

HOSA WORLD HEALTH & DISPARITIES PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://hosaworldhealthdisparities.examzify.com>



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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. What is one of the first steps to reduce health disparities?**
 - A. Monitor patient satisfaction across demographics
 - B. Increase funding for public health systems
 - C. Take explicit measures to eliminate unconscious race bias
 - D. Enhance technology in healthcare
- 2. What does "health equity" refer to?**
 - A. The pursuit of healthcare innovation
 - B. The pursuit of ensuring that all individuals have fair access to health opportunities
 - C. The assessment of healthcare quality
 - D. The economic status of health systems
- 3. What role do non-profit organizations play in health disparity issues?**
 - A. They primarily focus on for-profit healthcare initiatives
 - B. They advocate for policy changes and provide resources to underserved communities
 - C. They operate solely as funding sources for healthcare
 - D. They are primarily involved in raising awareness about health issues
- 4. How do cultural beliefs affect healthcare access?**
 - A. Cultural beliefs have no effect on healthcare access
 - B. They can influence perceptions of illness and treatment
 - C. They always encourage individuals to seek care
 - D. They solely determine healthcare costs
- 5. What role does social isolation play in the mental health of older adults?**
 - A. It encourages more social interactions
 - B. It leads to better coping mechanisms
 - C. It can result in worsening mental health conditions
 - D. It has no significant effect

- 6. According to the findings, what was the life expectancy of a black baby in 2016?**
- A. 70.8 years
 - B. 72.5 years
 - C. 74.8 years
 - D. 76.2 years
- 7. Which strategy is recommended to adjust for race/ethnicity and socioeconomic position in healthcare?**
- A. Increase healthcare costs
 - B. Ignore current disparities
 - C. Adjust payment methods
 - D. Limit access to Medicaid
- 8. What does ADL stand for in the context of health and care?**
- A. Activities of daily living
 - B. Assisted daily living
 - C. Assessment of daily living
 - D. Adaptive daily living
- 9. Which country has the lowest life expectancy at birth?**
- A. Afghanistan
 - B. Somalia
 - C. Chad
 - D. Zimbabwe
- 10. Which state is noted for having the lowest rate of infant mortality?**
- A. California
 - B. Texas
 - C. New York
 - D. Wisconsin

Answers

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

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Explanations

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1. What is one of the first steps to reduce health disparities?

- A. Monitor patient satisfaction across demographics
- B. Increase funding for public health systems
- C. Take explicit measures to eliminate unconscious race bias**
- D. Enhance technology in healthcare

Taking explicit measures to eliminate unconscious race bias is a foundational step in reducing health disparities. Unconscious bias can influence healthcare providers' interactions with patients, potentially leading to differential treatment based on race or ethnicity. By addressing and mitigating these biases, healthcare professionals can ensure that all patients receive equitable care, regardless of their background. This approach promotes a more inclusive environment in healthcare settings and directly impacts patient outcomes and access to services. In contrast, while monitoring patient satisfaction or enhancing technology in healthcare can contribute to broader healthcare improvements, they do not directly tackle the structural and interpersonal biases that create disparities. Increasing funding for public health systems is also essential, but without addressing the underlying biases that affect care delivery, resources may not be allocated or utilized effectively to bridge the gap in health equity. Therefore, focusing on eliminating unconscious race bias is critical to establishing a solid groundwork for addressing and minimizing health disparities in a meaningful way.

2. What does "health equity" refer to?

- A. The pursuit of healthcare innovation
- B. The pursuit of ensuring that all individuals have fair access to health opportunities**
- C. The assessment of healthcare quality
- D. The economic status of health systems

Health equity refers to the principle that everyone should have a fair and just opportunity to attain their highest level of health. This involves addressing and removing obstacles to health such as poverty, discrimination, and their consequences, which can create disparities in access to health opportunities and outcomes based on factors like social determinants of health. The correct choice emphasizes the importance of ensuring that all individuals, regardless of their background or circumstances, can access the resources they need to achieve optimal health. By focusing on fair access to health opportunities, health equity contributes to the overall improvement of community health and well-being. Exploring the other choices, the pursuit of healthcare innovation pertains more to advancements in medical technology and practices, while the assessment of healthcare quality is related to metrics and standards that measure the effectiveness and safety of healthcare services. Meanwhile, the economic status of health systems deals with financial aspects rather than the fairness and accessibility of health opportunities. Thus, it is the emphasis on equitable access that distinctly defines health equity.

3. What role do non-profit organizations play in health disparity issues?

- A. They primarily focus on for-profit healthcare initiatives
- B. They advocate for policy changes and provide resources to underserved communities**
- C. They operate solely as funding sources for healthcare
- D. They are primarily involved in raising awareness about health issues

Non-profit organizations play a crucial role in addressing health disparity issues by advocating for policy changes and providing resources to underserved communities. Their advocacy efforts are aimed at influencing legislation and creating systemic changes that can reduce health inequalities. Non-profits engage with communities to understand their specific health needs, often working to amplify the voices of those who are most affected by disparities. Additionally, non-profit organizations typically focus on outreach, education, and support services that directly benefit vulnerable populations. This includes offering health education, facilitating access to medical services, coordinating care, and providing funding for health programs that target specific health disparities. By focusing on both advocacy and resource provision, non-profits effectively contribute to improving health outcomes and ensuring that all individuals have an equitable chance to achieve good health.

4. How do cultural beliefs affect healthcare access?

- A. Cultural beliefs have no effect on healthcare access
- B. They can influence perceptions of illness and treatment**
- C. They always encourage individuals to seek care
- D. They solely determine healthcare costs

Cultural beliefs significantly impact how individuals perceive illness and treatment, making this answer correct. People from different cultural backgrounds may have varying interpretations of symptoms, their causes, and the appropriateness of different types of treatment. For instance, some cultures may prioritize traditional medicine over Western medical practices, impacting whether individuals seek professional medical help or opt for alternative remedies. These beliefs can determine whether a person feels comfortable accessing healthcare services, what types of care they believe will be effective, and their adherence to treatment plans. Negative perceptions or stigmas around certain illnesses may prevent individuals from seeking help, further influencing healthcare access. While some cultural beliefs might encourage healthcare seeking behaviors, this is not a universal rule, and the influence of culture on healthcare is more nuanced than simply promoting care-seeking. Additionally, cultural beliefs alone do not determine healthcare costs; economic and systemic factors play significant roles as well. Thus, the relationship between culture and healthcare access is complex, solidifying the correctness of the answer regarding their influence on perceptions and treatment.

5. What role does social isolation play in the mental health of older adults?

- A. It encourages more social interactions
- B. It leads to better coping mechanisms
- C. It can result in worsening mental health conditions**
- D. It has no significant effect

Social isolation has a profound impact on the mental health of older adults, often leading to worsening mental health conditions. When elderly individuals experience social isolation, they may face increased feelings of loneliness, depression, and anxiety. The lack of social connections can diminish their sense of belonging and support, which are crucial for maintaining mental well-being. This isolation can exacerbate existing mental health issues or even contribute to the development of new ones, such as cognitive decline or depressive disorders. Furthermore, social isolation can limit access to essential resources and services, stifling opportunities for engagement in stimulating activities that promote mental health. As the social support systems diminish, older adults might feel even more disconnected and vulnerable, which can further deteriorate their overall mental health. Recognizing the correlation between social interaction and mental well-being is crucial for implementing effective interventions aimed at fostering community connections and support systems for older adults.

6. According to the findings, what was the life expectancy of a black baby in 2016?

- A. 70.8 years
- B. 72.5 years
- C. 74.8 years**
- D. 76.2 years

The life expectancy of a black baby in 2016 was reported to be 74.8 years. This figure reflects various factors that influence health outcomes and mortality rates within the African American community, such as access to healthcare, socioeconomic status, and prevalent health conditions. Understanding this number is crucial because it provides insights into the overall health disparities that exist between different racial and ethnic groups. The selected answer is significant because it helps highlight ongoing challenges while also recognizing progress in health outcomes over time. The other options present different life expectancy figures that do not represent the specific 2016 statistic for black babies, emphasizing the need to refer to accurate and current data when discussing life expectancy and health trends.

7. Which strategy is recommended to adjust for race/ethnicity and socioeconomic position in healthcare?

- A. Increase healthcare costs
- B. Ignore current disparities
- C. Adjust payment methods**
- D. Limit access to Medicaid

Adjusting payment methods is a key strategy for addressing healthcare disparities related to race, ethnicity, and socioeconomic status. This approach can help ensure that healthcare providers are incentivized to deliver equitable care to all patients, regardless of their backgrounds. By reforming payment systems, healthcare organizations can prioritize equitable distribution of resources, ensuring that underrepresented and underserved populations receive necessary attention and care. Moreover, adjusting payment methods can lead to the creation of value-based care models, where providers are rewarded for achieving better health outcomes for all patients rather than simply increasing volume or services. This not only incentivizes equal treatment but also encourages hospitals and clinics to focus on strategies that effectively close gaps in care among different racial and socioeconomic groups. In contrast, increasing healthcare costs, ignoring current disparities, or limiting access to Medicaid would further entrench the existing inequities within the healthcare system. Such actions could disproportionately impact marginalized communities, exacerbating health disparities rather than addressing them.

8. What does ADL stand for in the context of health and care?

- A. Activities of daily living**
- B. Assisted daily living
- C. Assessment of daily living
- D. Adaptive daily living

In the context of health and care, ADL stands for "Activities of Daily Living." This term is widely used to refer to the basic tasks that are essential for self-care and daily functioning. These activities include tasks such as bathing, dressing, eating, toileting, and transferring (moving from a bed to a chair, for example). The importance of identifying and assessing an individual's ability to perform these activities is critical in healthcare settings, particularly in geriatrics and rehabilitation. Assessing a person's ability to perform ADLs helps healthcare providers determine the level of assistance a patient may need and informs care planning. It also plays a role in assessing the individual's overall health, independence, and quality of life. The other terms, while they may sound similar, do not accurately capture the standard definition used in the health care context. "Assisted daily living" might suggest a focus on external assistance rather than self-care capabilities. "Assessment of daily living" implies a broader evaluative approach without specifying the foundational activities involved. "Adaptive daily living" could suggest modifications to daily living activities rather than the activities themselves. Thus, "Activities of Daily Living" remains the correct and commonly accepted term in healthcare discussions.

9. Which country has the lowest life expectancy at birth?

- A. Afghanistan
- B. Somalia**
- C. Chad
- D. Zimbabwe

The correct answer is Somalia, as it consistently reports very low life expectancy at birth due to several critical factors. Somalia has faced ongoing conflict, political instability, and humanitarian crises which have severely impacted health care access and the overall quality of life for its citizens. The country has also dealt with epidemics, poverty, and malnutrition, all contributing to high mortality rates, particularly among infants and children. When comparing Somalia to Afghanistan, Chad, and Zimbabwe, while all these countries face significant challenges impacting life expectancy, Somalia tends to have the lowest figures in recent statistics. Afghanistan experiences similar issues related to conflict and health care access, but its life expectancy, while low, is generally higher than that of Somalia. Chad, known for similar health issues, also has low life expectancy, but not as low as Somalia's. Zimbabwe has experienced health crises, especially during economic decline, but its average life expectancy has improved in recent years, making it higher than Somalia's. This context illustrates why Somalia is recognized for having the lowest life expectancy at birth, highlighting the role of health systems, social conditions, and conflict in determining public health outcomes.

10. Which state is noted for having the lowest rate of infant mortality?

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

California is recognized for having the lowest rate of infant mortality among the states listed. This status is likely attributable to a combination of factors including access to healthcare, comprehensive maternal and infant health services, and public health initiatives that focus on preventive care and education for expecting mothers. In California, significant investments have been made in healthcare infrastructure and community programs that support maternal health and early childhood development. This has resulted in improved health outcomes for both mothers and infants. Additionally, the state has implemented policies aimed at reducing barriers to healthcare access, which can be crucial in areas where disparities exist. By comparison, other states may not have as robust healthcare systems or may lack specific initiatives that directly address the needs of mothers and infants, contributing to higher rates of infant mortality. Therefore, California's coordinated approach to healthcare and public health has important implications for its lower infant mortality rates.

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://hosaworldhealthdisparities.examzify.com>

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

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