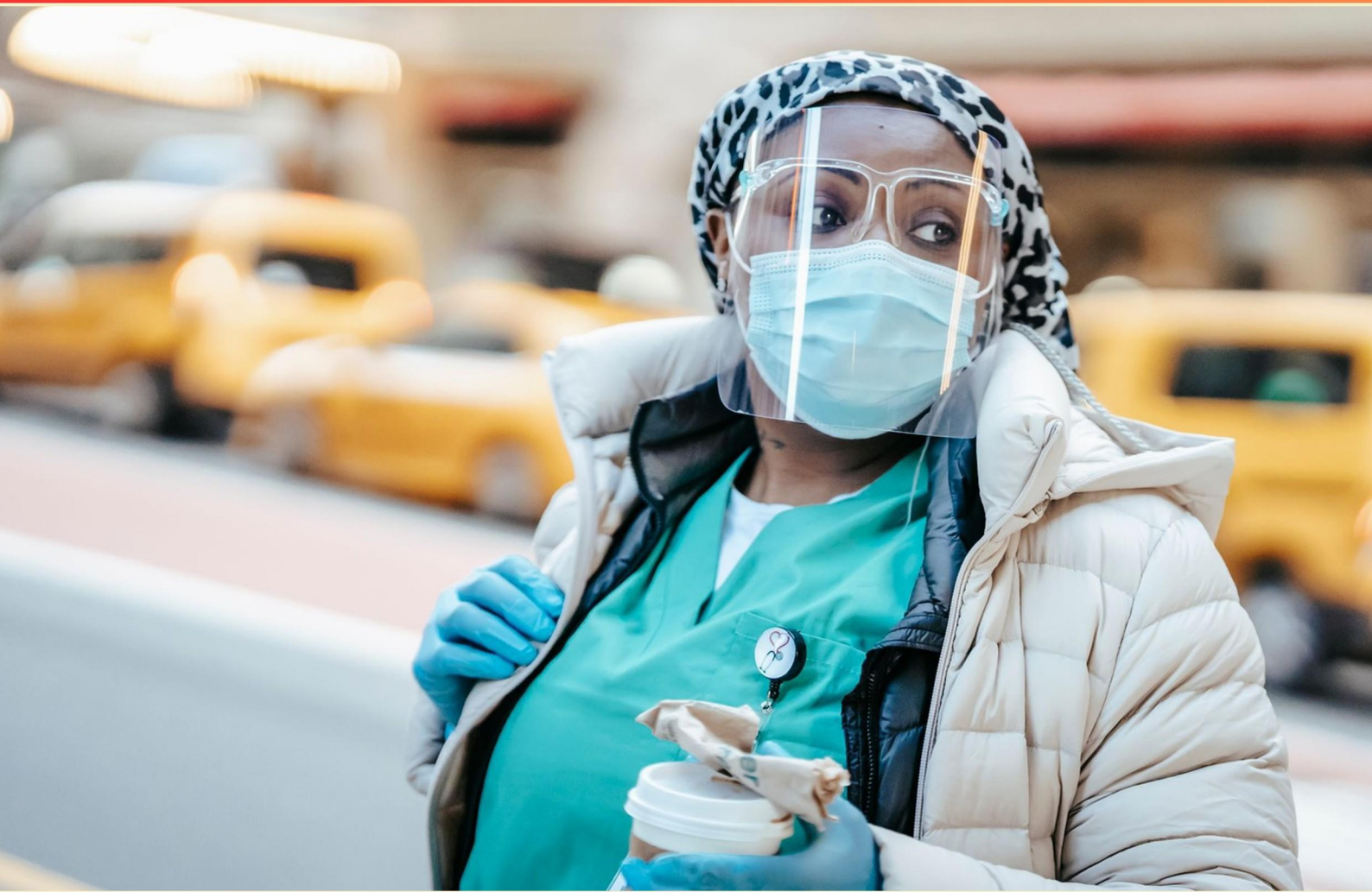


# CHNI PUBLIC HEALTH NURSING (PHN) BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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# 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 |

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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. Which B vitamin deficiency shows similar signs and symptoms to vitamin B12 deficiency?**
  - A. Thiamin
  - B. Niacin
  - C. Folate
  - D. Pantothenic acid
- 2. What is considered one of the most reliable predictors of infant health?**
  - A. Length at birth
  - B. Milk intake during the first week of life
  - C. Presence of visible birth defects
  - D. Birth weight
- 3. Which nutrients are associated with appetite regulation?**
  - A. Leucine and zinc
  - B. Leucine and iron
  - C. Thiamin and zinc
  - D. Thiamin and leucine
- 4. Which of the following best describes a food frequency questionnaire?**
  - A. A simple survey without predefined foods
  - B. A method requiring cultural knowledge of food consumption
  - C. A tool to assess food safety standards
  - D. Only assessing fruit and vegetable intake
- 5. Which symptom could indicate a vitamin C deficiency in a patient?**
  - A. Frequent headaches
  - B. Receding gums
  - C. Insomnia
  - D. Muscle cramps
- 6. What assessment can detect the last stage of nutritional deficiency?**
  - A. Anthropometry
  - B. Biochemical assessment
  - C. Clinical assessment
  - D. Dietary assessment

- 7. Which serum protein is closely associated with the symptoms of hypochromic microcytic anemia?**
- A. Albumin
  - B. Transcurein
  - C. Ferritin
  - D. Gamma globulin
- 8. How many tablespoons of sugar provide approximately 150 kcal?**
- A. 5 tablespoons
  - B. 10 tablespoons
  - C. 25 tablespoons
  - D. 30 tablespoons
- 9. What dietary issue is commonly observed in children who consume inconsistent types of food?**
- A. Food jags
  - B. Anorexia
  - C. Bulimia
  - D. Obesity
- 10. Indirect methods of assessing nutritional status include:**
- A. Anthropometric measurements
  - B. Food consumption studies
  - C. Clinical examinations
  - D. Biochemical examinations

## **Answers**

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

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## **Explanations**

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## 1. Which B vitamin deficiency shows similar signs and symptoms to vitamin B12 deficiency?

- A. Thiamin
- B. Niacin
- C. Folate**
- D. Pantothenic acid

Vitamin B12 deficiency and folate deficiency share similar signs and symptoms because both are crucial for DNA synthesis and the production of red blood cells in the body. Thus, a deficiency in either can lead to macrocytic anemia, where the red blood cells are larger than normal and not functioning effectively. Additionally, both deficiencies can result in neurological issues, such as weakness, fatigue, and cognitive disturbances. This overlap in the clinical presentation can sometimes make it challenging to distinguish between the two deficiencies without specific laboratory tests. In contrast, the other B vitamins listed—thiamin, niacin, and pantothenic acid—have different roles in metabolic processes and do not lead to the same complications related to red blood cell development or neurological health that are characteristic of vitamin B12 and folate deficiencies. For example, thiamin deficiency is associated with neurological disorders like Wernicke-Korsakoff syndrome, niacin deficiency leads to pellagra with symptoms involving dermatitis, diarrhea, and dementia, while pantothenic acid is less commonly associated with specific deficiency symptoms due to its abundance in foods.

## 2. What is considered one of the most reliable predictors of infant health?

- A. Length at birth
- B. Milk intake during the first week of life
- C. Presence of visible birth defects
- D. Birth weight**

Birth weight is considered one of the most reliable predictors of infant health due to its strong association with various health outcomes. Low birth weight, defined as a newborn weighing less than 5 pounds, 8 ounces (2500 grams), is linked to higher rates of infant mortality, developmental delays, and long-term health complications. This correlation stems from the fact that lower birth weight often indicates issues with gestational age, maternal health, and nutritional status during pregnancy, all of which can significantly impact an infant's survival and overall health. In contrast, factors like length at birth and milk intake during the first week of life, while important, do not provide as robust a predictive value for long-term health outcomes as birth weight. Length at birth is influenced by genetics and may not reflect overall health status as directly as weight. Similarly, while adequate milk intake is vital for nutrition and growth, it is not as strong a predictor of health outcomes as the foundational aspect of birth weight. The presence of visible birth defects can indicate potential health challenges, but not all health issues are visible at birth, making it a less comprehensive indicator than birth weight.

### 3. Which nutrients are associated with appetite regulation?

- A. Leucine and zinc
- B. Leucine and iron
- C. Thiamin and zinc**
- D. Thiamin and leucine

The nutrients that play a role in appetite regulation include thiamin and zinc, making the choice of thiamin and zinc the correct answer. Thiamin, also known as vitamin B1, is essential for carbohydrate metabolism and plays a crucial role in energy production, which indirectly influences appetite. It is involved in the regulation of neural functions and may help manage appetite through its impact on energy levels. When the body is functioning efficiently with respect to its energy needs, appetite regulation is often improved. Zinc is known to be critical for a range of physiological functions, including taste and smell, which can significantly influence appetite. A deficiency in zinc has been linked to reduced appetite and alterations in food intake, as it affects sensory perceptions that can alter food preferences and intake behaviors. Adequate levels of zinc can help maintain a healthy appetite by supporting the body's sensory systems. The other combinations lack the same established linkages to appetite regulation, particularly emphasizing the roles of thiamin and zinc in these processes.

### 4. Which of the following best describes a food frequency questionnaire?

- A. A simple survey without predefined foods
- B. A method requiring cultural knowledge of food consumption**
- C. A tool to assess food safety standards
- D. Only assessing fruit and vegetable intake

A food frequency questionnaire (FFQ) is designed to assess an individual's typical dietary intake over a specific period of time. The best description is that it requires cultural knowledge of food consumption, as the FFQ often includes a list of predefined foods reflecting the dietary habits of the population being studied. This cultural context is essential, as different populations may have varying food practices and preferences. By understanding the cultural aspects of food consumption, public health professionals can better interpret the dietary data collected and implement appropriate nutrition interventions. The other options do not accurately capture the essence of a food frequency questionnaire. For instance, it is not merely a simple survey without predefined foods; rather, it contains specific items for individuals to report their intake. Additionally, an FFQ does not primarily serve to assess food safety standards but focuses on dietary habits instead. Lastly, the FFQ is not limited to just assessing fruit and vegetable intake; it encompasses a wide range of food items, making it a comprehensive tool for evaluating overall dietary patterns.

### 5. Which symptom could indicate a vitamin C deficiency in a patient?

- A. Frequent headaches
- B. Receding gums**
- C. Insomnia
- D. Muscle cramps

A symptom that could indicate a vitamin C deficiency is receding gums. Vitamin C plays a crucial role in the health of connective tissues, including the gums. It is vital for collagen synthesis, which is integral to the structure and integrity of gums. A deficiency can lead to gum disease, characterized by receding gums, bleeding, and inflammation. Frequent headaches, insomnia, and muscle cramps are not typically associated with vitamin C deficiency. While they could suggest other health issues or deficiencies, they do not specifically point to the lack of vitamin C in the body as objectively as the symptoms related to oral health. Thus, receding gums is the most indicative symptom of vitamin C deficiency within the context provided.

## 6. What assessment can detect the last stage of nutritional deficiency?

- A. Anthropometry
- B. Biochemical assessment
- C. Clinical assessment**
- D. Dietary assessment

The correct answer is clinical assessment. This method is vital in identifying the last stage of nutritional deficiency because it focuses on physical examinations and observation of signs and symptoms that occur due to inadequate nutrient intake. During a clinical assessment, healthcare providers look for specific manifestations, such as skin changes, hair loss, or swelling, that indicate a severe deficiency, which is often the last visible stage before more serious health consequences develop. While other assessment methods, like anthropometry, biochemical assessment, and dietary assessment, also play important roles in evaluating nutritional status, they may not directly reveal advanced deficiency conditions. Anthropometry measures body measurements and can indicate growth issues or obesity, but does not show nutrient-specific deficiencies. Biochemical assessments involve laboratory tests that analyze levels of nutrients or markers in the body, providing a snapshot of an individual's nutritional status but may not reflect overt physical signs until the deficiency is quite severe. Dietary assessments evaluate food intake and can help identify patterns that may lead to deficiencies, but they do not assess the physical manifestations of nutrient deprivation. Thus, clinical assessment is uniquely positioned to detect the end stages of nutritional deficiencies through direct observation of the body's response to inadequate nutrition.

## 7. Which serum protein is closely associated with the symptoms of hypochromic microcytic anemia?

- A. Albumin
- B. Transcurein
- C. Ferritin**
- D. Gamma globulin

The correct answer is ferritin, as it is a crucial serum protein that serves as an indicator of iron stores in the body. Hypochromic microcytic anemia is often a result of inadequate iron levels, leading to the production of smaller and paler red blood cells. Ferritin directly reflects the iron availability; thus, lower levels of ferritin in the serum can indicate iron deficiency, which is a common cause of hypochromic microcytic anemia. Monitoring ferritin levels is important when diagnosing and managing this type of anemia, as they provide insight into the body's iron stores and help guide treatment strategies, such as iron supplementation. In the context of anemia, evaluating ferritin is often one of the first steps in determining whether iron deficiency is the underlying cause.

**8. How many tablespoons of sugar provide approximately 150 kcal?**

- A. 5 tablespoons**
- B. 10 tablespoons
- C. 25 tablespoons
- D. 30 tablespoons

To determine how many tablespoons of sugar provide approximately 150 kcal, it's essential to know the caloric content of sugar. One tablespoon of granulated sugar contains about 48 calories. To find out how many tablespoons correspond to 150 kcal, you can divide 150 by the number of calories per tablespoon. Calculating this, it looks like this:  $150 \text{ kcal} \div 48 \text{ kcal/tablespoon} = 3.125 \text{ tablespoons}$ . This means that approximately 3 tablespoons of sugar will provide close to 150 kcal. However, since the closest available answer is 5 tablespoons, it is slightly on the higher side. Thus, the choice suggesting 5 tablespoons is the most reasonable approximation, even though it overshoots slightly. The higher choices offer amounts that are significantly disproportionate to 150 kcal, indicating that 5 tablespoons was chosen as the most fitting approximation among the options.

**9. What dietary issue is commonly observed in children who consume inconsistent types of food?**

- A. Food jags**
- B. Anorexia
- C. Bulimia
- D. Obesity

The common dietary issue observed in children who consume inconsistent types of food is food jags. This term refers to when a child becomes very interested in eating a specific food item or type of food for a period of time, typically at the expense of consuming a balanced diet. Children may go through phases where they refuse all foods except for a limited selection, leading to nutrition imbalances and potential deficiencies. Food jags are particularly noteworthy in child development as they can be a normal part of the learning process regarding food preferences and tastes. However, if prolonged, these jags can result in insufficient intake of essential nutrients, impacting the child's overall health and growth. Understanding the nuances of food jags helps caregivers and health professionals assess children's dietary habits and encourages strategies to introduce a broader range of foods, reinforcing the development of healthy eating behaviors.

## 10. Indirect methods of assessing nutritional status include:

- A. Anthropometric measurements
- B. Food consumption studies
- C. Clinical examinations
- D. Biochemical examinations

*Indirect methods of assessing nutritional status focus on evaluating dietary intake and food consumption patterns rather than direct measurements or clinical evaluations. Food consumption studies specifically examine what individuals or populations eat, providing insight into dietary habits, nutrient intake, and potential deficiencies or excesses. This method often involves surveys, interviews, or food diaries that compile comprehensive data about the types and quantities of food consumed over a specified period. The other methods listed, such as anthropometric measurements, clinical examinations, and biochemical examinations, are more direct assessments. Anthropometric measurements evaluate physical dimensions and body composition, clinical examinations assess physical signs and symptoms of nutritional deficiencies or health problems, and biochemical examinations analyze blood, urine, or tissue samples for specific nutrients or biomarkers. These methods provide valuable data but are based on direct observations and testing rather than dietary intake assessments. Thus, food consumption studies distinctly represent an indirect approach to understanding nutritional status.*

## 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](mailto: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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