

# ELSEVIER COMMUNITY HEALTH I & II PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



## **SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://elseviercommhealth1and2.examzify.com>



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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 .....            | 15 |

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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 item is NOT one of the public health elements defined by the Intervention Wheel?**
  - A. Outreach
  - B. Advocacy
  - C. Consultation
  - D. Community Health Nursing
- 2. To detect psychosocial concerns in school-aged children, which risk factors should be included in risk factor assessment?**
  - A. Poverty, Substance Abuse and Racial or Ethnic Disparities
  - B. Neighborhood Walkability
  - C. Access to Clean Water
  - D. Hair Color
- 3. Which challenge is commonly faced by immunization programs at the population level?**
  - A. Vaccine hesitancy among populations.
  - B. Overwhelming vaccine supply in all communities.
  - C. Too many trained vaccinators.
  - D. No public health infrastructure needs.
- 4. The Ryan White HIV/AIDS Treatment Extension Act of 2009 provides funds to patients with HIV or AIDS for which services?**
  - A. Emergency services
  - B. Housing assistance programs
  - C. Dental care only
  - D. Eye exams
- 5. Which principle is associated with fair resource distribution in public health?**
  - A. Autonomy
  - B. Beneficence
  - C. Justice
  - D. Nonmaleficence

- 6. What is the primary purpose of a needs assessment in community health planning?**
- A. Identify priority needs and resources
  - B. Develop marketing strategies
  - C. Conduct clinical trials
  - D. Establish legal compliance
- 7. Which organization has goals that include response, recovery, protection, prevention, and awareness?**
- A. Department of Homeland Security
  - B. National Security Agency
  - C. Central Intelligence Agency
  - D. Federal Emergency Management Agency
- 8. What is the primary focus of the Centers for Disease Control and Prevention's Environmental Hazards and Effects Program?**
- A. Environmental health and safety issues
  - B. Clinical trial design
  - C. Pharmacovigilance
  - D. Hospital infection control
- 9. Which leadership competencies are essential for a public health nurse coordinating a community health initiative?**
- A. Strategic thinking, communication, collaboration, data-informed decision making, cultural humility, project management
  - B. Public speaking, math skills, timekeeping, fashion sense
  - C. Computer programming only
  - D. Physical endurance only
- 10. Which strategy is most effective for reducing indoor air pollutants in homes?**
- A. Use adequate ventilation
  - B. Increase usage of VOC cleaners
  - C. Keep windows closed
  - D. Use perfumed air fresheners

## **Answers**

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

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## **Explanations**

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**1. Which item is NOT one of the public health elements defined by the Intervention Wheel?**

- A. Outreach
- B. Advocacy
- C. Consultation
- D. Community Health Nursing**

*The key idea is that the Intervention Wheel lists specific actions public health nurses use to improve population health, not the broader roles or titles of nurses. Outreach, advocacy, and consultation are all concrete interventions described in the Wheel: outreach involves actively identifying and connecting with those in need to bring services to them; advocacy means shaping policies, resources, and environments to support health; consultation is about giving expert guidance to individuals, groups, or organizations to promote better health outcomes. Community Health Nursing, on the other hand, describes the practice of nursing focused on communities and the application of these interventions, rather than being an intervention itself. So it isn't one of the public health elements defined by the Wheel.*

**2. To detect psychosocial concerns in school-aged children, which risk factors should be included in risk factor assessment?**

- A. Poverty, Substance Abuse and Racial or Ethnic Disparities**
- B. Neighborhood Walkability
- C. Access to Clean Water
- D. Hair Color

*Understanding psychosocial risk in school-aged children means looking at the social and family factors that shape a child's mental health and behavior. Poverty exposes families to ongoing stress, housing and food insecurity, and limited access to supportive resources, all of which can contribute to anxiety, depression, behavioral problems, and school difficulties. When caregivers have substance use problems, routines can become unstable, caregiving can become inconsistent, and the child may face neglect or exposure to unsafe environments, all increasing psychosocial risk. Racial or ethnic disparities reflect experiences of discrimination, stigma, and unequal access to services, which add chronic stress and can affect a child's emotional well-being and opportunities for support. The other options don't capture these essential social and familial drivers of psychosocial risk. Neighborhood walkability relates more to physical activity and safety rather than direct psychosocial risk. Access to clean water is a public health need, not a specific psychosocial risk factor for a child's mental health in this context. Hair color has no relevance to psychosocial risk. So, including poverty, caregiver substance use, and experiences of racial or ethnic disparities provides the most relevant risk factors to assess for psychosocial concerns in school-aged children.*

**3. Which challenge is commonly faced by immunization programs at the population level?**

- A. Vaccine hesitancy among populations.**
- B. Overwhelming vaccine supply in all communities.
- C. Too many trained vaccinators.
- D. No public health infrastructure needs.

*The main idea here is that getting people to accept vaccines is a major hurdle at the population level. Vaccine hesitancy refers to delays or refusals to vaccinate despite vaccine availability, and it arises from concerns about safety, distrust, misinformation, and cultural or personal beliefs. Even when vaccines are plentiful and there are trained staff and good access, hesitancy can keep vaccination rates below the level needed for herd immunity, leading to outbreaks and uneven protection across communities. Addressing this challenge means focusing on clear, transparent communication, building trust with communities, engaging local leaders, and making vaccination easy and convenient for everyone. The other ideas aren't as representative of the common population-level challenge. A world where vaccine supply overwhelms all communities is not typical; supply and logistics issues are more common. Having too many trained vaccinators is rare, and public health infrastructure is usually needed to deliver immunization services, not something unnecessary.*

**4. The Ryan White HIV/AIDS Treatment Extension Act of 2009 provides funds to patients with HIV or AIDS for which services?**

- A. Emergency services**
- B. Housing assistance programs
- C. Dental care only
- D. Eye exams

*The funding is designed to remove urgent barriers that would prevent someone with HIV or AIDS from getting and staying in medical care. Emergency services capture that immediate, essential support to keep treatment on track—covering urgent costs or situations that could force a gap in care, such as unexpected medical expenses or barriers that prevent timely access to services. While the program does support a range of services that can include dental care or other needs, the focus here is on providing rapid, enabling assistance so patients can continue their treatment, which is why emergency services is the best fit. Housing help or eye exams may be part of broader supportive services in some contexts, but they are not the primary category described by the act for funding access to HIV care.*

**5. Which principle is associated with fair resource distribution in public health?**

- A. Autonomy
- B. Beneficence
- C. Justice**
- D. Nonmaleficence

*In public health ethics, fair distribution of resources is guided by justice, the principle that benefits and burdens should be allocated equitably and that disparities are addressed. Justice emphasizes fairness and equity in who gets access to vaccines, medicines, and other health resources, and it often prioritizes protecting vulnerable or underserved groups. This differs from autonomy, which centers on individuals' right to make their own choices; beneficence, which aims to promote good; and nonmaleficence, which focuses on avoiding harm. In practice, a justice-minded approach would support allocating resources to those most in need or most at risk, helping to reduce inequities in health outcomes.*

**6. What is the primary purpose of a needs assessment in community health planning?**

**A. Identify priority needs and resources**

B. Develop marketing strategies

C. Conduct clinical trials

D. Establish legal compliance

*A needs assessment in community health planning is about discovering what the community most needs and what resources are available to meet those needs. It uses data from surveys, interviews, health indicators, and stakeholder input to identify gaps in health and services, then prioritizes these gaps so that actions and resources can be focused where they'll have the most impact. This makes it the best choice because the overall purpose is to determine priority needs and the resources that can address them, guiding effective planning and resource allocation. Marketing strategies, clinical trials, and legal compliance each address different tasks. Marketing is about promoting programs, not systematically identifying needs. Clinical trials test interventions rather than map community gaps. Legal compliance concerns rules and enforcement, which is separate from planning based on community needs and assets.*

**7. Which organization has goals that include response, recovery, protection, prevention, and awareness?**

**A. Department of Homeland Security**

B. National Security Agency

C. Central Intelligence Agency

D. Federal Emergency Management Agency

*The question is about which organization coordinates a broad set of activities—prevention, protection, response, recovery, and public awareness. The Department of Homeland Security is the one that unifies national security and emergency management under a single umbrella. Its mandate includes preventing threats, protecting the homeland, planning for and coordinating responses to incidents, leading recovery efforts after disasters, and promoting public awareness and preparedness through education and outreach. This broad, integrated scope covers all five areas mentioned, making it the best fit. The other agencies have more limited roles: the National Security Agency focuses on signals intelligence and cyber operations; the Central Intelligence Agency handles foreign intelligence; the Federal Emergency Management Agency handles disaster response, recovery, and some preparedness, but without the broader national-security coordination that DHS provides.*

**8. What is the primary focus of the Centers for Disease Control and Prevention's Environmental Hazards and Effects Program?**

**A. Environmental health and safety issues**

B. Clinical trial design

C. Pharmacovigilance

D. Hospital infection control

*The main idea here is environmental health and safety issues. The Environmental Hazards and Effects Program at the CDC focuses on identifying environmental hazards and understanding how they affect health—covering factors like air and water quality, chemical and pesticide exposures, radiation, noise, and other environmental risks. It works to monitor exposure, assess associated health risks, and provide guidance and interventions to reduce harm in communities, with attention to vulnerable populations. This differs from clinical trial design (which deals with testing medical interventions), pharmacovigilance (monitoring drug safety), or hospital infection control (preventing infections in healthcare settings).*

**9. Which leadership competencies are essential for a public health nurse coordinating a community health initiative?**

- A. Strategic thinking, communication, collaboration, data-informed decision making, cultural humility, project management**
- B. Public speaking, math skills, timekeeping, fashion sense
- C. Computer programming only
- D. Physical endurance only

*Coordinating a community health initiative requires guiding the effort from vision to impact, not just getting tasks done. Strategic thinking helps you set clear goals, anticipate obstacles, and align resources with the overall mission. Strong communication ensures plans are understood by diverse stakeholders—from community members to partners and funders—so everyone can align on the actions needed. Collaboration is essential because community health work involves multiple sectors; building trust and coordinating activities across clinics, schools, local government, and community organizations multiplies reach. Data-informed decision making keeps the initiative focused on what actually helps the community by monitoring indicators, evaluating progress, and adapting as needed rather than relying on guesswork. Cultural humility ensures engagement with communities from different backgrounds and languages is respectful and inclusive, which improves trust and participation. Project management keeps the work organized—defining steps, timelines, roles, budgets, and risks—to move the initiative forward efficiently. Other choices fall short because they emphasize one narrow skill or irrelevant traits instead of the integrated leadership capabilities needed to plan, drive, and sustain a community health effort.*

**10. Which strategy is most effective for reducing indoor air pollutants in homes?**

- A. Use adequate ventilation**
- B. Increase usage of VOC cleaners
- C. Keep windows closed
- D. Use perfumed air fresheners

*Ventilation reduces indoor air pollutants by diluting and removing contaminated air with fresh outdoor air. Opening windows or using exhaust fans and a proper ventilation system increases air exchange, lowering concentrations from cooking, cleaning products, and building materials. In contrast, increasing VOC cleaners or using perfumed air fresheners adds pollutants to the air, and keeping windows closed reduces exchange, allowing pollutants to accumulate. Because diluting and expelling indoor contaminants is the most effective way to improve air quality, adequate ventilation stands out as the best strategy.*

## 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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