

# HOSA Healthy Living Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**



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**SAMPLE**



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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



- 1. What is the recommended maximum daily intake of sodium?**
  - A. More than 3,000 milligrams**
  - B. Less than 2,300 milligrams**
  - C. About 1,500 milligrams**
  - D. Around 4,000 milligrams**
- 2. What are the leading causes of illness and disability among adolescents?**
  - A. Diabetes and obesity**
  - B. Depression and anxiety**
  - C. Cardiovascular diseases**
  - D. Infectious diseases**
- 3. What is the rate of children worldwide facing obesity?**
  - A. 1 in 10**
  - B. 1 in 4**
  - C. 1 in 5 (20%)**
  - D. 1 in 8**
- 4. What is the estimated number of adolescent deaths each year worldwide?**
  - A. 500,000**
  - B. 1.1 million**
  - C. 2 million**
  - D. 700,000**
- 5. What was the birth rate for girls aged 15-19 years?**
  - A. 30 births per 1000**
  - B. 42 births per 1000**
  - C. 50 births per 1000**
  - D. 60 births per 1000**



- 6. What are the Healthy People objectives related to pregnancy?**
- A. 5**
  - B. 7**
  - C. 10**
  - D. 15**
- 7. What is one of the leading causes of death among adolescents and young adults?**
- A. Heart disease**
  - B. Cancer**
  - C. Interpersonal violence**
  - D. Respiratory diseases**
- 8. What is a healthy way to manage stress?**
- A. Avoiding all social interactions**
  - B. Regular physical activity**
  - C. Increased consumption of caffeine**
  - D. Ignoring stressors**
- 9. What fraction of people worldwide were living with obesity?**
- A. 1 in 10**
  - B. 1 in 8**
  - C. 1 in 5**
  - D. 1 in 6**
- 10. A causal relationship has been established between harmful drinking and which infectious diseases?**
- A. Influenza and hepatitis**
  - B. Tuberculosis and HIV**
  - C. Malaria and syphilis**
  - D. Pneumonia and meningitis**



## **Answers**

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

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## **Explanations**

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**1. What is the recommended maximum daily intake of sodium?**

- A. More than 3,000 milligrams**
- B. Less than 2,300 milligrams**
- C. About 1,500 milligrams**
- D. Around 4,000 milligrams**

The recommended maximum daily intake of sodium is less than 2,300 milligrams. This guideline is based on research that indicates excessive sodium consumption is linked to high blood pressure and increased risk of heart disease and stroke. The dietary guidelines aim to help individuals maintain a healthy blood pressure and reduce overall health risks associated with high sodium intake. The recommendation is particularly relevant because many individuals consume significantly more sodium than needed due to the prevalence of processed and fast foods, which can contain high levels of added salt. Aiming for a limit of 2,300 milligrams helps encourage healthier eating habits, such as choosing fresh foods and reading nutrition labels diligently. While the option of about 1,500 milligrams is presented as a lower threshold, it generally serves as a more ideal target for specific populations, such as those with hypertension, rather than the general population. The higher figures, like 3,000 milligrams or 4,000 milligrams, exceed the recommended intake and may contribute to health problems over time. Overall, adhering to the guideline of less than 2,300 milligrams supports overall wellness and helps promote cardiovascular health.

**2. What are the leading causes of illness and disability among adolescents?**

- A. Diabetes and obesity**
- B. Depression and anxiety**
- C. Cardiovascular diseases**
- D. Infectious diseases**

The leading causes of illness and disability among adolescents often include mental health issues such as depression and anxiety. This is due to a variety of factors that uniquely affect adolescents, such as hormonal changes, social pressures, academic stress, and the challenges of navigating relationships. Mental health issues can significantly impair daily functioning, affect academic performance, and lead to more serious long-term consequences if left unaddressed. They represent a substantial burden on both the individual and society, which is why they are recognized as leading causes of illness and disability in this age group. While other conditions like diabetes and obesity, cardiovascular diseases, and infectious diseases certainly impact health, they do not have the same prevalence or severity in terms of leading to disability among adolescents in comparison to mental health conditions.



### 3. What is the rate of children worldwide facing obesity?

- A. 1 in 10
- B. 1 in 4
- C. 1 in 5 (20%)**
- D. 1 in 8

The rate of children worldwide facing obesity stands at approximately 1 in 5, equating to about 20%. This statistic highlights a significant global public health issue, where many children are experiencing excessive weight gain due to various factors such as poor dietary choices, lack of physical activity, and environmental influences. Understanding this figure is critical for addressing childhood obesity, as it underscores the need for effective interventions and policies aimed at promoting healthier lifestyles among children. By recognizing the magnitude of the problem, stakeholders—such as parents, educators, and policymakers—can prioritize efforts to combat this health crisis, ultimately improving the well-being of future generations.

### 4. What is the estimated number of adolescent deaths each year worldwide?

- A. 500,000
- B. 1.1 million**
- C. 2 million
- D. 700,000

The estimated number of adolescent deaths each year worldwide is approximately 1.1 million, which highlights a significant public health concern. This figure encompasses various causes such as injuries, illnesses, and mental health issues. Addressing these adolescent deaths is crucial as this age group is particularly vulnerable, facing issues such as substance abuse, violence, accidents, and mental health disorders. The statistic reflects the importance of targeted health interventions and policies that can help reduce mortality in this demographic. Understanding the scale of this challenge can incentivize healthcare systems and stakeholders to focus more resources on prevention, early intervention, and health education tailored for adolescents, ultimately aiming to lower the rates of these tragic outcomes.

### 5. What was the birth rate for girls aged 15-19 years?

- A. 30 births per 1000
- B. 42 births per 1000**
- C. 50 births per 1000
- D. 60 births per 1000

The correct answer indicates that the birth rate for girls aged 15-19 years is 42 births per 1000 women in that age group. This statistic reflects trends in adolescent births and can provide insight into reproductive health, access to education, and resources available for young women. A birth rate in this range suggests that while there may be significant births among this demographic, efforts to educate and provide resources related to contraception and reproductive health can influence these numbers. The figure can also guide policymakers and health organizations in targeting programs aimed at reducing teenage pregnancies and improving maternal health services for younger populations. Understanding the birth rate is crucial for developing strategies to address the challenges faced by young mothers, including healthcare access, education, and economic opportunities, thereby contributing to healthier communities overall.



**6. What are the Healthy People objectives related to pregnancy?**

- A. 5
- B. 7**
- C. 10
- D. 15

The correct answer indicates that there are seven Healthy People objectives related to pregnancy. The Healthy People initiative, which is a program of the U.S. Department of Health and Human Services, aims to improve health outcomes for all groups, including pregnant women. The seven objectives encompass various aspects of maternal and infant health, such as reducing maternal mortality, increasing the number of women receiving prenatal care, and reducing the incidence of low birth weight. These objectives are critical for guiding public health efforts and policies to ensure better health for mothers and their infants. The goals focus on promoting healthy pregnancies, ensuring access to quality healthcare, and improving the overall health of women during this crucial time. Through data collection and analysis, the objectives help identify areas needing improvement and track progress over time, ultimately leading to enhanced health outcomes for mothers and children across the nation.

**7. What is one of the leading causes of death among adolescents and young adults?**

- A. Heart disease
- B. Cancer
- C. Interpersonal violence**
- D. Respiratory diseases

Interpersonal violence is recognized as one of the leading causes of death among adolescents and young adults due to the high rates of homicide and related injuries in this age group. This type of violence encompasses various forms, including physical assaults and gun violence, and it is often influenced by factors like peer relationships, socioeconomic conditions, and community environments. Young people are particularly vulnerable, and the consequences are profound, extending beyond fatalities to include serious injuries and long-term emotional impacts on survivors and communities. Addressing interpersonal violence through education, prevention programs, and community engagement is essential in reducing these tragic statistics and promoting healthier, safer environments for young individuals.



## 8. What is a healthy way to manage stress?

- A. Avoiding all social interactions
- B. Regular physical activity**
- C. Increased consumption of caffeine
- D. Ignoring stressors

Regular physical activity is recognized as one of the most effective ways to manage stress. Engaging in exercise releases endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. This physiological response helps reduce perceptions of pain and improves overall mood and wellbeing. Additionally, physical activity can serve as a powerful distraction, providing a break from daily stressors and helping individuals to feel more in control. Incorporating physical activity into a routine can not only assist in relieving stress but also promote better sleep, boost self-confidence, and enhance cognitive function. These benefits all contribute to an individual's ability to cope with stress more effectively. In contrast, avoiding social interactions may lead to feelings of isolation and loneliness, which can exacerbate stress levels. Increased consumption of caffeine is often counterproductive, as it can increase anxiety and disrupt sleep patterns, further complicating stress management. Ignoring stressors, rather than addressing them, can lead to a buildup of pressure that can eventually result in more serious health issues. Thus, regular physical activity stands out as a healthy and constructive strategy for managing stress effectively.

## 9. What fraction of people worldwide were living with obesity?

- A. 1 in 10
- B. 1 in 8**
- C. 1 in 5
- D. 1 in 6

The choice indicating that 1 in 8 people worldwide were living with obesity is supported by global health statistics which show that the prevalence of obesity has been rising steadily. According to the World Health Organization (WHO), approximately 13% of the adult population was classified as obese as of the latest reports prior to October 2023. When converted into a fraction, this translates to roughly 1 in 8 individuals. This statistic is important as it highlights the growing public health issue related to obesity, which is associated with numerous health risks including heart disease, diabetes, and other chronic conditions. The data underscores the need for public health initiatives to address lifestyle factors that contribute to obesity and encourages awareness about healthy living practices and nutrition.



**10. A causal relationship has been established between harmful drinking and which infectious diseases?**

**A. Influenza and hepatitis**

**B. Tuberculosis and HIV**

**C. Malaria and syphilis**

**D. Pneumonia and meningitis**

The establishment of a causal relationship between harmful drinking and certain infectious diseases is particularly prominent with tuberculosis and HIV. Alcohol consumption can weaken the immune system, making individuals more susceptible to infections, including those caused by viruses and bacteria. In the case of HIV, alcohol use can lead to risky behaviors that increase the likelihood of transmission, alongside exacerbating health outcomes in individuals already living with HIV. Similarly, harmful drinking is recognized to have specific effects on the body that compromise the immune response, which is a critical factor in managing infections like tuberculosis. This is particularly concerning since tuberculosis is known to thrive in individuals who have weakened immune systems. Understanding the implications of alcohol on health is crucial, especially in populations that may already be vulnerable due to socioeconomic factors or existing health conditions, making it essential to address these relationships in public health initiatives.



## 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:**

**<https://hosahealthyliving.examzify.com>**

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