

PDHPE HSC – HEALTH PRIORITIES IN AUSTRALIA PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. How does the 'Close the Gap' initiative utilize community action?**
 - A. It excludes community input to streamline processes
 - B. It empowers ATSI communities in planning and decision-making
 - C. It primarily focuses on national health statistics
 - D. It promotes individual actions over community efforts
- 2. How is infant mortality defined?**
 - A. Number of deaths from congenital anomalies
 - B. Number of deaths in the first year of life per 1,000 births
 - C. Number of infants admitted to the hospital within the first year
 - D. Number of premature births in a given year
- 3. What is the definition of horizontal equity in the context of healthcare?**
 - A. Different treatments for different needs
 - B. Equal treatment for equal health needs
 - C. Higher funding for specialized services
 - D. Access limitations based on location
- 4. In what way does public policy influence health care access?**
 - A. By increasing the number of healthcare facilities
 - B. By establishing funding and quality standards
 - C. By allowing private health insurance only
 - D. By simplifying medical procedures
- 5. What is the primary responsibility of governments in rural and remote health?**
 - A. To provide entertainment and recreational services
 - B. To ensure public health is accessible in all communities
 - C. To promote tourism in rural areas
 - D. To regulate local businesses

- 6. What is the significance of the Ottawa Charter for Health Promotion?**
- A. It focuses solely on mental health issues
 - B. It defines health standards in Australia
 - C. It outlines strategies for improving health and emphasizes a supportive environment
 - D. It promotes private health insurance options
- 7. What are extended aged care at home packages primarily designed for?**
- A. Basic support for daily living
 - B. Higher level care needs
 - C. Emergency medical services
 - D. Residential aged care facilities
- 8. 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
- 9. Which principle of social justice emphasizes fair distribution of resources?**
- A. Diversity
 - B. Equity
 - C. Supportive environments
 - D. Inclusiveness
- 10. 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

Answers

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

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Explanations

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1. How does the 'Close the Gap' initiative utilize community action?

- A. It excludes community input to streamline processes
- B. It empowers ATSI communities in planning and decision-making**
- C. It primarily focuses on national health statistics
- D. It promotes individual actions over community efforts

The 'Close the Gap' initiative focuses on reducing health disparities between Aboriginal and Torres Strait Islander (ATSI) peoples and non-Indigenous Australians. One of the key elements of this initiative is empowering ATSI communities in planning and decision-making. By involving community members, the initiative acknowledges their unique health needs and cultural perspectives, enabling more effective health interventions and policies. This empowerment allows for the development of culturally appropriate health services that are more likely to be accepted and utilized by ATSI people. Community involvement ensures that decisions are made with a deep understanding of local issues, leading to better health outcomes. Furthermore, it fosters a sense of ownership and responsibility among the communities, which is essential for sustainable change in health practices and overall well-being. This approach contrasts with strategies that may exclude community input, focus solely on statistics, or promote individual actions without a unified community effort.

2. How is infant mortality defined?

- A. Number of deaths from congenital anomalies
- B. Number of deaths in the first year of life per 1,000 births**
- C. Number of infants admitted to the hospital within the first year
- D. Number of premature births in a given year

Infant mortality is defined as the number of deaths of infants before reaching one year of age, expressed per 1,000 live births in a given year. This measure is critical for assessing the health status and overall well-being of a population. It reflects various factors including maternal health, accessibility and quality of healthcare, socioeconomic conditions, and public health initiatives. The specific focus on deaths within the first year of life allows for a comprehensive understanding of the challenges faced by newborns and infants, enabling health policymakers to address these issues effectively. The statistic serves as a vital indicator of the effectiveness of health strategies aimed at improving neonatal and maternal care, ultimately guiding public health efforts and resource allocation. Other definitions provided in the options, such as deaths from congenital anomalies or the number of infants admitted to the hospital, do not capture the broader context of overall infant health and survival. Similarly, while premature births are certainly a significant concern, they are a separate indicator that does not directly equate to infant mortality. Thus, the measurement focused on deaths per 1,000 live births within the first year provides the most comprehensive and relevant definition of infant mortality.

3. What is the definition of horizontal equity in the context of healthcare?

- A. Different treatments for different needs
- B. Equal treatment for equal health needs**
- C. Higher funding for specialized services
- D. Access limitations based on location

Horizontal equity in healthcare refers to the principle that individuals with similar health needs should receive equal treatment and care. This concept emphasizes fairness and justice in health service provision, ensuring that everyone who requires the same level of healthcare has access to comparable resources and treatments. The idea is grounded in the belief that health outcomes should not be influenced by factors unrelated to medical necessity, such as socioeconomic status, geographic location, or other distinguishing characteristics. By focusing on equal treatment for equal health needs, healthcare systems aim to minimize disparities and promote access to necessary services for all individuals facing similar health challenges. This principle plays a critical role in developing policies and frameworks that prioritize fairness in health outcomes, leading to a more equitable healthcare system. Other options, while they may pertain to aspects of healthcare delivery, do not align with the concept of horizontal equity. For example, different treatments for different needs cater to the idea of personalized medicine, but do not address the fairness aspect that horizontal equity emphasizes. Higher funding for specialized services can create inequalities between different groups, rather than ensuring equal treatment. Lastly, access limitations based on location can lead to inequities and does not align with the definition of horizontal equity, which advocates for equal treatment for those in comparable situations.

4. In what way does public policy influence health care access?

- A. By increasing the number of healthcare facilities
- B. By establishing funding and quality standards**
- C. By allowing private health insurance only
- D. By simplifying medical procedures

Public policy plays a crucial role in shaping health care access, primarily by establishing funding and quality standards. These standards help ensure that health care services are both adequately financed and meet specific quality benchmarks, which is essential for maintaining a high level of care. When public policy sets these guidelines, it can create a framework that promotes equitable access for all individuals, regardless of socio-economic background. For instance, funding policies can allocate resources to underserved areas, improve infrastructure, and support the development of new services. The establishment of quality standards guarantees that patients receive appropriate and effective care, which can enhance confidence within the community regarding available health services. Collectively, these elements work to ensure that all populations have the necessary access to health care, helping to reduce disparities and improve overall health outcomes.

5. What is the primary responsibility of governments in rural and remote health?

- A. To provide entertainment and recreational services
- B. To ensure public health is accessible in all communities**
- C. To promote tourism in rural areas
- D. To regulate local businesses

The primary responsibility of governments in rural and remote health is to ensure public health is accessible in all communities. This focus is critical because individuals in rural and remote areas often face unique health challenges that can include limited access to healthcare services, fewer medical facilities, and a shortage of health professionals. Governments work to develop policies and programs that aim to eliminate barriers to healthcare access, improve health literacy, and promote preventative care. This includes establishing funding for telehealth services, supporting local health initiatives, and ensuring adequate healthcare infrastructure. Making public health a priority in these areas helps to address health inequalities and ultimately improves health outcomes for the population. In contrast, entertainment and recreational services do not directly address essential health needs. While promoting tourism can benefit the local economy, it does not inherently focus on health accessibility. Similarly, regulating local businesses is important for economic sustainability, but it is not the core responsibility related to the health of communities. By prioritizing public health, governments can create healthier environments and support the well-being of individuals living in rural and remote areas.

6. What is the significance of the Ottawa Charter for Health Promotion?

- A. It focuses solely on mental health issues
- B. It defines health standards in Australia
- C. It outlines strategies for improving health and emphasizes a supportive environment**
- D. It promotes private health insurance options

The significance of the Ottawa Charter for Health Promotion lies in its comprehensive approach to improving health by outlining key strategies and emphasizing the importance of creating supportive environments. The Ottawa Charter, established during the First International Conference on Health Promotion in 1986, advocates for a holistic view of health that considers various factors influencing well-being, including social, economic, and physical environments. By promoting strategies such as strengthening community actions, creating supportive environments, developing personal skills, reorienting health services, and building healthy public policy, the Charter provides a framework that encourages collaboration among governments, communities, and individuals to achieve better health outcomes. This holistic approach recognizes that health is influenced by a broad range of determinants rather than just individual behaviors or healthcare services, fostering a multi-faceted strategy for health promotion. The mention of mental health issues in the first option limits the Charter's broader relevance to a single aspect of health. The second option regarding health standards in Australia does not capture the Charter's purpose of promoting health rather than defining standards. Promoting private health insurance options is irrelevant to the Charter's primary goals of comprehensive health promotion and community well-being. Therefore, the focus on strategies for improvement and support is what makes this answer significant and accurate.

7. What are extended aged care at home packages primarily designed for?

- A. Basic support for daily living
- B. Higher level care needs**
- C. Emergency medical services
- D. Residential aged care facilities

Extended Aged Care at Home packages are specifically designed for individuals who have higher-level care needs. This program caters to older Australians who may require more comprehensive support while still wishing to remain in their own homes rather than moving into residential care facilities. The packages provide a tailored combination of services that can include assistance with personal care, nursing care, and therapeutic services, aimed at supporting the individual's health and well-being. These packages offer a significant level of care compared to basic home support services, which are primarily focused on assistance with daily living tasks for individuals who do not need intensive care. Emergency medical services address immediate health issues and are not structured for ongoing support in the home environment. Residential aged care facilities offer a more permanent living solution for those who cannot be cared for at home, making the focus of Extended Aged Care at Home distinctly different as it seeks to provide high-level care that allows for more independence in familiar surroundings.

8. 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.

9. Which principle of social justice emphasizes fair distribution of resources?

- A. Diversity
- B. Equity**
- C. Supportive environments
- D. Inclusiveness

The principle of social justice that emphasizes fair distribution of resources is equity. Equity involves ensuring that individuals and groups have access to the resources they need to achieve their full potential. This means recognizing that people have different circumstances and may require different levels of support in order to have equal opportunities. By focusing on equity, policies and initiatives are designed to address disparities in resource distribution, which is fundamental to achieving social justice. In contrast, diversity refers to the recognition and respect for different backgrounds and identities, supportive environments focus on creating conditions that promote well-being and safety, and inclusiveness emphasizes the active participation of all individuals in society. While these concepts are important components of social justice, they do not directly address the fair distribution of resources in the same way that equity does.

10. 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.

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://pdhpehschealthprioinaustralia.examzify.com>

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

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