

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is the empirical argument for banning cigarette advertising to children?**
 - A. When children receive a free cigarette, they begin smoking routinely
 - B. Outdoor advertising affects child behavior
 - C. Advertising leads to erratic adult smoking behavior
 - D. Restricting advertising will decrease smoking by children

- 2. What does an odds ratio of 2.0 indicate in a study comparing ovarian cancer cases to controls in relation to radiation exposure?**
 - A. Women with ovarian cancer had 2.0 times the risk of exposure compared to women without the disease.
 - B. Women exposed to radiation had a 2.0 times greater risk of developing ovarian cancer.
 - C. Cancer cases had 2.0 times the odds of exposure when compared to women with other cancers.
 - D. Cancer cases had 2.0 times the odds of exposure compared to community controls.

- 3. What is one of the core functions of public health according to the Institute of Medicine?**
 - A. Refining the definition of populations
 - B. Create solutions for population health issues
 - C. Ensure health policy includes "population health"
 - D. Develop new models for public health problems

- 4. Biological, environmental, behavioral, organizational, political, and social factors that contribute to the health status of individuals, groups, and communities are commonly referred to as?**
 - A. Health behavior causal factors
 - B. Social ecology factors
 - C. Needs assessment factors
 - D. Determinants of health

- 5. What is the main objective of the National Environmental Policy Act of 1969?**
- A. To subject a proposed major project or action to an environmental review
 - B. To ensure that an important industrial project or action is constructed
 - C. To ensure that the environment is protected at all cost
 - D. To achieve sustainable development while relieving community concerns
- 6. What is the best recommended screening method for lung cancer?**
- A. X-ray examination annually
 - B. Blood test annually
 - C. No screening recommended
 - D. Sputum cytology every 3 years
- 7. What is often considered the most difficult part of the policy process in health legislation?**
- A. The politics of health care are value laden
 - B. The need for funds to hire lobbyists
 - C. Opinions from major political parties
 - D. Ability to keep legislation on the agenda
- 8. Which type of assessment provides insights about community assets and needs?**
- A. Environmental assessment
 - B. Needs assessment
 - C. Process evaluation
 - D. Summative evaluation
- 9. Which of the following is primarily responsible for establishing air quality monitoring stations?**
- A. Local health departments
 - B. Environmental Protection Agency
 - C. State Implementation Plans
 - D. Community organizations

10. Which method provides the most accurate exposure assessment for workers?

- A. Determination of the chemical in the air
- B. Biomonitoring determination of metabolites of the chemicals in blood and urine
- C. Determination of the chemical on the skin
- D. Estimation of the exposure by taking an occupational history

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Answers

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

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Explanations

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1. What is the empirical argument for banning cigarette advertising to children?

- A. When children receive a free cigarette, they begin smoking routinely
- B. Outdoor advertising effects child behavior
- C. Advertising leads to erratic adult smoking behavior

D. Restricting advertising will decrease smoking by children

The empirical argument for banning cigarette advertising to children is based on the understanding that restricting exposure to tobacco advertising can lead to a decrease in smoking among children. Research has consistently shown that advertising plays a significant role in shaping perceptions and behaviors, particularly among younger audiences who are more impressionable. Children are highly susceptible to marketing tactics, and exposure to cigarette advertising can normalize smoking and increase the likelihood that they will start smoking as adolescents or adults. By restricting advertising aimed at children, it is possible to reduce their exposure to pro-smoking messages, thereby lowering the chances that they will initiate smoking. Public health initiatives targeting the reduction of youth smoking often include measures to limit tobacco advertising as a strategy to combat this issue, emphasizing the potential positive impact of such restrictions on public health outcomes. This rationale is supported by various studies that demonstrate that as tobacco advertising decreases, youth smoking rates also tend to decline, reinforcing the empirical basis for this argument.

2. What does an odds ratio of 2.0 indicate in a study comparing ovarian cancer cases to controls in relation to radiation exposure?

- A. Women with ovarian cancer had 2.0 times the risk of exposure compared to women without the disease.
- B. Women exposed to radiation had a 2.0 times greater risk of developing ovarian cancer.
- C. Cancer cases had 2.0 times the odds of exposure when compared to women with other cancers.

D. Cancer cases had 2.0 times the odds of exposure compared to community controls.

An odds ratio of 2.0 in this context signifies that ovarian cancer cases had twice the odds of having been exposed to radiation compared to community controls. This means that when you look at the number of women with ovarian cancer, they are twice as likely to have had radiation exposure when contrasted with women who do not have the disease, represented by the community controls. This statistic helps in understanding the association between radiation exposure and the likelihood of developing ovarian cancer. When interpreting an odds ratio, it is particularly insightful because it focuses on the presence of the condition (ovarian cancer, in this case) and how that relates to a potential risk factor (radiation exposure), providing essential information about the strength of the association. In this scenario, the other answer choices do not reflect the accurate relationship established by the odds ratio in question. The correct interpretation aligns with assessing the relative likelihood of exposure among cases compared to controls, emphasizing the increased odds for those affected by the disease.

3. What is one of the core functions of public health according to the Institute of Medicine?

- A. Refining the definition of populations
- B. Create solutions for population health issues**
- C. Ensure health policy includes "population health"
- D. Develop new models for public health problems

One of the core functions of public health, as identified by the Institute of Medicine, emphasizes addressing and creating solutions for population health issues. This focuses on the proactive development and implementation of strategies designed to improve health outcomes for communities. By addressing specific health issues that affect large groups, public health professionals can work towards mitigating disease, promoting health, and implementing evidence-based interventions that lead to better health indicators within the population. Creating solutions for population health issues involves a comprehensive understanding of the determinants of health, the needs of diverse communities, and the resources available to address these challenges. Solutions may include preventive measures, health education campaigns, policy changes, and the allocation of resources, all aimed at improving the overall health and well-being of the population. This core function underscores the importance of data-driven decision-making and collaborative approaches to public health, ensuring that interventions are not only effective but also equitable and culturally appropriate.

4. Biological, environmental, behavioral, organizational, political, and social factors that contribute to the health status of individuals, groups, and communities are commonly referred to as?

- A. Health behavior causal factors
- B. Social ecology factors
- C. Needs assessment factors
- D. Determinants of health**

The term "determinants of health" encompasses a broad range of factors that influence the health status of individuals, groups, and populations. These determinants include biological factors like genetics and physiology, environmental factors such as living conditions and exposure to pollutants, and behavioral aspects like lifestyle choices and habits. Additionally, organizational factors such as healthcare access and community resources, along with political elements like health policies and regulations, as well as social influences including cultural norms and social networks, all play significant roles in shaping health outcomes. By framing health in this manner, the concept highlights the interrelatedness of various forces that affect health, moving beyond individual behaviors to incorporate a wider perspective that includes social and environmental influences. This comprehensive view is essential for public health practitioners as they develop strategies to improve the health of communities, targeting multiple areas for intervention rather than focusing solely on direct health behaviors. Understanding these determinants is crucial for effective public health planning and intervention, which aims to create healthier environments and communities by addressing the numerous factors that contribute to health disparities and overall well-being.

5. What is the main objective of the National Environmental Policy Act of 1969?

- A. To subject a proposed major project or action to an environmental review**
- B. To ensure that an important industrial project or action is constructed
- C. To ensure that the environment is protected at all cost
- D. To achieve sustainable development while relieving community concerns

The main objective of the National Environmental Policy Act (NEPA) of 1969 is to ensure that all major federal projects and actions undergo a thorough environmental review process. This legislation requires federal agencies to assess the environmental effects of their proposed actions before making decisions, which is foundational in promoting informed decision-making. By mandating the preparation of an Environmental Impact Statement (EIS) or Environmental Assessment (EA), NEPA serves to identify potential environmental consequences and consider alternatives, thus providing a framework for the public to have a voice in projects that could affect their community and environment. While other options touch upon elements related to environmental protection, they do not encapsulate NEPA's primary purpose, which is specifically focused on the review and disclosure process for major projects. This review aims to balance economic development with environmental integrity, but the crux of NEPA is the requirement for evaluation, making it fundamental to the environmental planning process in the United States.

6. What is the best recommended screening method for lung cancer?

- A. X-ray examination annually
- B. Blood test annually
- C. No screening recommended**
- D. Sputum cytology every 3 years

The best recommended screening method for lung cancer among the options provided is that no screening is recommended for the general population, highlighting the importance of targeted screening protocols for specific high-risk groups rather than a blanket recommendation for everyone. Current guidelines suggest that lung cancer screening should only be conducted in certain populations, particularly individuals aged 55 to 80 years who have a significant history of smoking (e.g., a smoking history of at least 30 pack-years). For these individuals, low-dose computed tomography (LDCT) is the recommended screening method, not the options listed. The rationale behind the recommendation of no general screening is based on research indicating that conventional methods like annual chest X-rays or sputum cytology do not significantly reduce lung cancer mortality in the general population. Moreover, these methods can result in false positives, unnecessary anxiety, and invasive procedures without substantial benefits in terms of early detection. This approach underscores the importance of personalized healthcare, where screening is reserved for people at elevated risk instead of applying a standard screening strategy across all demographics.

7. What is often considered the most difficult part of the policy process in health legislation?

- A. The politics of health care are value laden
- B. The need for funds to hire lobbyists
- C. Opinions from major political parties
- D. Ability to keep legislation on the agenda**

The ability to keep legislation on the agenda is considered one of the most challenging aspects of the policy process in health legislation due to the dynamic nature of political priorities and public discourse. In the context of health policymaking, numerous issues compete for attention and resources. As new health concerns or crises arise, legislators and policymakers may shift their focus away from ongoing health initiatives or proposed bills. Once a piece of legislation is introduced, it must navigate through various stages of discussion, negotiation, and potential changes before it can be enacted. Keeping it relevant and prioritized on the legislative agenda requires continuous advocacy, strategic communications, and sometimes coalition-building among stakeholders who are invested in the outcomes. If a bill does not maintain momentum, it risks being overshadowed by other pressing issues or losing support from key decision-makers, leading to its eventual stagnation or failure. In contrast, while the politics of health care being value laden, the need for funds to hire lobbyists, and opinions from major political parties are indeed significant factors influencing the policy process, they tend to play a role within the larger context of agenda setting and maintaining legislative momentum. All these elements are interconnected, but the challenge of sustaining visibility and urgency around a specific piece of legislation stands out as a critical hurdle for effective

8. Which type of assessment provides insights about community assets and needs?

- A. Environmental assessment
- B. Needs assessment**
- C. Process evaluation
- D. Summative evaluation

A needs assessment is specifically designed to identify and analyze community assets, gaps, and needs. It focuses on understanding the strengths and weaknesses within a community, as well as the resources available to meet the identified needs. This type of assessment employs various methods such as surveys, interviews, and focus groups to gather information directly from community members and stakeholders. The insights gained from a needs assessment allow public health professionals to develop targeted interventions and allocate resources effectively, ensuring that programs are designed to address the real issues faced by the community. In comparison, an environmental assessment primarily looks at the external factors affecting health, such as air quality or access to healthcare resources, rather than directly engaging with the community to identify their specific needs and assets. Process evaluation examines the implementation of programs to determine how well they are functioning, while summative evaluation assesses the overall impact and outcomes of interventions after they have been implemented. Neither of these types of assessments is focused on the identification of community needs and assets in the same comprehensive manner as a needs assessment.

9. Which of the following is primarily responsible for establishing air quality monitoring stations?

- A. Local health departments
- B. Environmental Protection Agency**
- C. State Implementation Plans
- D. Community organizations

The Environmental Protection Agency (EPA) is primarily responsible for establishing air quality monitoring stations. The agency plays a critical role in setting and enforcing regulations to protect air quality under the Clean Air Act, which includes establishing networks of monitoring stations to assess the quality of the air in various locations. These stations collect data on pollutants, which is essential for evaluating compliance with air quality standards, informing the public about air quality levels, and guiding policy decisions aimed at reducing pollution and protecting public health. While local health departments and community organizations may contribute to monitoring efforts and community outreach, they do not have the primary authority to establish and regulate a formal network of air quality monitoring stations. State Implementation Plans refer to state-level strategies to comply with federal air quality standards but do not directly set up monitoring stations themselves. Instead, they typically outline how each state intends to achieve and maintain standards set by the EPA. Therefore, the EPA's role is central and crucial in establishing the infrastructure necessary for air quality monitoring nationwide.

10. Which method provides the most accurate exposure assessment for workers?

- A. Determination of the chemical in the air
- B. Biomonitoring determination of metabolites of the chemicals in blood and urine**
- C. Determination of the chemical on the skin
- D. Estimation of the exposure by taking an occupational history

Biomonitoring, which involves assessing metabolites of chemicals in blood and urine, offers the most accurate exposure assessment for workers. This method directly measures the body's response to exposure by analyzing biological samples, providing a comprehensive view of how much of a substance has been absorbed and its potential effects on health. Unlike environmental measures, biomonitoring accounts for all pathways of exposure, including inhalation, ingestion, and dermal contact. Additionally, it reflects the actual internal dose that can impact biological systems, making it a preferred choice when precision is crucial. In contrast, determining chemicals in the air, on the skin, or through occupational history may not capture the full scope of exposure. Air sampling may miss short-term spikes or variations in exposure levels. Skin assessments can be influenced by various factors such as clothing or the specific activities of an individual and may not provide a complete measure of internal exposure. Estimating exposure through occupational history relies on recall and may introduce bias or inaccuracies, as individuals may not accurately report their exposure levels or history. Thus, biomonitoring stands out as the most reliable method for assessing worker exposure to harmful substances.

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:

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

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