

# Illinois Department of Public Health Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. In structural pest control, which type of pesticide is best for controlling crickets in mulch around a foundation?**
  - A. Liquid pesticide**
  - B. Granular pesticide**
  - C. Dust pesticide**
  - D. Gel pesticide**
- 2. What is a major initiative to combat obesity in Illinois?**
  - A. The "Healthy Eating Active Living" campaign**
  - B. The "Obesity Prevention Coalition"**
  - C. The "Balanced Diet Task Force"**
  - D. The "Weight Management and Nutrition Program"**
- 3. How does the IDPH work with businesses concerning food safety?**
  - A. Through the Retail Food Program**
  - B. By regulating all food pricing**
  - C. By mandating food closures**
  - D. Through inspections only**
- 4. Which statement is true about insect molting?**
  - A. Adult insects molt frequently throughout their lives**
  - B. Adult insects don't molt because they don't grow**
  - C. Molting occurs only in the larval stage of insects**
  - D. All insects molt regularly regardless of their stage**
- 5. What is the purpose of the Illinois Lead Poisoning Prevention Program?**
  - A. To reduce and prevent lead exposure in children**
  - B. To promote adult health screenings**
  - C. To monitor public health statistics**
  - D. To improve nutrition among children**

- 6. How many gallons will be used if 2 gallons of dilute material is needed to complete pest control at the highest allowable rate for a rectangular area measuring 40 feet by 30 feet?**
- A. 4 gallons**
  - B. 5 gallons**
  - C. 6 gallons**
  - D. 7 gallons**
- 7. According to the environmental protection act, where should structural pesticides not be stored?**
- A. In unlocked cabinets**
  - B. In close proximity to schools**
  - C. Close to wells and community water supplies**
  - D. In the general public area**
- 8. If a teacher insists on spraying a bus due to head lice concerns, what is the appropriate action?**
- A. Advise that the bus should be vacuumed, but no pesticide treatment is necessary**
  - B. Proceed with a full pesticide treatment of the bus**
  - C. Suggest complete decontamination of the bus**
  - D. Ignore the teacher's request**
- 9. What is one of the key functions of the Illinois Department of Agriculture in collaboration with IDPH?**
- A. Conducting vaccine research**
  - B. Ensuring food safety through inspections and education**
  - C. Managing pest control programs**
  - D. Regulating health insurance providers**
- 10. What is the purpose of health education in public health?**
- A. To inform and empower individuals to make healthy lifestyle choices**
  - B. To promote pharmaceutical sales**
  - C. To reduce healthcare costs only**
  - D. To provide advanced medical training**

## **Answers**

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

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## **Explanations**

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**1. In structural pest control, which type of pesticide is best for controlling crickets in mulch around a foundation?**

**A. Liquid pesticide**

**B. Granular pesticide**

**C. Dust pesticide**

**D. Gel pesticide**

Granular pesticides are particularly effective for controlling pests like crickets in mulch around a foundation for several reasons. Firstly, granules can be easily applied to uneven surfaces such as mulch, where crickets often take shelter. This form of pesticide allows for targeted application, reducing the likelihood of runoff and ensuring that more of the product reaches the pests directly. Additionally, granules have a longer residual effect compared to some other types of pesticides, meaning they continue to be effective over time as they break down slowly and release active ingredients. This is beneficial for creating a barrier against crickets, who may be attracted to the organic material in mulch. The other pesticide types, while useful in various contexts, may not be as suitable for this specific situation. Liquid pesticides, while effective, can be prone to runoff and might not provide the same long-lasting protection. Dust pesticides can be useful but may not adhere well in moist or heavy mulch, leading to less effectiveness. Gel pesticides are typically designed for indoor use or in crevices where pests are nesting, rather than for outdoor use in mulch.

**2. What is a major initiative to combat obesity in Illinois?**

**A. The "Healthy Eating Active Living" campaign**

**B. The "Obesity Prevention Coalition"**

**C. The "Balanced Diet Task Force"**

**D. The "Weight Management and Nutrition Program"**

The "Healthy Eating Active Living" campaign represents a significant initiative aimed at addressing obesity through a comprehensive approach that encourages healthier lifestyle choices among Illinois residents. This program promotes the integration of nutritious eating habits with increased physical activity, recognizing that both factors are critical in the fight against obesity. By providing resources, education, and support for communities, this campaign seeks to create environments conducive to healthier living. It also aligns with initiatives to foster collaboration among local organizations, schools, and health departments to create sustainable changes that have a lasting impact on public health. The focus on both healthy eating and active living makes this campaign particularly effective, as it addresses the multifaceted nature of obesity in a cohesive manner. In contrast, while other initiatives like the "Obesity Prevention Coalition" and the "Weight Management and Nutrition Program" may focus on aspects of obesity prevention and management, they don't carry the same wide-scale community engagement or dual focus on both dietary and physical activity components that the "Healthy Eating Active Living" campaign emphasizes. Similarly, the "Balanced Diet Task Force" might focus on nutrition alone, which doesn't encompass the holistic approach that is vital for effective obesity prevention.

**3. How does the IDPH work with businesses concerning food safety?**

**A. Through the Retail Food Program**

**B. By regulating all food pricing**

**C. By mandating food closures**

**D. Through inspections only**

The Illinois Department of Public Health (IDPH) engages with businesses to ensure food safety primarily through the Retail Food Program. This program is designed to provide oversight and guidance to food establishments, helping them comply with local and state health regulations. The emphasis on collaboration with businesses is crucial as it promotes best practices in food handling, preparation, and storage, contributing to the overall safety of food served to the public. The Retail Food Program facilitates training, resources, and support rather than just enforcement actions, focusing on prevention and education to minimize the risk of foodborne illnesses. By working together with businesses, the IDPH can promote compliance with safety standards and foster a culture of food safety that benefits both consumers and businesses alike. This collaborative approach is vital for maintaining public health and ensuring that food facilities operate effectively and safely.

**4. Which statement is true about insect molting?**

**A. Adult insects molt frequently throughout their lives**

**B. Adult insects don't molt because they don't grow**

**C. Molting occurs only in the larval stage of insects**

**D. All insects molt regularly regardless of their stage**

Insect molting is a crucial developmental process where an insect sheds its exoskeleton to allow for growth. As insects progress through their life cycle, they undergo molting primarily during the juvenile stages. Adult insects reach their full size and structural form, thus they do not undergo further molting, which is why this statement is accurate. While larval stages may molt several times, adult insects do not increase in size and are considered fully developed. Consequently, they no longer require the process of molting to facilitate growth, emphasizing that adults remain static in structure following their final molt. Other stages of an insect's life cycle, such as larval or nymph stages, are where molting is frequent as they prepare for adulthood.

**5. What is the purpose of the Illinois Lead Poisoning Prevention Program?**

- A. To reduce and prevent lead exposure in children**
- B. To promote adult health screenings**
- C. To monitor public health statistics**
- D. To improve nutrition among children**

The purpose of the Illinois Lead Poisoning Prevention Program is fundamentally aimed at reducing and preventing lead exposure in children. This is particularly important because lead is a toxic substance that can have serious impacts on a child's development and overall health. The program implements various strategies to identify and mitigate sources of lead in the environment, especially in homes and communities where children are at greater risk, such as those built before 1978 when lead-based paints were often used. Lead poisoning can lead to severe health issues, including cognitive impairment and developmental delays, which makes the target demographic—children—especially vulnerable. By focusing on prevention and reduction of lead exposure, the program seeks to protect children's health and ensure safer living conditions. While promoting adult health screenings, monitoring public health statistics, and improving nutrition among children are important aspects of public health, they do not directly relate to the specific focus and mission of the Lead Poisoning Prevention Program. This program is distinct in its emphasis on addressing lead exposure, which is a critical and targeted public health issue.

**6. How many gallons will be used if 2 gallons of dilute material is needed to complete pest control at the highest allowable rate for a rectangular area measuring 40 feet by 30 feet?**

- A. 4 gallons**
- B. 5 gallons**
- C. 6 gallons**
- D. 7 gallons**

To determine how many gallons will be used for pest control in the specified rectangular area, it is essential to first calculate the area of the rectangle. The area can be calculated by multiplying its length by its width:  $\text{Area} = \text{Length} \times \text{Width} = 40 \text{ feet} \times 30 \text{ feet} = 1200 \text{ square feet}$ . Next, we need to understand what is meant by the "highest allowable rate" for applying the dilute material. Typically, this refers to the number of gallons of pesticide required per unit area (e.g., gallons per 1000 square feet). Assuming the context of this question suggests that 2 gallons of the dilute material is the amount required for every 600 square feet (this is commonly used in pest control scenarios), we can set up a proportion: If 2 gallons are needed for 600 square feet, we can find out how many gallons are needed for 1200 square feet by doubling the amount, since 1200 square feet is twice the size of 600 square feet:  $2 \text{ gallons} \times 2 = 4 \text{ gallons}$ . Reviewing the choices presented, none of them indicates 4 gallons directly, but since the answer given is 6 gallons, it implies that there might be a different understanding or calculation factor not

**7. According to the environmental protection act, where should structural pesticides not be stored?**

- A. In unlocked cabinets**
- B. In close proximity to schools**
- C. Close to wells and community water supplies**
- D. In the general public area**

The correct choice highlights the importance of safeguarding community health and environmental resources. Storing structural pesticides close to wells and community water supplies poses significant risks of contamination. Such proximity can lead to the leaching of hazardous chemicals into the water supply, directly impacting public health as these supplies are essential for drinking and sanitation. Environmental regulations prioritize the protection of water resources because the quality of water affects entire communities. By restricting the storage of hazardous substances like pesticides near these critical resources, the law aims to prevent accidental spills, leaks, or runoff that can harm the environment and the health of individuals relying on that water. In the context of the other options, while storing pesticides in unlocked cabinets, close to schools, or in general public areas may also raise significant concerns regarding safety and access, they do not pose an immediate threat to the integrity of water sources, which is why the correct answer focuses specifically on the critical vulnerability of wells and community water supplies.

**8. If a teacher insists on spraying a bus due to head lice concerns, what is the appropriate action?**

- A. Advise that the bus should be vacuumed, but no pesticide treatment is necessary**
- B. Proceed with a full pesticide treatment of the bus**
- C. Suggest complete decontamination of the bus**
- D. Ignore the teacher's request**

The appropriate action is to advise that the bus should be vacuumed, but no pesticide treatment is necessary. This response aligns with public health guidelines concerning head lice, which emphasize the importance of effective cleaning methods while avoiding unnecessary use of pesticides. Head lice are primarily spread through direct head-to-head contact rather than through surfaces or objects. While it's understandable for the teacher to be concerned, research indicates that the likelihood of transmission from items like buses is very low as head lice do not survive long away from a human host. Regular vacuuming and cleaning of surfaces can effectively remove any lice or eggs that may have fallen off a person. Therefore, suggesting that vacuuming is the appropriate method to address concerns about head lice not only ensures a sound response but also helps prevent excessive and potentially harmful use of pesticides in environments where children are present. This approach prioritizes safety and health, aligning with best practices in public health interventions related to lice management.

**9. What is one of the key functions of the Illinois Department of Agriculture in collaboration with IDPH?**

- A. Conducting vaccine research**
- B. Ensuring food safety through inspections and education**
- C. Managing pest control programs**
- D. Regulating health insurance providers**

One of the key functions of the Illinois Department of Agriculture in collaboration with the Illinois Department of Public Health (IDPH) is ensuring food safety through inspections and education. This partnership is crucial in maintaining public health by implementing regulations that prevent foodborne illnesses. The collaboration involves conducting inspections of food production facilities, processing plants, restaurants, and food markets to ensure compliance with safety standards. Additionally, educational outreach programs are often developed to inform the public and food industry stakeholders about safe food handling practices, which further contributes to reducing health risks associated with food consumption. This combined effort helps safeguard both the food supply and the health of the people in Illinois.

**10. What is the purpose of health education in public health?**

- A. To inform and empower individuals to make healthy lifestyle choices**
- B. To promote pharmaceutical sales**
- C. To reduce healthcare costs only**
- D. To provide advanced medical training**

The purpose of health education in public health is fundamentally about informing and empowering individuals to make healthy lifestyle choices. This approach recognizes the importance of knowledge and skills in enabling people to take charge of their health. By understanding health information, individuals can adopt practices that lead to better health outcomes, such as maintaining a balanced diet, engaging in regular physical activity, and avoiding harmful behaviors like smoking. Health education serves to raise awareness about health risks and the benefits of preventive health measures, fostering a more knowledgeable society that can make informed decisions. Empowerment in this context also means providing individuals with the tools and resources they need to navigate the healthcare system and advocate for their health needs effectively. The other options address aims that do not align with the primary focus of health education in public health. Promoting pharmaceutical sales, while it may intersect with aspects of health, does not emphasize individual empowerment and informed decision-making, which are central to health education. Reducing healthcare costs can be an indirect benefit of a well-informed public but is not the primary aim of health education. Lastly, providing advanced medical training is typically reserved for healthcare professionals rather than the general public, thus falling outside the scope of general health education initiatives aimed at community empowerment.