

North Carolina Public Health Agencies, Disparities, and Policy Frameworks Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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 statement best describes Accountable Care Organizations (ACOs)?**
 - A. ACOs are government-owned entities that reimburse services on a fee-for-service basis.**
 - B. ACOs are provider-led organizations that focus on shared savings and shared risk with broad patient choice.**
 - C. ACOs operate primarily as private insurers with narrow networks and no risk-sharing.**
 - D. ACOs are nonprofit organizations focusing only on disease prevention.**

- 2. Which statement about the linking people to care service is accurate?**
 - A. It focuses on emergency medical treatment only.**
 - B. It involves direct provision of disease treatment at clinics.**
 - C. It performs only health education.**
 - D. It includes connecting people to follow-up care, such as WIC enrollment and vaccination sites.**

- 3. What is another example of a decisional question in the ORID framework?**
 - A. What would you say about the experience to people who were not there?**
 - B. What was the significance of this experience to your study/work/life?**
 - C. What will you do differently as a result of the experience?**
 - D. How did this situation impact you?**

- 4. Why is stakeholder engagement important in program evaluation?**
 - A. It keeps evaluations confidential from community members.**
 - B. It slows down the evaluation process.**
 - C. It replaces the need for quantitative data.**
 - D. It ensures that evaluations are relevant, practical, and reflective of community needs.**

- 5. What roles do local public health agencies play?**
- A. Crisis response and emergency management only.**
 - B. Data collection and policy development only.**
 - C. Disease prevention, health promotion, and data collection only.**
 - D. Disease prevention, health promotion, community engagement, crisis response, data collection, and policy implementation.**
- 6. Which governance type is characterized by combining centralized and decentralized approaches across agencies?**
- A. Centralized governance**
 - B. Decentralized governance**
 - C. Shared governance**
 - D. Mixed governance**
- 7. What is the purpose of the Evaluation Framework in public health?**
- A. To monitor only health outcomes**
 - B. To publish annual health rankings**
 - C. To assess health outcomes, utilization, costs, sustainability, and cross-sector effects**
 - D. To standardize funding allocations**
- 8. Managed care, in relation to value-based payment, is described as:**
- A. Managed care is unrelated to value-based payment**
 - B. Managed care is a form of fee-for-service**
 - C. Managed care pays for bundled services**
 - D. Managed care is a form of value-based payment**
- 9. What are the consequences of rural health challenges in North Carolina?**
- A. Higher rates of heart disease and infant mortality, more uninsured adults, and ongoing rural hospital closures.**
 - B. Lower rates of chronic disease and higher utilization of preventive services.**
 - C. Rapid urban growth with expanding hospital networks.**
 - D. Uniform access to care across rural and urban areas.**

10. What would you say about the experience to people who were not there?

- A. What would you say about the experience to people who were not there?**
- B. Which people, comments, ideas, or words caught your attention, and why?**
- C. What types of 9-1-1 calls is HEART most often responding to?**
- D. What have you learned from this experience?**

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Answers

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

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Explanations

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1. Which statement best describes Accountable Care Organizations (ACOs)?

- A. ACOs are government-owned entities that reimburse services on a fee-for-service basis.
- B. ACOs are provider-led organizations that focus on shared savings and shared risk with broad patient choice.**
- C. ACOs operate primarily as private insurers with narrow networks and no risk-sharing.
- D. ACOs are nonprofit organizations focusing only on disease prevention.

Accountable Care Organizations are groups of providers who come together to coordinate care for a defined patient population, with financial incentives tied to quality and cost. They are typically provider-led and operate under payment models that reward shared savings if they meet performance and cost targets, with some arrangements also sharing in downside risk if costs exceed expectations. This setup emphasizes coordinated, efficient care across the patient's health needs while preserving broad patient choice within the network, rather than limiting care to a narrow set of providers. They're not government-owned entities that reimburse purely on a fee-for-service basis, nor are they private insurers with narrow networks and no risk-sharing, and they aren't nonprofit groups focused only on disease prevention. The emphasis on interdisciplinary collaboration, shared financial risk/reward, and maintaining broad access captures what ACOs are designed to do.

2. Which statement about the linking people to care service is accurate?

- A. It focuses on emergency medical treatment only.
- B. It involves direct provision of disease treatment at clinics.
- C. It performs only health education.
- D. It includes connecting people to follow-up care, such as WIC enrollment and vaccination sites.**

Linking people to care is about connecting individuals to follow-up services and supports so they can access ongoing health care, preventive services, and resources after an initial contact. This means helping them enroll in programs, schedule subsequent appointments, and reach resources that sustain health over time. WIC enrollment and vaccination sites are both classic examples because they provide ongoing support and access to preventive care and nutrition resources, rather than just giving a one-time treatment or solely providing information. The other options describe more limited roles—emergency treatment, direct disease treatment at clinics, or purely health education—whereas linking to care emphasizes creating a bridge to continued services and supports.

3. What is another example of a decisional question in the ORID framework?

- A. What would you say about the experience to people who were not there?**
- B. What was the significance of this experience to your study/work/life?**
- C. What will you do differently as a result of the experience?**
- D. How did this situation impact you?**

In ORID, decisional questions aim to turn reflection into concrete next steps or actions. “What will you do differently as a result of the experience?” asks for a specific plan or change you intend to implement, which is exactly what decisional prompts seek. The other options target earlier stages: describing how to share the experience with others focuses on communication (not action planning), asking about the significance is interpretive in nature, and asking how it impacted you is reflective.

4. Why is stakeholder engagement important in program evaluation?

- A. It keeps evaluations confidential from community members.**
- B. It slows down the evaluation process.**
- C. It replaces the need for quantitative data.**
- D. It ensures that evaluations are relevant, practical, and reflective of community needs.**

Engaging stakeholders in program evaluation centers on making sure the process and results matter to those affected. When community members, program staff, and partners help shape the questions, decide what to measure, and interpret what the data mean, the evaluation focuses on issues that are meaningful and feasible in the real world. This shared ownership makes findings more credible and usable, so they can guide concrete improvements, inform decisions, and reflect the actual needs and priorities of the community. This approach also supports transparency and trust, because people see how information is gathered and used, and they see their perspectives reflected in the results. In practice, it means the evaluation asks the right questions, uses indicators that matter locally, and provides recommendations that are practical to implement. Keeping results away from the people most affected would miss these benefits, and calling on involvement doesn't inherently slow things down or replace data; it strengthens relevance and interpretation by integrating lived experience with quantitative and qualitative evidence.

5. What roles do local public health agencies play?
- A. Crisis response and emergency management only.
 - B. Data collection and policy development only.
 - C. Disease prevention, health promotion, and data collection only.
 - D. Disease prevention, health promotion, community engagement, crisis response, data collection, and policy implementation.**

Local public health agencies have a broad, interconnected role that goes beyond any single task. They work to prevent disease and promote health through programs that address risk factors, educate communities, and support healthier environments. They collect and analyze data to monitor health status, identify trends, and guide decisions and resource use. They actively engage communities and partners to tailor approaches, build trust, and ensure equitable solutions. They coordinate crisis response and emergency management to detect threats, communicate risks, mobilize resources, and deliver timely services. They also translate evidence into practice by developing and implementing local policies and guidelines that shape how programs are delivered and regulated. Together, these functions capture the full spectrum of what local public health agencies do, not just a subset of activities.

6. Which governance type is characterized by combining centralized and decentralized approaches across agencies?
- A. Centralized governance
 - B. Decentralized governance
 - C. Shared governance
 - D. Mixed governance**

A mixed governance structure blends centralized direction with decentralized execution across agencies. It keeps a central layer that sets overarching goals, standards, and accountability, while allowing individual agencies or regional units to tailor implementation, allocate resources, and respond to local needs. This balance helps maintain consistency and coordination across the system while preserving flexibility to adapt to different communities and contexts. Purely centralized governance can be rigid and slow to adapt, and purely decentralized governance can lead to fragmentation and inconsistent standards. Shared governance emphasizes joint decision-making, but mixed governance specifically signals a deliberate combination of top-down direction with local autonomy across multiple agencies.

7. What is the purpose of the Evaluation Framework in public health?

- A. To monitor only health outcomes**
- B. To publish annual health rankings**
- C. To assess health outcomes, utilization, costs, sustainability, and cross-sector effects**
- D. To standardize funding allocations**

Evaluating public health programs uses a framework that measures multiple dimensions to guide learning and decisions. The best choice captures not only health outcomes but also how services are used (utilization), what it costs (and value), whether the program can be sustained over time (sustainability), and effects that spill over into other sectors (cross-sector effects). This broad view helps determine what works, for whom, and under what conditions, and it informs improvements, budgeting, and long-term planning. Focusing only on health outcomes misses important pieces like affordability and scalability, while publishing annual rankings or standardizing funding allocations are more about communication or budgeting decisions, not the full evaluative purpose of understanding overall impact.

8. Managed care, in relation to value-based payment, is described as:

- A. Managed care is unrelated to value-based payment**
- B. Managed care is a form of fee-for-service**
- C. Managed care pays for bundled services**
- D. Managed care is a form of value-based payment**

Value-based payment focuses on rewarding quality and efficient care rather than simply paying for each service. Managed care organizations structure payments to promote care coordination, prevention, and cost control, using contracts that go beyond traditional fee-for-service. In practice, providers often receive fixed per-member-per-month payments (capitation) with risk-sharing and performance incentives tied to quality and outcomes. Bundled payments or shared savings can also be part of the mix, but the overarching aim is to align payment with value. For these reasons, managed care is best described as a form of value-based payment.

9. What are the consequences of rural health challenges in North Carolina?

- A. Higher rates of heart disease and infant mortality, more uninsured adults, and ongoing rural hospital closures.**
- B. Lower rates of chronic disease and higher utilization of preventive services.**
- C. Rapid urban growth with expanding hospital networks.**
- D. Uniform access to care across rural and urban areas.**

Rural health challenges in North Carolina create disparities in both access to care and health outcomes. In many rural counties, you'll see higher rates of heart disease and infant mortality, influenced by factors like limited preventive services, longer travel times to care, and shortages of healthcare workers. More adults in rural areas are uninsured or underinsured, which delays seeking care and makes managing chronic conditions harder. Additionally, rural hospitals are closing or merging at higher rates, reducing local access to emergency services, obstetric care, and other essential health services. All of this means access is not the same across the state; urban areas typically have more clinics, specialists, and hospital capacity, while rural residents face real barriers. So the consequences align with unequal access and poorer health outcomes rather than uniform access.

10. What would you say about the experience to people who were not there?

- A. What would you say about the experience to people who were not there?**
- B. Which people, comments, ideas, or words caught your attention, and why?**
- C. What types of 9-1-1 calls is HEART most often responding to?**
- D. What have you learned from this experience?**

Describing an experience to people who weren't there focuses on conveying a vivid, first-hand narrative of what happened, who was involved, when and where it occurred, and why it mattered. The prompt that asks you to tell the experience to someone who didn't attend is best because it directly guides you to provide that descriptive recount so others can imagine what you witnessed and felt as if they were present themselves. It invites details, sensory impressions, and the sequence of events, which helps an audience reproduce the experience in their minds. The other prompts steer you toward different aims. Asking what caught your attention and why centers on analyzing notable aspects and your reasoning rather than giving a full recount to outsiders. Inquiring about the types of 9-1-1 calls is off-topic for describing a personal experience. Asking what you learned focuses on takeaways and reflections after the event, not on relaying the actual experience to someone who wasn't there.

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://ncpublichealthagencies.examzify.com>

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

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