

# PDHPE HSC - Health Priorities in Australia Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What does mortality measure?**
  - A. The number of hospital admissions**
  - B. The rate of disease in different populations**
  - C. The number of deaths from a specific cause over time**
  - D. The prevalence of chronic illnesses**
  
- 2. Which initiative is used by the Australian government to promote healthy lifestyles?**
  - A. Live Lighter**
  - B. Health for All**
  - C. Stay Fit Australia**
  - D. Australia's Wellness Campaign**
  
- 3. What percentage of hospital admissions in 2015/16 were due to cardiovascular disease?**
  - A. 15%**
  - B. 50%**
  - C. 30%**
  - D. 20%**
  
- 4. What is the purpose of the Australian Immunisation Register?**
  - A. To collect health statistics for research**
  - B. To track immunisations for public health safety**
  - C. To provide vaccinations to all citizens**
  - D. To monitor disease outbreaks**
  
- 5. Which level of government is responsible for national health policy formation in Australia?**
  - A. Federal Government**
  - B. State Government**
  - C. Local Government**
  - D. Community Organizations**

**6. What is one of the primary benefits of partnerships in health promotion?**

- A. Increased funding for health services**
- B. Intersectional actions that collect extensive information**
- C. Reducing the need for community involvement**
- D. Limiting the scope of health issues addressed**

**7. How can individuals promote their own health effectively?**

- A. By ignoring health services**
- B. By relying solely on government support**
- C. By making informed personal choices**
- D. By avoiding health education programs**

**8. What approach has been taken to upscale health education in the Closing the Gap initiative?**

- A. Privatizing health education programs**
- B. Reducing funding for community courses**
- C. Increasing ATSI education levels through targeted programs**
- D. Standardizing education across all regions without local input**

**9. Why is health promotion considered a joint responsibility?**

- A. Only government agencies are involved**
- B. It requires collaboration among multiple stakeholders**
- C. Health promotion is solely the responsibility of healthcare providers**
- D. It is primarily left to individuals**

**10. What aspect of health promotion ensures supportive environments for healthy choices?**

- A. Policies encouraging unhealthy lifestyle choices**
- B. Encouragement of self-regulated health practices**
- C. Implementation of supportive environment policies**
- D. Limiting access to public health facilities**

## **Answers**

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

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## **Explanations**

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## 1. What does mortality measure?

- A. The number of hospital admissions**
- B. The rate of disease in different populations**
- C. The number of deaths from a specific cause over time**
- D. The prevalence of chronic illnesses**

Mortality is a public health measure that specifically assesses the number of deaths in a population over a certain period and is often associated with particular causes of death. This can include tracking deaths from diseases, accidents, or other health-related events, which allows health professionals and policymakers to understand the impacts of various health issues on a community. The focus on mortality enables the identification of leading causes of death, the effectiveness of health interventions, and the overall health status of a population. By analyzing mortality rates, health professionals can develop strategies to address the most significant health challenges, allocate resources effectively, and implement preventive measures. While other options address related health metrics—like hospital admissions, disease rates, and prevalence of chronic illnesses—they do not provide a direct measure of deaths, which is the core focus of mortality statistics. Therefore, the option highlighting the number of deaths from specific causes over time accurately represents the essence of what mortality measures.

## 2. Which initiative is used by the Australian government to promote healthy lifestyles?

- A. Live Lighter**
- B. Health for All**
- C. Stay Fit Australia**
- D. Australia's Wellness Campaign**

Live Lighter is an initiative launched by the Australian government aimed at promoting healthy lifestyles and encouraging better nutrition and physical activity among Australians. This campaign focuses on reducing obesity and preventing related diseases by providing practical advice on healthier eating, maintaining a healthy weight, and engaging in regular physical activity. It employs various strategies such as community events, partnerships with local organizations, and accessible online resources to reach and educate diverse populations, making it an effective public health initiative. The emphasis on behavior change to prevent obesity-related health issues and the promotion of healthy living resonate strongly with public health goals, positioning Live Lighter as a pivotal component of Australia's health strategy.

### 3. What percentage of hospital admissions in 2015/16 were due to cardiovascular disease?

- A. 15%
- B. 50%
- C. 30%**
- D. 20%

The statistic indicating that 30% of hospital admissions in 2015/16 were due to cardiovascular disease reflects the significant impact that this group of diseases has on the healthcare system in Australia. Cardiovascular diseases include conditions such as heart attacks, strokes, and hypertension, which are among the leading causes of morbidity and mortality. This percentage highlights the substantial burden that cardiovascular issues place on hospitals, indicating the necessity for preventive measures, effective management strategies, and healthcare resources targeted towards cardiovascular health. Understanding this statistic can inform public health initiatives aiming to reduce the prevalence of cardiovascular conditions through lifestyle modifications, increased awareness, and early intervention strategies. It emphasizes the critical need for ongoing education regarding risk factors associated with cardiovascular disease, such as poor diet, lack of physical activity, and smoking, to mitigate the impact on hospital admissions in the future.

### 4. What is the purpose of the Australian Immunisation Register?

- A. To collect health statistics for research
- B. To track immunisations for public health safety**
- C. To provide vaccinations to all citizens
- D. To monitor disease outbreaks

The Australian Immunisation Register serves the vital purpose of tracking immunisations for public health safety. This register is a national initiative that helps to maintain comprehensive records of vaccinations administered to individuals throughout Australia. By keeping accurate and up-to-date information, the register plays a significant role in ensuring that individuals receive appropriate immunisations according to their age and health status. Tracking immunisations through the register not only aids in identifying vaccination rates across different populations but also assists healthcare providers in delivering timely and effective vaccinations. Moreover, it supports public health initiatives aimed at increasing vaccination coverage, thereby contributing to community immunity (herd immunity) and reducing the incidence of vaccine-preventable diseases. Other options, while related to health and immunisation in some way, do not specifically convey the primary function of the Australian Immunisation Register. Collecting health statistics for research is an important activity but is separate from the register's primary objective. Providing vaccinations is a function carried out by healthcare providers, not a purpose of the register itself. Monitoring disease outbreaks is crucial for public health but is typically addressed through other public health surveillance systems rather than the immunisation register.

**5. Which level of government is responsible for national health policy formation in Australia?**

- A. Federal Government**
- B. State Government**
- C. Local Government**
- D. Community Organizations**

The Federal Government is primarily responsible for national health policy formation in Australia. This role encompasses the development of overarching health legislation, funding frameworks, and national health programs. The Federal Government sets the agenda for public health initiatives, manages national healthcare funding allocations (like Medicare), and collaborates with various stakeholders to address health issues that impact the entire country. The national approach ensures a consistent strategy in addressing health priorities, such as disease prevention, health promotion, and access to healthcare services, which can vary significantly across different states and territories due to their diverse populations and regional health needs. The Federal Government also plays a crucial part in responding to national health crises, like pandemics, coordinating efforts across jurisdictions. While state and local governments provide healthcare services and have their health policies tailored to their specific populations, they operate within the framework established by the Federal Government. Community organizations play a vital role in health promotion and support services but do not form national health policy. Thus, the Federal Government's role in national health policy is essential for a cohesive approach to public health in Australia.

**6. What is one of the primary benefits of partnerships in health promotion?**

- A. Increased funding for health services**
- B. Intersectional actions that collect extensive information**
- C. Reducing the need for community involvement**
- D. Limiting the scope of health issues addressed**

One of the primary benefits of partnerships in health promotion is that they facilitate intersectional actions that can collect extensive information across various sectors and disciplines. When different organizations, including government agencies, non-profits, healthcare providers, and community groups, collaborate, they bring together diverse perspectives, expertise, and data. This multidimensional approach allows for a more comprehensive understanding of health issues, as it considers social, economic, and environmental factors that influence health outcomes. Furthermore, by pooling resources and knowledge, partnerships can leverage existing data to identify trends and gaps in health services, leading to more targeted and effective health promotion strategies. This collective effort enhances the ability to tackle complex health challenges that cannot be effectively addressed by any single organization acting alone. In essence, partnerships open up avenues for collaborative research and intervention, ultimately leading to more effective health promotion initiatives that align with community needs.

## 7. How can individuals promote their own health effectively?

- A. By ignoring health services**
- B. By relying solely on government support**
- C. By making informed personal choices**
- D. By avoiding health education programs**

Making informed personal choices is an effective way for individuals to promote their own health because it empowers them to take control of their health decisions. Individuals who are knowledgeable about healthy lifestyle practices, nutrition, exercise, and preventive measures can make choices that enhance their well-being and reduce the risk of disease. This proactive approach enables individuals to tailor their health behaviors to their personal circumstances, preferences, and needs, leading to better health outcomes. Informed decision-making also involves understanding how one's actions impact physical and mental health. This awareness encourages individuals to seek out reliable information, whether through healthcare providers, educational resources, or community programs, thereby fostering a more health-conscious mindset. Engaging with health education not only benefits the individual but can also influence those around them, contributing to a healthier community collectively. While options such as relying solely on government support or avoiding health education programs may suggest dependence on external factors, they do not promote personal agency in health matters. Ignoring health services undermines the ability to prevent and manage health issues, ultimately leading to poorer health outcomes. Thus, taking a proactive and informed approach is crucial in promoting better health.

## 8. What approach has been taken to upscale health education in the Closing the Gap initiative?

- A. Privatizing health education programs**
- B. Reducing funding for community courses**
- C. Increasing ATSI education levels through targeted programs**
- D. Standardizing education across all regions without local input**

The correct response is focused on increasing Aboriginal and Torres Strait Islander (ATSI) education levels through targeted programs. This approach is integral to the Closing the Gap initiative, which aims to improve health outcomes for ATSI peoples by addressing the systemic inequalities they face. The targeted programs are designed to be culturally relevant and tailored to meet the specific needs of Indigenous communities, thereby promoting engagement and participation in health education. This focus on education is crucial because it not only enhances knowledge and awareness of health issues within ATSI communities but also empowers individuals to make informed decisions regarding their health. By improving education levels, the initiative seeks to bridge the gap in health outcomes, ensuring that ATSI individuals receive the skills and information necessary to take control of their health. In contrast, other options do not align with the principles of the Closing the Gap initiative. For instance, privatizing health education programs or reducing funding for community courses would likely limit access to essential health information and support for these communities. Similarly, standardizing education without local input can undermine the cultural relevance and effectiveness of the programs, ultimately failing to meet the unique needs of different ATSI groups.

## 9. Why is health promotion considered a joint responsibility?

- A. Only government agencies are involved
- B. It requires collaboration among multiple stakeholders**
- C. Health promotion is solely the responsibility of healthcare providers
- D. It is primarily left to individuals

Health promotion is considered a joint responsibility because it involves collaboration among various stakeholders, including governments, health agencies, non-profit organizations, and the community at large. Effective health promotion initiatives require the combined efforts of these different entities to address complex health issues. This collaboration allows for the sharing of resources, expertise, and strategies that can lead to more comprehensive and effective health promotion programs. By engaging multiple stakeholders, health promotion can be more tailored to meet the diverse needs of different communities, thus ensuring that a wider population can benefit from these efforts. In contrast, the other options suggest a limited perspective on responsibility. For example, suggesting that only government agencies are involved underestimates the role of community organizations and individuals in promoting health. Similarly, implying that health promotion is solely the responsibility of healthcare providers neglects the vital contributions that educators, policymakers, and community members make. Lastly, stating that responsibility is primarily left to individuals ignores the structural and environmental factors that influence health, which require collective action to address effectively. Thus, recognizing health promotion as a joint responsibility highlights the importance of collaboration to achieve better health outcomes for all.

## 10. What aspect of health promotion ensures supportive environments for healthy choices?

- A. Policies encouraging unhealthy lifestyle choices
- B. Encouragement of self-regulated health practices
- C. Implementation of supportive environment policies**
- D. Limiting access to public health facilities

The correct choice highlights the importance of implementing supportive environment policies in health promotion. Supportive environments are crucial as they create conditions that facilitate healthy choices, making it easier for individuals to adopt and maintain good health practices. This can include creating safe spaces for physical activity, ensuring access to healthy food options, and providing resources that support mental health. By establishing policies that promote these environments, health systems and communities can help remove barriers that prevent people from making healthy choices. For example, a community might implement regulations for parks and recreational areas that encourage physical activity or develop policies that ensure all residents have access to fresh produce. The other options do not align with the concept of fostering environments that support health. Policies that encourage unhealthy lifestyle choices create adverse conditions for health. Simply encouraging self-regulated health practices lacks the structural support needed to be effective in promoting healthy behaviors, and limiting access to public health facilities directly undermines the ability of individuals to seek and receive the care and resources they need for healthy living.

# 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://pdhpehschealthprioinaustralia.examzify.com>**

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

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