

# PDHPE HSC - Health Priorities in Australia Practice Test (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 program is NOT a strategy to address obesity in Australia?**
  - A. Taxes on unhealthy foods**
  - B. Community health programs**
  - C. Promotion of sedentary behavior**
  - D. Public health campaigns**
- 2. Which two indicators are key in measuring health status in Australia?**
  - A. Life expectancy and hospital bed availability**
  - B. Infant mortality rate and health care accessibility**
  - C. Life expectancy and infant mortality rate**
  - D. Rates of health insurance and general practitioner visits**
- 3. What principle is essential for identifying priority health issues?**
  - A. Social justice principles**
  - B. Government policy**
  - C. Market demand**
  - D. Individual preferences**
- 4. Which of the following is NOT considered a sociocultural determinant for rural and remote people?**
  - A. Family dynamics**
  - B. Peer influences**
  - C. Access to quality healthcare**
  - D. Cultural beliefs**
- 5. Which demographic factor can create differences in health outcomes?**
  - A. Age**
  - B. Marital status**
  - C. Occupation**
  - D. All of the above**

**6. According to estimates, what fraction of Australians is diagnosed with cancer by age 85?**

- A. 1 in 4**
- B. 1 in 3**
- C. 1 in 2**
- D. 1 in 5**

**7. What is the relationship between fair skin and skin cancer?**

- A. Higher protection against skin cancer**
- B. No connection to skin cancer**
- C. Lower risk of developing skin cancer**
- D. Higher risk of developing skin cancer**

**8. What is a major contributing factor to injury in Australia?**

- A. Increased physical activity**
- B. Lack of public health information**
- C. Comparison to global injury rates**
- D. Transport accidents and falls**

**9. What health challenge do rural and remote communities in Australia predominantly face?**

- A. High rates of mental illness**
- B. Limited access to health care services**
- C. Increased physical activity**
- D. Greater availability of specialists**

**10. What is one notable statistic regarding Indigenous health outcomes?**

- A. Lower rates of diabetes than non-Indigenous populations**
- B. Higher life expectancy compared to non-Indigenous Australians**
- C. More than 2.5 times higher suicide rates**
- D. Better access to healthcare services**

## **Answers**

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

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## **Explanations**

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## 1. Which program is NOT a strategy to address obesity in Australia?

- A. Taxes on unhealthy foods**
- B. Community health programs**
- C. Promotion of sedentary behavior**
- D. Public health campaigns**

The program that is not a strategy to address obesity in Australia is the promotion of sedentary behavior. This is because efforts to combat obesity focus on encouraging physical activity and reducing behaviors that contribute to weight gain, such as prolonged sitting or inactivity. The promotion of sedentary behavior contradicts the goals of obesity prevention programs, which aim to educate individuals about the benefits of an active lifestyle and the health risks associated with being sedentary. In Australia, strategies like imposing taxes on unhealthy foods, implementing community health programs, and conducting public health campaigns are all targeted approaches designed to reduce obesity rates. These initiatives encourage healthier eating habits, increase awareness of the importance of physical activity, and create supportive environments that facilitate active living. Therefore, recognizing sedentary behavior as a factor leading to obesity emphasizes the need for strategies contrary to its promotion, making the choice that refers to promoting sedentary behavior the clear outlier.

## 2. Which two indicators are key in measuring health status in Australia?

- A. Life expectancy and hospital bed availability**
- B. Infant mortality rate and health care accessibility**
- C. Life expectancy and infant mortality rate**
- D. Rates of health insurance and general practitioner visits**

Life expectancy and infant mortality rate are essential indicators of health status because they provide critical insights into the overall well-being of a population. Life expectancy represents the average number of years a person can expect to live based on current mortality rates, reflecting the effectiveness of a healthcare system, living conditions, and societal factors such as nutrition and safety. A higher life expectancy typically indicates better health outcomes and quality of life. The infant mortality rate, on the other hand, tracks the number of deaths of infants under one year of age per 1,000 live births in a given year. This indicator is a significant measure of the health of a community, highlighting the effectiveness of maternal and child health services, as well as socioeconomic conditions. A lower infant mortality rate usually signifies better healthcare access for mothers and infants, improved socioeconomic conditions, and health practices. Together, these two indicators provide a comprehensive overview of the health status in Australia, allowing for a broader assessment of the population's health and the effectiveness of health policies and services. They serve as foundational metrics for public health research and planning, making them crucial in the context of health priorities in the country.

### 3. What principle is essential for identifying priority health issues?

- A. Social justice principles**
- B. Government policy**
- C. Market demand**
- D. Individual preferences**

The principle of social justice is essential for identifying priority health issues because it emphasizes equity, access, and the distribution of resources to ensure that all individuals have the opportunity to achieve optimal health. This principle considers the social determinants of health, which include factors like income, education, and social support, and how they impact health outcomes. By focusing on social justice, health priorities can be established that address the needs of disadvantaged or vulnerable populations, ensuring that health initiatives target those who are most at risk and require the most support. In contrast, while government policy can shape health priorities, it may not always reflect the most pressing health issues on the ground or account for the needs of all community members. Market demand primarily focuses on consumer behavior and may overlook essential health concerns that do not generate profit. Individual preferences alone can be too narrow a lens, as they do not necessarily represent wider community health needs or disparities that must be addressed for the overall benefit of the population. Hence, it is the social justice principle that provides a comprehensive framework for prioritizing health issues in a way that promotes equity and addresses systemic barriers to health.

### 4. Which of the following is NOT considered a sociocultural determinant for rural and remote people?

- A. Family dynamics**
- B. Peer influences**
- C. Access to quality healthcare**
- D. Cultural beliefs**

Access to quality healthcare is not categorized as a sociocultural determinant for rural and remote populations. Sociocultural determinants primarily encompass the social and cultural factors that influence health behaviors and outcomes within a community. Family dynamics refer to the structure and interactions within families that can affect health practices and beliefs. Peer influences highlight how groups of individuals can impact an individual's health behavior through social pressure or support, while cultural beliefs encompass shared understandings and practices that shape health behaviors within a community. In contrast, access to quality healthcare is more of a systemic or structural determinant. It addresses the availability and accessibility of medical services, which is influenced by factors such as geographic location, healthcare infrastructure, and economic resources. Hence, while access to healthcare is crucial for health outcomes, it does not fall under the category of sociocultural determinants.

## 5. Which demographic factor can create differences in health outcomes?

- A. Age**
- B. Marital status**
- C. Occupation**
- D. All of the above**

All of the listed demographic factors—age, marital status, and occupation—can significantly influence health outcomes. Age is particularly relevant as different life stages present unique health challenges and risks. For instance, children may be more susceptible to certain infectious diseases, while older adults often confront chronic conditions like heart disease or arthritis. Thus, age plays a crucial role in determining health status and access to suitable healthcare services. Marital status can also have implications for health. Research indicates that married individuals often experience better mental and physical health than their single counterparts, potentially due to the social support and cooperation in health-related behaviors that partnerships can foster. Occupation affects health outcomes through exposure to various risks and stressors. Certain jobs may involve higher levels of physical risk or mental stress, influencing overall health and wellbeing. Workers in manual labor positions may face injuries and chronic conditions, while those in sedentary jobs might struggle with lifestyle-related diseases. Considering these factors collectively underscores their interconnectedness and how they shape health disparities, making all of the options relevant to understanding variations in health outcomes among different demographic groups.

## 6. According to estimates, what fraction of Australians is diagnosed with cancer by age 85?

- A. 1 in 4**
- B. 1 in 3**
- C. 1 in 2**
- D. 1 in 5**

The estimate indicating that approximately one in two Australians will be diagnosed with cancer by age 85 highlights the significant prevalence of cancer in the population. This statistic underscores the reality that cancer is a major health concern and emphasizes the need for effective screening, prevention, and treatment strategies. Understanding this fraction also reflects the advancements in medical technology and healthcare, which have led to improved cancer detection and management. The increase in life expectancy and aging population contribute to the heightened incidence of cancer, as many types are more prevalent in older adults. Therefore, the correct answer emphasizes the critical importance of public health initiatives aimed at cancer awareness, early detection, and supportive care systems for affected individuals.

## 7. What is the relationship between fair skin and skin cancer?

- A. Higher protection against skin cancer**
- B. No connection to skin cancer**
- C. Lower risk of developing skin cancer**
- D. Higher risk of developing skin cancer**

Individuals with fair skin have less melanin, the pigment responsible for providing some protection against the harmful effects of ultraviolet (UV) radiation from the sun. This reduced melanin level means that people with fair skin are more susceptible to sunburn and other types of skin damage caused by UV radiation. Over time, repeated exposure to UV radiation can lead to changes in the skin's cells, increasing the likelihood of developing skin cancers such as melanoma, basal cell carcinoma, and squamous cell carcinoma. The relationship between fair skin and skin cancer risk is well-documented, emphasizing the importance of sun protection measures for those with lighter skin tones. In contrast, those with darker skin tones benefit from the presence of more melanin, which offers greater natural protection against the harmful effects of UV exposure. This biological difference helps clarify why fair-skinned individuals face a higher risk of skin cancer compared to those with darker pigmentation.

## 8. What is a major contributing factor to injury in Australia?

- A. Increased physical activity**
- B. Lack of public health information**
- C. Comparison to global injury rates**
- D. Transport accidents and falls**

Transport accidents and falls are indeed major contributing factors to injury in Australia. These types of injuries account for a significant portion of hospitalizations and mortality rates within the country. When considering transport accidents, factors such as road conditions, driver behavior, and vehicle safety play crucial roles in the frequency and severity of crashes. Similarly, falls are prevalent, especially among older adults, and can lead to serious injuries, including fractures and head trauma. In addition, the context of these injuries highlights the public health implications, as they often require comprehensive strategies for prevention, such as improved infrastructure, education about safe practices, and targeted interventions for vulnerable populations. Understanding these factors helps in developing effective health policies aimed at reducing injury rates and enhances community awareness of safety measures.

## 9. What health challenge do rural and remote communities in Australia predominantly face?

- A. High rates of mental illness**
- B. Limited access to health care services**
- C. Increased physical activity**
- D. Greater availability of specialists**

Rural and remote communities in Australia predominantly face limited access to health care services. This challenge arises due to a variety of factors, including geographical isolation, a shortage of health professionals, and inadequacies in transportation infrastructure. In these areas, residents often need to travel long distances to receive medical attention, which can result in delays in treatment and poorer health outcomes. The lack of local health facilities and services can lead to gaps in care, particularly for specialized treatments or emergency care. Consequently, individuals in these communities may experience significant barriers when seeking necessary healthcare, which deeply impacts their overall health and wellbeing. The other aspects mentioned, such as high rates of mental illness, can certainly be a concern, but they tend to be compounded by the limited access to appropriate care in these regions. Similarly, while physical activity is essential for maintaining health, rural areas may not necessarily see an increase in physical activity levels due to environmental barriers and lifestyle factors. Finally, greater availability of specialists is not typically characteristic of rural settings, making access to specialized care a further challenge for these communities. Therefore, the predominant health challenge is indeed the limited access to health care services.

## 10. What is one notable statistic regarding Indigenous health outcomes?

- A. Lower rates of diabetes than non-Indigenous populations**
- B. Higher life expectancy compared to non-Indigenous Australians**
- C. More than 2.5 times higher suicide rates**
- D. Better access to healthcare services**

One notable statistic regarding Indigenous health outcomes is that Indigenous Australians experience more than 2.5 times higher suicide rates compared to non-Indigenous populations. This alarming statistic highlights significant mental health challenges within Indigenous communities, which can be attributed to a combination of historical, social, and economic factors. The impacts of colonization, loss of land, cultural dislocation, and ongoing discrimination contribute to higher levels of distress and mental health issues. Understanding this statistic is crucial for addressing health priorities in Australia since it underscores the urgent need for targeted prevention strategies and mental health support tailored to the unique circumstances faced by Indigenous Australians. This knowledge informs public health policies and community programs aimed at reducing the suicide rates and improving overall mental wellbeing within these communities.

# 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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