

HOSA Cultural Diversities and Disparities Practice Test (Sample)

Study Guide



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Questions

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- 1. What is a Tailsman believed to possess?**
 - A. An individual with extraordinary knowledge**
 - B. An object possessing extraordinary powers**
 - C. A religious artifact**
 - D. A common household item**

- 2. What does health equity refer to?**
 - A. Equal access to medical services**
 - B. Attainment of the highest level of health for all people**
 - C. Prevention of diseases**
 - D. Reduction of healthcare costs**

- 3. Why is understanding vulnerability important in the context of cultural care?**
 - A. It indicates ignorance about other cultures**
 - B. It can lead to negative stereotypes**
 - C. It helps identify groups at risk**
 - D. It signifies a lack of resources available**

- 4. When are Jewish boys typically circumcised?**
 - A. On the 5th day of life**
 - B. On the 8th day of life**
 - C. On the 10th day of life**
 - D. On the 12th day of life**
- 5. Which of the following best represents culturally appropriate care?**
 - A. Care based on personal knowledge alone**
 - B. Care that applies background knowledge for patient well-being**
 - C. Care that disregards the patient's beliefs**
 - D. Care focused solely on physical symptoms**

6. Which state is NOT listed among the top three states for LPRs?

- A. California**
- B. Texas**
- C. Florida**
- D. New York**

7. What does the term Kusiut refer to?

- A. A Native American village healer**
- B. A specific healing ceremony**
- C. A medicine man or "learned one"**
- D. A sacred plant used in rituals**

8. What proportion of rural Indians use Ayurvedic medicine?

- A. 1/3**
- B. 1/2**
- C. 2/3**
- D. 3/4**

9. What percentage of migrant workers in the U.S. are Hispanic?

- A. 80%**
- B. 90%**
- C. 70%**
- D. 85%**

10. In terms of cultural diversity, which state is noted for its large Asian population?

- A. Texas**
- B. California**
- C. Florida**
- D. Ohio**

Answers

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

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Explanations

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1. What is a Tailsman believed to possess?

- A. An individual with extraordinary knowledge
- B. An object possessing extraordinary powers**
- C. A religious artifact
- D. A common household item

A Talisman is generally understood as an object that is believed to possess extraordinary powers or magical properties. Throughout history and across various cultures, talismans have been used as charms for protection, good luck, or other benefits. The belief in their efficacy stems from the idea that the object can influence events or outcomes in the material world, often connected to spiritual or mystical practices. This understanding differentiates the talisman from an individual with knowledge, a religious artifact, or a common household item, which do not embody the same concept of possessing inherent magical or extraordinary qualities.

2. What does health equity refer to?

- A. Equal access to medical services
- B. Attainment of the highest level of health for all people**
- C. Prevention of diseases
- D. Reduction of healthcare costs

Health equity refers to the attainment of the highest level of health for all people, emphasizing a fair and just opportunity for everyone to achieve their optimal health. This concept goes beyond merely providing equal access to medical services; it acknowledges that various social, economic, and environmental factors affect individuals' health outcomes. Achieving health equity means addressing and overcoming barriers to health that some groups face due to their socioeconomic conditions, geographic locations, or other aspects of their identity. In contrast to other options, equal access to medical services does not necessarily guarantee that health disparities will be addressed; people may still experience varying health outcomes based on underlying factors. Prevention of diseases and reduction of healthcare costs focus on specific health interventions and economic aspects, respectively, rather than the broader objective of ensuring that all individuals can reach their full health potential. Therefore, health equity is ultimately about creating a fair system that enables all people, regardless of their circumstances, to achieve the best possible health outcomes.

3. Why is understanding vulnerability important in the context of cultural care?

- A. It indicates ignorance about other cultures
- B. It can lead to negative stereotypes
- C. It helps identify groups at risk**
- D. It signifies a lack of resources available

Understanding vulnerability in the context of cultural care is crucial because it helps identify groups at risk who may be more susceptible to various health disparities and challenges. Vulnerability encompasses various factors, including socio-economic status, access to healthcare, cultural barriers, and systemic inequalities that may affect a community's health outcomes. By recognizing these vulnerabilities, healthcare providers and professionals can tailor their approach to meet the specific needs of different cultural groups, ensuring equitable care and addressing the unique obstacles they may face. This understanding enables the development of targeted interventions, resources, and support systems that cater directly to vulnerable populations. It also promotes a more comprehensive understanding of the social determinants of health, allowing for proactive measures to mitigate risk factors and enhance the overall well-being of diverse cultural groups.

4. When are Jewish boys typically circumcised?

- A. On the 5th day of life
- B. On the 8th day of life**
- C. On the 10th day of life
- D. On the 12th day of life

In Jewish tradition, boys are typically circumcised on the eighth day of life, which is a significant religious ceremony known as a Brit Milah. This practice is rooted in the Torah, where God commands Abraham to circumcise his sons as a sign of the covenant between Him and His people. Conducting the circumcision on the eighth day, rather than sooner or later, is believed to fulfill this divine mandate and is a crucial aspect of Jewish identity and heritage. The timing also allows for the healing from birth while adhering to religious protocols, making this tradition both spiritually and culturally important. Thus, the correct answer reflects a longstanding religious observance central to Jewish customs.

5. Which of the following best represents culturally appropriate care?

- A. Care based on personal knowledge alone**
- B. Care that applies background knowledge for patient well-being**
- C. Care that disregards the patient's beliefs**
- D. Care focused solely on physical symptoms**

The selection highlighting care that applies background knowledge for patient well-being is accurate because culturally appropriate care involves integrating the understanding of a patient's cultural background, beliefs, values, and practices into the healthcare process. This approach ensures that the care provided respects and understands the patient's unique context, which can significantly enhance the patient's experience, compliance, and health outcomes. Culturally appropriate care acknowledges that a patient's cultural background can influence their health behaviors and perceptions. Thus, when healthcare providers utilize their background knowledge, it allows for tailored interventions that can resonate better with the patient. This not only improves communication but also builds trust between the patient and the healthcare provider, making the overall care more effective and holistic. In contrast, care based on personal knowledge alone lacks the broader context of understanding cultural influences, which may lead to misunderstandings or dissatisfaction. Disregarding a patient's beliefs can alienate them from the healthcare process and potentially worsen their condition. Lastly, a focus solely on physical symptoms ignores the psychosocial aspects of health that are critical for comprehensive care, particularly in diverse populations where cultural factors play a significant role in overall well-being.

6. Which state is NOT listed among the top three states for LPRs?

- A. California**
- B. Texas**
- C. Florida**
- D. New York**

The question pertains to the identification of states with the highest number of Lawful Permanent Residents (LPRs), commonly known as green card holders. The states listed in the context of LPR distribution reflect areas with significant immigrant populations. California, Florida, and New York consistently rank among the top states due to their large urban centers, diverse economies, and established immigrant communities. Texas, while it has a substantial immigrant population, may not consistently rank in the top three for LPRs compared to California, Florida, and New York. Understanding the demographics and the influx of immigrants into different states is crucial for recognizing where LPRs are more likely to settle. This information highlights the varying immigration patterns influenced by economic opportunities, social networks, and community support systems available in different regions.

7. What does the term Kusiut refer to?

- A. A Native American village healer
- B. A specific healing ceremony
- C. A medicine man or "learned one"**
- D. A sacred plant used in rituals

The term Kusiut refers to a medicine man or "learned one" within Indigenous cultures, particularly among some Native American tribes. This individual is often viewed as a key figure in traditional healing practices, possessing specialized knowledge about medicinal plants, healing rituals, and the spiritual aspects of health. The Kusiut plays a critical role in the community's health and spiritual well-being, often acting as a mediator between the physical and spiritual realms. This deep understanding of both the natural environment and cultural practices underscores the importance of the Kusiut in facilitating healing and maintaining the cultural heritage of Indigenous peoples.

8. What proportion of rural Indians use Ayurvedic medicine?

- A. 1/3
- B. 1/2
- C. 2/3**
- D. 3/4

Ayurvedic medicine is a traditional system of medicine that originated in India and continues to be widely practiced, especially in rural areas. The figure that about two-thirds of rural Indians use Ayurvedic medicine reflects not only the historical and cultural significance of Ayurveda but also the accessibility and affordability of these practices. In many rural communities, Ayurvedic practitioners are more readily available than conventional healthcare services, leading to a higher reliance on herbal remedies and traditional treatments. The use of Ayurvedic medicine is often integrated into the daily lives of people in these areas, making it a common choice for addressing various health issues. This widespread adoption underscores the importance of understanding cultural preferences and practices in healthcare, especially in regions where modern medical facilities may be limited.

9. What percentage of migrant workers in the U.S. are Hispanic?

- A. 80%
- B. 90%**
- C. 70%
- D. 85%

The percentage of migrant workers in the U.S. who are Hispanic is notably high due to a variety of socio-economic factors and historical patterns of migration. A significant proportion of the agricultural labor force in the U.S. comprises Hispanic individuals, many of whom come from regions such as Mexico and Central America. This demographic trend results from both push factors—such as economic necessity and lack of opportunities in their home countries—and pull factors, including demand for labor in the U.S. agricultural sector. Understanding this context helps explain why the figure is so substantial and underlines the broader implications for labor rights, cultural contributions, and the socioeconomic status of Hispanic migrant workers in the U.S. The choice representing 90% reflects the prevalent statistics accurately, highlighting the significant reliance of the agricultural industry on Hispanic labor.

10. In terms of cultural diversity, which state is noted for its large Asian population?

- A. Texas**
- B. California**
- C. Florida**
- D. Ohio**

California is notable for its large Asian population due to its historical trends of immigration and diverse communities. The state has long been a primary destination for immigrants from various Asian countries, including China, India, the Philippines, and Vietnam. This has led to significant cultural contributions from these communities, influencing various aspects of life in California, such as cuisine, festivals, and business practices. Additionally, major urban areas in California, such as Los Angeles, San Francisco, and San Diego, have established vibrant Asian communities that enhance the state's cultural landscape. The presence of cultural institutions, markets, and community organizations further exemplifies California's rich cultural diversity, particularly regarding its Asian population. This prominence in Asian demographics sets California apart from other states in the country.

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