

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

Study Guide



Everything you need from our exam experts!

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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 primary purpose of randomization in experimental studies?**
 - A. Treatment and control groups are alike in all respects except treatment**
 - B. Bias in observations is eliminated**
 - C. Assignment occurs by chance**
 - D. Placebo effects are eliminated**

- 2. In which sampling method are individuals divided into subgroups based on characteristics, and then random samples are selected from each subgroup?**
 - A. Systematic sampling**
 - B. Cluster sampling**
 - C. Stratified sampling**
 - D. Simple random sampling**

- 3. Which factor is an immediate rather than an underlying cause of malnutrition?**
 - A. Inadequate food supply**
 - B. Poor sanitation**
 - C. Presence of infections and diseases**
 - D. Inadequate income**

- 4. What does the concept of specificity measure in nutrition assessments?**
 - A. The accuracy of the general nutritional status**
 - B. The ability to recognize truly healthy individuals**
 - C. The ability of a measurement to identify malnourished individuals**
 - D. The overall prevalence of a condition in a population**

- 5. Which method is the first step in identifying malnutrition?**
 - A. Measuring nutrient levels in the blood**
 - B. Measuring a person's height and weight**
 - C. Assessing dietary adequacy**
 - D. Conducting a metabolic assessment**

- 6. Which nutritional assessment method is used to measure anatomic lesions?**
- A. Anthropometric**
 - B. Biochemical**
 - C. Clinical**
 - D. Dietary**
- 7. Between the ages of 2 and 4 years, what typically happens to a child's appetite?**
- A. A child's appetite increases enormously**
 - B. A child's appetite tends to decrease**
 - C. A child's eating habits stabilize**
 - D. A child usually tries a new food**
- 8. To what does the term 'action plan' most commonly refer in public health practice?**
- A. A detailed procedure for implementation**
 - B. A broad set of guidelines**
 - C. A list of funding sources**
 - D. A regulatory framework**
- 9. Which legislation strengthened the barangay nutrition program by introducing a Barangay Nutrition Scholar in every barangay?**
- A. a. PD 1567**
 - B. b. PD 1569**
 - C. c. PD 491**
 - D. d. None of the above**
- 10. Which two hormones are primarily secreted by the placenta during pregnancy?**
- A. Prolactin and estrogen**
 - B. Human placental lactogen (HPL) and estrogen**
 - C. Human chorionic throtropin (HCT) and progesterone**
 - D. Progesterone and estrogen**

Answers

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

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Explanations

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1. What is the primary purpose of randomization in experimental studies?

- A. Treatment and control groups are alike in all respects except treatment**
- B. Bias in observations is eliminated**
- C. Assignment occurs by chance**
- D. Placebo effects are eliminated**

The primary purpose of randomization in experimental studies is to ensure that treatment and control groups are alike in all respects except for the treatment itself. By randomly assigning participants to either group, researchers can effectively balance both known and unknown confounding variables across the groups. This helps to isolate the effect of the treatment being tested, making it more likely that any differences in outcomes can be attributed to the treatment rather than to some other factor. Through randomization, the random assignment process reduces selection bias, thereby enhancing the internal validity of an experiment. It does not necessarily eliminate bias in observations, nor does it directly address the issue of placebo effects. The main aim is to create comparable groups to enhance the reliability of the results derived from the study. This allows for stronger conclusions regarding the efficacy of the treatment being examined.

2. In which sampling method are individuals divided into subgroups based on characteristics, and then random samples are selected from each subgroup?

- A. Systematic sampling**
- B. Cluster sampling**
- C. Stratified sampling**
- D. Simple random sampling**

Stratified sampling is the method in which individuals are divided into subgroups known as strata, based on specific characteristics such as age, income level, or education level. After forming these subgroups, random samples are drawn from each stratum. This technique is particularly useful when researchers want to ensure that the sample reflects certain characteristics of the population, enhancing the representativeness of the sample and improving the accuracy of the estimates. By sampling from each subgroup, stratified sampling helps to reduce sampling bias and can lead to more precise results compared to methods that do not consider the characteristics of the population. In different sampling methods such as systematic sampling, a fixed interval is used to select samples (e.g., selecting every 10th individual). In cluster sampling, entire groups or clusters are selected at once rather than individuals from subgroups, which can lead to less precision if the clusters are not homogeneous. Simple random sampling involves selecting individuals from the population entirely at random without consideration of any specific characteristics, which may not account for the diversity present in the population.

3. Which factor is an immediate rather than an underlying cause of malnutrition?

- A. Inadequate food supply**
- B. Poor sanitation**
- C. Presence of infections and diseases**
- D. Inadequate income**

The presence of infections and diseases is considered an immediate cause of malnutrition because it directly impacts the body's ability to absorb nutrients and utilize them effectively. When an individual experiences infections or diseases, there is often an increased metabolic demand and a reduction in appetite, which can lead to decreased food intake and nutrient absorption. As a result, the individual may suffer from acute malnutrition as their body struggles to recover from the illness while simultaneously dealing with inadequate nutrition. In contrast, the other factors listed are considered underlying causes. Inadequate food supply reflects systemic issues related to food distribution and availability, which affects overall access to nutritious food. Poor sanitation poses risks for spreading diseases, which indirectly contributes to malnutrition by increasing susceptibility to infections. Inadequate income affects access to food and resources needed for proper nutrition but does so over a longer term, making it an underlying rather than immediate cause. Understanding these distinctions helps in addressing malnutrition effectively by targeting both immediate health concerns and broader social determinants.

4. What does the concept of specificity measure in nutrition assessments?

- A. The accuracy of the general nutritional status**
- B. The ability to recognize truly healthy individuals**
- C. The ability of a measurement to identify malnourished individuals**
- D. The overall prevalence of a condition in a population**

The concept of specificity in nutrition assessments primarily focuses on the ability to correctly identify individuals who are truly healthy among a population. This means that a specific test or measurement effectively recognizes those who do not have a particular nutritional deficiency or condition. In a public health context, having high specificity is essential as it minimizes the likelihood of false-positive results, ensuring that healthy individuals are not mistakenly identified as needing intervention for malnutrition or other nutritional issues. High specificity supports accurate public health decisions and interventions by ensuring resources are directed towards those who genuinely need assistance. This accuracy enhances effective program planning and evaluation of nutritional health in populations. The other options do not align with the definition of specificity; they focus on general accuracy, identifying malnourished individuals, or prevalence, which relate more to sensitivity or broader epidemiological measures than to the precise aim of specificity.

5. Which method is the first step in identifying malnutrition?

- A. Measuring nutrient levels in the blood**
- B. Measuring a person's height and weight**
- C. Assessing dietary adequacy**
- D. Conducting a metabolic assessment**

The first step in identifying malnutrition involves assessing dietary adequacy. This initial assessment focuses on understanding an individual's nutritional intake and dietary patterns, which are crucial for evaluating their nutritional status. By examining what a person eats, health professionals can identify potential deficiencies or imbalances in nutrient intake that may lead to malnutrition. Measuring nutrient levels in the blood, while important for diagnosing specific deficiencies, typically comes after a more comprehensive assessment of dietary habits. Similarly, measuring height and weight provides essential information about the individual's growth status and body composition but does not directly assess nutritional intake. Conducting a metabolic assessment can help understand the body's utilization of nutrients, but it requires a foundation of dietary information to make sense of the metabolic data collected. Therefore, starting with an assessment of dietary adequacy lays the groundwork for a thorough evaluation of malnutrition.

6. Which nutritional assessment method is used to measure anatomic lesions?

- A. Anthropometric**
- B. Biochemical**
- C. Clinical**
- D. Dietary**

The clinical nutritional assessment method is valuable for evaluating a person's overall health and nutritional status by examining the physical signs and symptoms of nutrient deficiencies or excesses. This method specifically includes the identification of anatomic lesions, which are physical alterations in body tissues that can indicate nutritional deficiencies. For instance, a healthcare provider may observe specific skin rashes, swollen gums, or changes in hair and nails, all of which are manifestations that can be linked to inadequate intake of certain nutrients. This approach allows practitioners to identify and document these physical changes, which can be crucial for making appropriate dietary and health recommendations. While anthropometric measurements focus on body size and composition, biochemical assessments involve laboratory analysis of blood and urine for nutrient levels, and dietary assessments evaluate food intake, each of which plays a role in a comprehensive nutritional assessment but does not directly assess anatomic lesions like the clinical method does.

7. Between the ages of 2 and 4 years, what typically happens to a child's appetite?

- A. A child's appetite increases enormously**
- B. A child's appetite tends to decrease**
- C. A child's eating habits stabilize**
- D. A child usually tries a new food**

During the ages of 2 to 4 years, it is common for a child's appetite to decrease. This phase, often referred to as "the toddler years," coincides with significant growth and developmental milestones. After the rapid growth seen in infancy, children typically experience a slower rate of growth during these early childhood years, which translates to a decreased need for caloric intake. As children gain more independence and begin to assert their preferences, they may also show a decline in interest in food or exhibit picky eating behaviors. This natural decrease in appetite is a normal aspect of their development and usually stabilizes as they approach school age. It is important for caregivers to remain patient and encourage healthy eating habits without forcing food, as this can help foster a positive relationship with food ultimately benefiting a child's nutritional health in the long run.

8. To what does the term 'action plan' most commonly refer in public health practice?

- A. A detailed procedure for implementation**
- B. A broad set of guidelines**
- C. A list of funding sources**
- D. A regulatory framework**

The term 'action plan' in public health practice is most commonly understood as a detailed procedure for implementation. An action plan outlines specific steps and tasks necessary to achieve defined goals and objectives within a public health initiative. This plan typically includes timelines, responsible parties, resources needed, and evaluation methods to assess progress. By setting clear actions and accountability measures, public health professionals can effectively mobilize resources, coordinate efforts among various stakeholders, and ensure that strategies are enacted. An action plan is pivotal in translating broad public health goals into actionable and measurable activities that drive progress. While broad sets of guidelines, lists of funding sources, and regulatory frameworks play important roles in public health, they do not represent the focused and structured approach inherent to an action plan. The essence of an action plan lies in its specificity and practicality, which is critical for successful implementation within the field.

9. Which legislation strengthened the barangay nutrition program by introducing a Barangay Nutrition Scholar in every barangay?

A. a. PD 1567

B. b. PD 1569

C. c. PD 491

D. d. None of the above

The legislation that strengthened the barangay nutrition program by introducing a Barangay Nutrition Scholar in every barangay is PD 1569. This law aimed to enhance the nutritional welfare of communities by designating scholars specifically to focus on nutrition issues at the grassroots level. By incorporating a Barangay Nutrition Scholar, the program sought to ensure that each barangay has a dedicated individual responsible for addressing nutritional needs, promoting health education, and implementing community nutrition programs. This added layer of support allows for better local engagement and responsiveness to the unique nutritional challenges faced by each community, thus fostering a more organized and effective approach to improving public health nutrition. The inclusion of a trained scholar enhances the capability of local governments to assess nutritional issues and implement appropriate programs tailored to their populations' specific needs.

10. Which two hormones are primarily secreted by the placenta during pregnancy?

A. Prolactin and estrogen

B. Human placental lactogen (HPL) and estrogen

C. Human chorionic throtropin (HCT) and progesterone

D. Progesterone and estrogen

During pregnancy, the placenta plays a crucial role in hormone production to support the developing fetus and maintain the pregnancy. Among the hormones secreted, progesterone and estrogen are the primary ones. Progesterone is essential for maintaining the uterine lining, which is crucial for implantation and the sustenance of the embryo/fetus. It helps to prevent contractions of the uterus and contributes to the overall maintenance of pregnancy. As pregnancy progresses, the placenta takes over the production of progesterone from the corpus luteum, which is important for sustaining the pregnancy until the placenta can assume full responsibility. Estrogen, on the other hand, is also significant in preparing the mother's body for pregnancy and supporting fetal development. It plays an important role in the growth of uterine tissue, regulates other hormones, and helps with the development of the mammary glands in preparation for breastfeeding. Thus, the correct option emphasizes the critical roles of both progesterone and estrogen during pregnancy, highlighting the importance of these hormones produced by the placenta. This understanding is central to the study of pregnancy physiology in public health nursing.

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://chniphnboard.examzify.com>

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

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