

CJE Community Health Practice Test (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. Which sequence correctly lists the four disaster management phases?
 - A. Prevention, Response, Recovery, Mitigation
 - B. Mitigation, Preparedness, Response, Recovery
 - C. Preparedness, Mitigation, Recovery, Response
 - D. Recovery, Mitigation, Preparedness, Response

2. The Transtheoretical Model states that change occurs over time.
 - A. Change occurs instantly
 - B. Change occurs over time
 - C. Change occurs only with pharmacotherapy
 - D. Change occurs only with policy changes

3. Passive artificial immunity is obtained by
 - A. True
 - B. False
 - C. Only from vaccination
 - D. Only from maternal antibodies

4. Which disease is given as an example of an endemic condition?
 - A. Malaria
 - B. Ebola
 - C. Influenza
 - D. SARS

5. Endemic refers to diseases that are...
 - A. Always present in a population
 - B. Appear only during outbreaks
 - C. Are eradicated
 - D. Spread globally

6. CHIP is insurance primarily for which group?
- A. Seniors on fixed incomes
 - B. Women of childbearing age
 - C. Children of low socioeconomic families who do not qualify for Medicaid
 - D. All uninsured adults
7. Passive natural immunity occurs via:
- A. Infection
 - B. Mother to infant
 - C. Vaccination
 - D. Injection of immune serum
8. Passive artificial immunity is provided by:
- A. Infection
 - B. Vaccination
 - C. Injection of immune serum
 - D. Maternal antibodies
9. In the Health Belief Model, changes occur at which level?
- A. Community
 - B. Individual
 - C. Global
 - D. Organizational
10. Within the Investigate Exposures process, which element is included to support risk reduction and follow up?
- A. Educate (Risk Reduction, Follow Up)
 - B. Schedule Elective Surgeries
 - C. Process Insurance Claims
 - D. Track Vaccine Inventory

Answers

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

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Explanations

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1. Which sequence correctly lists the four disaster management phases?

- A. Prevention, Response, Recovery, Mitigation
- B. Mitigation, Preparedness, Response, Recovery
- C. Preparedness, Mitigation, Recovery, Response
- D. Recovery, Mitigation, Preparedness, Response

Disaster management unfolds as a sequence of actions aimed at reducing harm before, during, and after a hazard. The correct order starts with mitigation, which is about reducing risks and vulnerabilities to prevent or lessen the impact of disasters. Next is preparedness, building the plans, training, resources, and systems needed to act effectively when an event occurs. Then comes the response phase, the immediate actions taken during the disaster to save lives, protect people and property, and provide relief. Finally, recovery focuses on restoring normal or improved conditions after the event and using lessons learned to strengthen future risk reduction. The other sequences place recovery or response before solid planning, or push mitigation later, which doesn't reflect the proactive-to-reactive flow that minimizes damage and speeds restoration.

2. The Transtheoretical Model states that change occurs over time.

- A. Change occurs instantly
- B. Change occurs over time
- C. Change occurs only with pharmacotherapy
- D. Change occurs only with policy changes

Change in behavior, within the Transtheoretical Model, is a gradual process that unfolds over time through a sequence of stages of readiness: from not considering change to contemplating, preparing, acting, and maintaining the new behavior. This staged view means people don't typically make a single sudden switch; they move through distinct phases, and interventions are most effective when matched to the person's current stage. The model also acknowledges that progress isn't always linear and that relapse can occur, with individuals re-entering stages as they continue toward durable change. That's why the statement that change happens over time is the best fit. The other ideas imply a one-time event or reliance on a single method, which doesn't align with how the Transtheoretical Model explains how behavior change actually occurs across multiple stages and over time.

3. Passive artificial immunity is obtained by

- A. True
- B. False
- C. Only from vaccination
- D. Only from maternal antibodies

The main idea is that passive artificial immunity comes from giving someone preformed antibodies from another source. This provides immediate protection or treatment because the body doesn't have to make antibodies on its own, but the protection is temporary since no immune memory is established in the recipient. Examples include immune globulins or antivenoms given after exposure to a toxin or pathogen (like rabies immune globulin or hepatitis B immune globulin, and various antivenoms). Because the protection is due to externally supplied antibodies, there isn't a lasting immune memory in the person who receives them. This differs from vaccination, which builds active immunity by stimulating the person's own immune system to produce antibodies and memory cells—leading to longer-lasting protection. It also differs from natural passive immunity provided by maternal antibodies transferred during pregnancy or through breast milk, which is a natural form of passive protection rather than an artificial one. So the statement is true: passive artificial immunity is obtained by administering preformed antibodies from an external source.

4. Which disease is given as an example of an endemic condition?

- A. Malaria
- B. Ebola
- C. Influenza
- D. SARS

Endemic means a disease is regularly found in a specific area or population, with a baseline level of transmission that persists over time. Malaria fits this pattern because in many tropical regions it remains continuously present, with ongoing transmission year after year driven by the malaria parasite and its mosquito vectors. The numbers may rise and fall with seasons, but the disease does not disappear, making it a steady part of the local health landscape. In contrast, Ebola and SARS show up in isolated outbreaks rather than being constantly present in the population. Influenza circulates widely and causes seasonal epidemics, but the textbook example of an endemic condition remains malaria for its persistent, year-round transmission in endemic areas.

5. Endemic refers to diseases that are...

- A. Always present in a population
- B. Appear only during outbreaks
- C. Are eradicated
- D. Spread globally

Endemic means a disease is consistently present in a population or geographic area at a baseline level, occurring regularly over time rather than only popping up during outbreaks. It doesn't imply the disease affects everyone, nor that it is ever completely eliminated or spreading everywhere at once. So the best way to describe endemic is that the disease is always present in a population. This differs from an outbreak or epidemic (sudden surge above the expected level), eradication (no longer present anywhere), and pandemic (global spread).

6. CHIP is insurance primarily for which group?

- A. Seniors on fixed incomes
- B. Women of childbearing age
- C. Children of low socioeconomic families who do not qualify for Medicaid
- D. All uninsured adults

CHIP fills a gap by providing health coverage for children in families whose income is too high for Medicaid but too low to comfortably afford private insurance. Its goal is to ensure kids get essential care, preventive services, and treatments they need. Because CHIP is specifically aimed at children in low-income households, the description that best matches it is children of families with limited resources who don't qualify for Medicaid. The other options focus on adults (seniors or all uninsured adults) or on women of childbearing age, which aren't the program's primary target.

7. Passive natural immunity occurs via:

- A. Infection
- B. Mother to infant
- C. Vaccination
- D. Injection of immune serum

Passive natural immunity is the transfer of antibodies from one individual to another, giving immediate protection without the recipient having to produce antibodies themselves. The newborn receives this protection from the mother through the placenta during pregnancy (IgG) and after birth through breast milk (primarily secretory IgA). This kind of immunity acts right away but is temporary because the antibodies are not made by the infant's own immune system and eventually wane. This is why the option describing transfer from mother to infant is the best choice. Infections and vaccines rely on the person's own immune system to respond and generate antibodies—infection creates active immunity through exposure to pathogens, while vaccination exposes the immune system to antigens to produce a protective response (also active). Receiving immune serum, though it provides antibodies, is a passive form of immunity that is artificial rather than natural.

8. Passive artificial immunity is provided by:

- A. Infection
- B. Vaccination
- C. Injection of immune serum
- D. Maternal antibodies

This question focuses on how passive immunity can be provided, specifically that passive artificial immunity is achieved by giving someone pre-formed antibodies rather than eliciting their own immune response. Injecting immune serum introduces antibodies from another person or animal directly into the recipient, providing immediate protection. This is temporary because the host's immune system isn't activated to produce its own antibodies, and the externally supplied antibodies are eventually cleared. In contrast, infection leads to active immunity acquired naturally, as the body mounts a response and develops memory. Vaccination provides active artificial immunity by stimulating the body's own immune response to produce antibodies and memory. Maternal antibodies are a form of passive immunity, but they are natural, not artificial.

9. In the Health Belief Model, changes occur at which level?

- A. Community
- B. Individual
- C. Global
- D. Organizational

The Health Belief Model focuses on what motivates an individual to take health action based on personal beliefs about risk and benefits. Changes occur at the individual level because the model explains how a person's perceptions—such as susceptibility to a condition, the seriousness of that condition, the perceived benefits of taking action, and the perceived barriers—along with cues to action and self-efficacy, drive decisions to act. It's designed to explain and predict behavior by examining intrapersonal factors, not by altering group, organizational, or global structures. So, interventions guided by this model aim to influence a person's own beliefs and readiness to act, rather than changing communities or organizations. For example, encouraging someone to get screened would target their personal risk assessment, perceived benefits, and confidence in getting screened, supported by appropriate cues and resources.

10. Within the Investigate Exposures process, which element is included to support risk reduction and follow up?

- A. Educate (Risk Reduction, Follow Up)
- B. Schedule Elective Surgeries
- C. Process Insurance Claims
- D. Track Vaccine Inventory

The key idea here is that reducing risk and ensuring ongoing monitoring after an exposure relies on guiding people with information and arranging follow-up. Educating individuals about the exposure, how to reduce risk (like protective measures or changes in behavior), and what steps to take if symptoms arise equips them to prevent further harm. Following up—checking in to confirm actions were taken, assess for symptoms, and determine if additional steps are needed—ensures the response is completed and effective. The other activities don't directly address risk reduction or ongoing follow-up within the exposure investigation: scheduling elective surgeries is unrelated to mitigating exposure, processing insurance claims is administrative, and tracking vaccine inventory focuses on supply management rather than post-exposure action and monitoring.

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://cjecommunityhealth.examzify.com>

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

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