exposure can result in significant adverse effects on a child's intellectual functioning, including decreased IQ, attention problems, and learning disabilities. These effects can have lasting consequences, influencing academic performance and overall development. While mercury, arsenic, and cadmium also pose health risks and can affect neurological development, lead has the most extensively documented impact on cognitive deficits in children, making it the primary concern in public health discussions regarding environmental toxins and child development. Understanding the specific effects of these substances helps in forming effective strategies for prevention and intervention.

3. Which characteristic does NOT apply to a cross-sectional study?

- A. Characteristics of "case" are clearly defined
- B. The study is done on a defined population
- C. All members of the population should be able to experience the outcome of interest
- D. Patients are followed for a sufficient period of time for outcome events to occur**

In a cross-sectional study, researchers collect data at one specific point in time to assess the prevalence of an outcome or characteristic within a defined population. This type of study is observational and does not involve following subjects over time, which is why it is critical to understand the nature of cross-sectional studies. The characteristic that does not apply is that patients are followed for a sufficient period of time for outcome events to occur. Cross-sectional studies do not examine changes or developments over time; they provide a snapshot of data regarding participants' characteristics and outcomes at a single moment. This is in stark contrast to longitudinal studies, where individuals are followed over extended periods to observe how outcomes change. The other characteristics—having clearly defined case characteristics, relevant to a specific population, and ensuring that all members can experience the outcome of interest—are fundamental to cross-sectional studies. These aspects ensure that the study captures an accurate representation of the population concerning the prevalence of the condition or characteristic being investigated.

4. What type of pollution is caused by stormwater runoff from chemically fertilized farm fields?

- A. Area source pollution**
- B. Point source pollution
- C. Accidental and unforeseeable pollution
- D. Unpreventable and inconsequential pollution

Stormwater runoff from chemically fertilized farm fields is classified as area source pollution because it originates from diffuse sources over a broad area rather than a single, identifiable point. This type of pollution occurs when rainwater or melting snow flows over land and surfaces, picking up various pollutants, including fertilizers, pesticides, and sediments, before reaching water bodies. Because the runoff collects contaminants from a large area rather than a specific discharge point, it is challenging to pinpoint the exact location of the pollutant source. This is in contrast to point source pollution, which can be traced back to a single identifiable source, like a pipe discharging waste into a stream. While stormwater management strategies can mitigate this type of pollution to some extent, the inherent nature of area source pollution makes it a significant challenge for water quality management, especially in agricultural regions where large expanses of land use fertilizers.

5. What describes a progressive employee discipline process?

- A. The discipline process is structured as increasingly severe responses to violations.**
- B. The punishment must fit the crime.
- C. Discipline is not important in the modern health care organization.
- D. Progressive discipline allows immunity for the first code violation.

A progressive employee discipline process is characterized by a structured approach in which responses to violations are increasingly severe. This means that initial infractions may result in a less severe consequence, such as a verbal warning, while repeat offenses or more serious violations can lead to more significant actions, such as written warnings, suspension, or even termination. This approach is designed to provide employees with opportunities to correct their behavior before facing the most severe consequences. It emphasizes fairness and consistency in disciplinary actions, allowing employees to understand the implications of their actions and the importance of adhering to workplace rules. By gradually escalating the consequences, the process aims to encourage improvement and accountability in employee performance. In contrast, other options do not accurately capture the essence of a progressive discipline process. The notion of ensuring that the punishment fits the crime is more about proportionality rather than progression, and claiming that discipline is unimportant in modern healthcare fails to recognize the necessity of maintaining standards and performance in professional environments. Lastly, suggesting that progressive discipline allows immunity for initial violations contradicts the foundational principle that even early infractions are typically addressed to prevent further issues.

6. What environmental condition do low-income communities often lack access to?

- A. Advanced technology
- B. Reliable healthcare services
- C. Social and economic amenities**
- D. Quality education

Low-income communities often experience significant barriers in accessing social and economic amenities, which encompass a variety of resources essential for a stable and fulfilling quality of life. These amenities can include safe and affordable housing, recreational areas, grocery stores with fresh food options, and public transportation. The absence of these resources can limit opportunities for employment, health, and social engagement, which are pivotal for the overall well-being of residents. While reliable healthcare services, advanced technology, and quality education are critical components for community development, the overarching lack of access to social and economic amenities encapsulates broader structural issues that disproportionately affect low-income populations. Inadequate amenities can lead to a cycle of poverty, hindering community members from improving their socio-economic conditions.

7. Which statement accurately describes the financing of health care in the United States?

- A. Public health services represent approximately half of total expenditures for health care
- B. Health care expenditures as a percentage of GDP have remained stable within the range of 5%-8% since the 1970s
- C. Medicare funds most services for the elderly in institutional long-term care facilities
- D. Medicaid is a Federal-State partnership covering health care for low-income families, elderly, blind, and disabled individuals**

The statement that accurately describes the financing of health care in the United States is that Medicaid is a Federal-State partnership covering health care for low-income families, elderly, blind, and disabled individuals. This reflects the structure and purpose of Medicaid, which was designed to provide essential health services to vulnerable populations who might not otherwise have access to necessary care. Medicaid operates through a collaboration between federal and state governments, with funding coming from both levels. This partnership allows states to tailor their programs to meet the specific health care needs of their residents while adhering to federal guidelines. Medicaid covers a comprehensive range of services, ensuring that low-income individuals, including families, the elderly, and those with disabilities, receive the care they require. The other statements contain inaccuracies or do not adequately represent the complexities of health care financing in the U.S. For instance, public health services do not constitute approximately half of the total expenditures for health care, and the percentage of GDP spent on health care has significantly increased, particularly since the 1970s, often exceeding 17%. While Medicare does provide funding for many services for the elderly, it is not the sole payer for all long-term care services, and this complexity is a vital aspect of understanding health care financing.

8. Which of the following is not included in informed consent?

- A. Risks and benefits
- B. Technical terms**
- C. Understandable terms
- D. Research topic

Informed consent is a process that ensures individuals are fully educated about the implications of participating in a study or receiving a treatment. It encompasses several key components aimed at fostering understanding and ensuring that participation is voluntary. The inclusion of risks and benefits is critical in informed consent, as participants need to know what they might face, both positively and negatively. Understandable terms are also a vital aspect; they ensure that the information provided is clear and accessible, allowing participants to make informed decisions. The research topic itself is included as it provides context and understanding of what participants are agreeing to. In contrast, technical terms, while they may be part of the information provided, do not belong in the domain of informed consent if they hinder understanding. The aim of informed consent is to empower participants through clear communication, so clarity must always take precedence over jargon or complex language that could confuse or mislead. Therefore, using technical terms can be counterproductive in the context of informed consent, compromising the very purpose of achieving a well-informed agreement.

9. Which statement about the policy-making process is not true?

- A. A policy is a blueprint for action
- B. Policy-making often occurs without complete information
- C. Only experts play a meaningful role in policy development
- D. Policies often reflect compromises among key players

The statement that "only experts play a meaningful role in policy development" is not true. The policy-making process is inherently inclusive and often involves a variety of stakeholders beyond just experts. These stakeholders can include community members, advocates, politicians, and affected populations. Their perspectives and experiences contribute valuable insights and context that enhance the quality and relevance of policies. In many cases, the lived experiences of community members may highlight issues that experts might overlook. This broad participation helps ensure that policies are responsive to the needs of the population they aim to serve. Moreover, including diverse voices in the policy-making process fosters transparency and builds trust, which can ultimately lead to more effective and sustainable policies.

10. Which option represents a boundary management function in public health?

- A. Creating cubicles to maximize staff efficiency
- B. Mapping diabetes incidence in communities
- C. Reprimanding an employee for sexual harassment
- D. Scheduling interviews with journalists about outbreaks

The selection of scheduling interviews with journalists about outbreaks as a representation of boundary management function in public health is rooted in the concept of effectively managing the relationship between public health entities and external stakeholders, including the media. When health officials engage with journalists, they are strategically communicating important information, addressing public concerns, and ensuring accurate dissemination of health-related news. This process helps manage public perception and understanding of health issues, especially during outbreaks, thereby clarifying the role of public health organizations in protecting community health. Although other functions listed may relate to various aspects of public health operations, they do not specifically focus on managing the interface between the organization and outside entities. Mapping diabetes incidence focuses on data analysis and does not involve boundary management with external communication. Creating cubicles relates to internal organization rather than how the agency interacts outside. Reprimanding an employee pertains to human resources and organizational behavior, not external communications. Thus, the chosen activity clearly aligns with the boundary management function, as it involves navigating and fostering relationships with the media and the public during critical health situations.

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://cph.examzify.com>

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

SAMPLE