

CHNI Public Health Nursing (PHN) Board Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. The Food Guide Pyramid recommends how many servings of vegetables?**
 - A. 4**
 - B. 2**
 - C. 3**
 - D. 5**
- 2. What is a significant consequence of relying solely on breastmilk for children beyond 6 months?**
 - A. Xerophthalmia**
 - B. Beriberi**
 - C. Anemia**
 - D. Zinc deficiency**
- 3. Among the options, which best describes a specific initiative for child nutrition programming?**
 - A. Plan**
 - B. Program**
 - C. Project**
 - D. Event**
- 4. Which of the following indices is less commonly used to assess the anthropometric status of children aged 0-5 years?**
 - A. Height-for-age**
 - B. Weight-for-height**
 - C. Weight-for-age**
 - D. Head circumference-for-age**
- 5. Which of the following can increase fluid and nutrient loss in the body?**
 - A. Inadequate food supply**
 - B. Presence of illness**
 - C. Overpopulation**
 - D. Poor sanitation**

- 6. What kind of problems hinder a person's ability to ingest food?**
- A. Interfere with nutrient absorption**
 - B. Interfere with nutrient utilization**
 - C. Interfere with ingestion**
 - D. Increase nutrient requirements**
- 7. What is the role of local governments in the context of national nutritional initiatives?**
- A. Conduct research**
 - B. Execute action plans**
 - C. Manage funds**
 - D. Establish regulations**
- 8. Which dietary assessment method is generally not recommended to ascertain usual intake?**
- A. Food frequency**
 - B. Food record**
 - C. 24-hour recall**
 - D. Diet history**
- 9. Which type of plan is typically broader in scope compared to a specific project?**
- A. Activity**
 - B. Program**
 - C. Research**
 - D. Policy**
- 10. How is "recommended nutrient intake" defined?**
- A. Level needed only for specific health conditions**
 - B. Minimum intake level to avoid deficiencies**
 - C. Level that avoids both deficits and excesses**
 - D. Any amount exceeding dietary allowance**

Answers

SAMPLE

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

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Explanations

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1. The Food Guide Pyramid recommends how many servings of vegetables?

A. 4

B. 2

C. 3

D. 5

The Food Guide Pyramid, a nutritional guideline used to promote healthy eating, recommends that individuals consume a specific number of servings from different food groups, including vegetables. The correct recommendation is for individuals to aim for about 3 to 5 servings of vegetables each day. This range acknowledges the importance of vegetables in providing essential vitamins, minerals, and dietary fiber, which all contribute to overall health. The emphasis on a balanced intake of vegetables also aligns with guidelines suggesting variety in types of vegetables consumed, as different colors and types offer diverse nutrients. Aiming for 4 servings focuses on an adequate intake that supports the health benefits associated with eating vegetables, such as reducing the risk of chronic diseases and promoting digestive health.

2. What is a significant consequence of relying solely on breastmilk for children beyond 6 months?

A. Xerophthalmia

B. Beriberi

C. Anemia

D. Zinc deficiency

Relying solely on breastmilk for children beyond 6 months can lead to anemia, primarily due to the insufficient intake of iron. While breastmilk provides many essential nutrients, its iron content is relatively low, and as infants grow and their iron needs increase, breastmilk alone may not meet these needs. Around the 6-month mark, babies typically require additional sources of iron to support their growth and development. If appropriate complementary foods rich in iron are not introduced, the risk of developing iron deficiency anemia increases, which can impact cognitive and physical development. Iron-rich foods like meats, fortified cereals, and legumes are essential after 6 months to ensure adequate iron intake. Therefore, the absence of these foods can result in anemia, affecting not only hemoglobin levels but overall health and development.

3. Among the options, which best describes a specific initiative for child nutrition programming?

- A. Plan**
- B. Program**
- C. Project**
- D. Event**

The choice that best describes a specific initiative for child nutrition programming is a "Program." In the context of public health and child nutrition, a program typically refers to a structured and ongoing set of activities designed to achieve specific health objectives, such as improving dietary habits among children, reducing malnutrition rates, or enhancing access to healthy food options. A program usually includes multiple components, such as educational efforts, community outreach, partnerships with local organizations, and ongoing evaluation to measure effectiveness. In child nutrition, it would encompass coordinated actions targeted at children, families, schools, and communities to foster better nutritional health. The other choices, while related, do not fully encapsulate the breadth and ongoing nature associated with a singular initiative aimed at child nutrition. A plan suggests a strategy that may not yet have been implemented, a project often denotes a time-limited endeavor with specific objectives, and an event typically refers to a one-time occurrence rather than an ongoing initiative. Thus, "Program" is the most appropriate term to represent a comprehensive initiative focused on child nutrition.

4. Which of the following indices is less commonly used to assess the anthropometric status of children aged 0-5 years?

- A. Height-for-age**
- B. Weight-for-height**
- C. Weight-for-age**
- D. Head circumference-for-age**

Head circumference-for-age is less commonly used to assess the anthropometric status of children aged 0-5 years primarily because it focuses on brain growth and development rather than overall nutritional status or growth patterns related to height and weight. While head circumference is an important measurement for assessing neurological development and can indicate conditions such as malnutrition or developmental delays, it does not provide a comprehensive overview of a child's nutritional status. In contrast, height-for-age, weight-for-height, and weight-for-age are more frequently employed indices that offer insights into different aspects of growth—stunting, wasting, and underweight, respectively. These measurements help health professionals assess the growth trajectory of children and are essential for determining appropriate interventions and resources to support healthy development. Ultimately, the practical application and relevance of these other indices make them more common choices in routine assessments of anthropometric status in young children.

5. Which of the following can increase fluid and nutrient loss in the body?

- A. Inadequate food supply**
- B. Presence of illness**
- C. Overpopulation**
- D. Poor sanitation**

The presence of illness is a significant factor that can increase fluid and nutrient loss in the body. When an individual is ill, especially with conditions such as fever, diarrhea, or vomiting, there is often an increased demand for fluids and nutrients. The body requires more resources to fight the infection, repair tissues, and maintain overall metabolic functions. Illness can also impair the body's ability to absorb nutrients efficiently, leading to further deficiencies. For instance, infections can cause inflammation that alters the permeability of the gastrointestinal tract, making it harder for the body to take up nutrients. Additionally, illnesses can lead to symptoms like sweating, which can result in fluid loss. Thus, the physiological processes associated with various illnesses create a situation where fluid and nutrient loss is markedly increased, necessitating careful management and replenishment.

6. What kind of problems hinder a person's ability to ingest food?

- A. Interfere with nutrient absorption**
- B. Interfere with nutrient utilization**
- C. Interfere with ingestion**
- D. Increase nutrient requirements**

The correct choice, which focuses on the interference with ingestion, addresses the direct challenges that impact a person's ability to take in food. Ingestion refers to the physical act of consuming food, which can be influenced by several factors including mouth and throat conditions, dental issues, neurological disorders, or psychological barriers such as anorexia or depression. Issues that impair the mechanics of chewing, swallowing, or the desire to eat can significantly hinder someone's ability to ingest food. For instance, if a person has difficulty swallowing (dysphagia), they may avoid eating due to fear of choking, leading to inadequate intake of nutrition. Similarly, dental pain or missing teeth can make eating difficult, which directly affects ingestion. Although the other options involve important aspects of nutrition and metabolism—like nutrient absorption or utilization—these do not specifically address the initial step of getting food into the body. Therefore, while they represent significant issues concerning overall nutrition and health, they do not pertain to the immediate act of ingestion itself.

7. What is the role of local governments in the context of national nutritional initiatives?

- A. Conduct research**
- B. Execute action plans**
- C. Manage funds**
- D. Establish regulations**

Local governments play a critical role in executing action plans related to national nutritional initiatives. This responsibility involves implementing the strategies and programs designed to improve nutrition within their communities, ensuring that the initiatives align with local needs and challenges. By executing action plans, local governments can tailor national strategies to fit regional characteristics, such as cultural dietary preferences and socioeconomic factors. They are typically responsible for the on-the-ground activities, such as organizing community outreach, conducting nutrition education programs, and collaborating with local stakeholders to enhance access to healthy foods. This direct involvement is essential for effective implementation and helps to translate national policy into practical outcomes that improve public health at the community level. The other options, while related to public health initiatives, do not capture the primary operational function of local governments in this context. Conducting research is generally more suited to academic or specialized institutions, managing funds is often a role of both local and higher levels of government in collaboration with agencies, and establishing regulations typically falls under the purview of broader governmental bodies rather than localized execution of initiatives. Therefore, the execution of action plans is the most accurate representation of local governments' role within national nutritional initiatives.

8. Which dietary assessment method is generally not recommended to ascertain usual intake?

- A. Food frequency**
- B. Food record**
- C. 24-hour recall**
- D. Diet history**

The 24-hour recall method is typically not recommended for assessing usual dietary intake because it provides a snapshot of a person's food consumption over a single day, which may not be a reliable representation of their habitual intake. This method relies on a person's memory and can be influenced by various factors such as recent dietary changes, atypical eating patterns, or recall bias. While it is often quick and easy to administer, its limitations make it less effective for capturing a comprehensive picture of an individual's usual diet over time. In contrast, other methods like food frequency questionnaires, food records, and diet histories allow for a broader and more inclusive assessment of dietary habits over a longer period. Food frequency questionnaires can identify how often specific foods are consumed, food records require individuals to consistently document their intake over a specified period, and diet history involves a thorough exploration of habitual dietary patterns, making these methods more appropriate for discerning usual intake.

9. Which type of plan is typically broader in scope compared to a specific project?

- A. Activity**
- B. Program**
- C. Research**
- D. Policy**

The correct answer is that a program plan is broader in scope compared to a specific project. A program encompasses a series of related projects and activities aimed at achieving a common goal or addressing a larger public health issue. Programs are designed to create long-term impacts and often involve multiple stakeholders, resources, and strategies over an extended period. In contrast, a project focuses on a specific objective or task with a defined duration and scope. While a project may be part of a larger program, it is more limited in its goals and resources. The other options do not represent plans with the same breadth of scope. An activity refers to individual tasks or actions within a project or program, typically more focused and specific. Research involves the systematic investigation into a specific question or problem and does not encompass broader objectives like those found in programs. Policy represents guidelines or principles that govern decisions within public health but is not a plan in the way that a program is organized around achieving specific health outcomes.

10. How is "recommended nutrient intake" defined?

- A. Level needed only for specific health conditions**
- B. Minimum intake level to avoid deficiencies**
- C. Level that avoids both deficits and excesses**
- D. Any amount exceeding dietary allowance**

The definition of "recommended nutrient intake" refers to the amount of a particular nutrient that is considered adequate to meet the needs of most individuals in a specific population. This level is determined not only to prevent deficiencies but also to avoid excesses, which can lead to health problems. By establishing a range that maintains a balance, recommended nutrient intake plays a crucial role in promoting overall health and well-being. This concept emphasizes the importance of both adequate intake and the avoidance of high consumption levels, which can cause toxicity or adverse health effects. Thus, the recommended nutrient intake is designed to ensure that individuals receive sufficient nutrients to support bodily functions while minimizing the risk of negative outcomes associated with both deficiency and excess.