

Public Health and Environmental Health 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 agency administers elderly, disabled, and low-income health care programs such as CHIP?**
 - A. Centers for Medicare and Medicaid Services (CMS)**
 - B. Health Resources and Services Administration (HRSA)**
 - C. Indian Health Service (IHS)**
 - D. National Institutes of Health (NIH)**

- 2. What service does the Public Health Department offer related to reporting in offices?**
 - A. Help you set up the reporting in your office**
 - B. Provide medical supplies**
 - C. Conduct routine patient visits**
 - D. Manage payroll**

- 3. Which of the following is an example of a communicable disease?**
 - A. Tuberculosis**
 - B. Appendicitis**
 - C. Fracture**
 - D. Diabetes**

- 4. Which determinant includes smoking, alcohol, marijuana, and drug consumption as examples of social norms?**
 - A. Social Norms**
 - B. Beliefs**
 - C. Economy**
 - D. Politics**

- 5. The United States' primary national health agency is which department?**
 - A. Department of Health and Human Services**
 - B. Department of Education**
 - C. Department of Homeland Security**
 - D. Department of Transportation**

- 6. MAP-IT is used to plan and evaluate public health interventions. Which steps does it include?**
- A. Mobilize, Assess, Plan, Implement and Track**
 - B. Map, Analyze, Prioritize, Invest**
 - C. Measure, Apply, Program, Integrate**
 - D. Monitor, Act, Prepare, Test**
- 7. What is the main aim of the National Prevention Strategy?**
- A. A system focused on treating illness after it occurs**
 - B. A system based on wellness and prevention**
 - C. A system centered on urgent care services**
 - D. A system that eliminates preventive services**
- 8. Which term describes facilities where patients receive care but do not stay overnight?**
- A. Outpatient care facilities**
 - B. Inpatient care facilities**
 - C. Hospice facilities**
 - D. Rehabilitation facilities**
- 9. Which set of three statements correctly lists the three core public health functions?**
- A. Assessment, policy development, and assurance**
 - B. Research, policy development, enforcement**
 - C. Diagnosis, treatment, prevention**
 - D. Education, outreach, marketing**
- 10. Which agency, established in 1992, is responsible for prevention and treatment of addictive and mental disorders?**
- A. Substance Abuse and Mental Health Services Administration (SAMHSA)**
 - B. Centers for Disease Control and Prevention (CDC)**
 - C. Agency for Healthcare Research and Quality (AHRQ)**
 - D. National Institutes of Health (NIH)**

Answers

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

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Explanations

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1. Which agency administers elderly, disabled, and low-income health care programs such as CHIP?

- A. Centers for Medicare and Medicaid Services (CMS)**
- B. Health Resources and Services Administration (HRSA)**
- C. Indian Health Service (IHS)**
- D. National Institutes of Health (NIH)**

Centers for Medicare and Medicaid Services administer Medicare for the elderly and many people with disabilities, and Medicaid for low-income individuals and families, with CHIP operating under that same administration in partnership with states. This means CMS is the federal hub coordinating coverage for aging populations, disability-related eligibility, and low-income children and families through CHIP. Other agencies have different roles: HRSA works to improve access to care and build the healthcare workforce, IHS provides services for American Indian and Alaska Native communities, and NIH focuses on medical research.

2. What service does the Public Health Department offer related to reporting in offices?

- A. Help you set up the reporting in your office**
- B. Provide medical supplies**
- C. Conduct routine patient visits**
- D. Manage payroll**

The key idea is that public health departments support offices by establishing and improving reporting processes so health events are tracked and reported to the right authorities. They don't just supervise data; they help clinics put the whole system in place so staff know what to report, how to report it, and when. That includes setting up the forms or electronic submission paths, designating who is responsible for reporting, and outlining the timelines and data elements needed for surveillance. So, the service described is helping you set up the reporting in your office—guiding how to collect the information, where to send it, and how to integrate it into your daily operations. The other options don't fit this purpose: providing medical supplies, conducting routine patient visits, or managing payroll are not about establishing or coordinating health reporting processes.

3. Which of the following is an example of a communicable disease?

- A. Tuberculosis**
- B. Appendicitis**
- C. Fracture**
- D. Diabetes**

Communicable diseases are infectious conditions that can be transmitted from one person to another (or from an animal or environment to a person) through various routes such as airborne droplets, direct contact, contaminated surfaces, or vectors. Tuberculosis fits this description because it is caused by the bacterium *Mycobacterium tuberculosis* and spreads through airborne droplets when someone with active TB coughs, sneezes, or speaks. This makes it contagious and a classic example of a communicable disease, highlighting why public health strategies focus on rapid case finding, isolation when needed, treatment, and contact tracing to prevent further transmission. Appendicitis, on the other hand, is inflammation of the appendix and is not contagious, so it is not a communicable disease. A fracture is a physical injury, not an infection, and diabetes is a metabolic disorder that is not transmitted between people.

4. Which determinant includes smoking, alcohol, marijuana, and drug consumption as examples of social norms?

- A. Social Norms**
- B. Beliefs**
- C. Economy**
- D. Politics**

The main idea this question tests is how social norms shape health-related behavior. Social norms are the shared expectations and acceptability of actions within a group. When smoking, alcohol use, marijuana, and other drugs are seen as normal or approved in a community, people feel pressure to conform to that behavior, driven by what they think others are doing or approving. This makes substance use a classic example of how social context can steer individual choices, beyond personal beliefs or policies. Beliefs involve what a person thinks is true or right, and while they influence decisions, they're not the same as the collective standards about what is acceptable behavior. The economy concerns resources and access, which affect whether someone can obtain substances, but not the social approval or normalization of using them. Politics deals with laws and governance, shaping restrictions and policies, not the everyday social expectations that encourage or discourage use.

5. The United States' primary national health agency is which department?

- A. Department of Health and Human Services**
- B. Department of Education**
- C. Department of Homeland Security**
- D. Department of Transportation**

Recognizing which federal department oversees health in the United States is the key idea. The Department of Health and Human Services is the primary national health department, directing major public health agencies like the Centers for Disease Control and Prevention and the National Institutes of Health, and coordinating national health policy and programs. The other departments focus on education, security, and transportation, and do not serve as the country's main health authority.

6. MAP-IT is used to plan and evaluate public health interventions. Which steps does it include?

- A. Mobilize, Assess, Plan, Implement and Track**
- B. Map, Analyze, Prioritize, Invest**
- C. Measure, Apply, Program, Integrate**
- D. Monitor, Act, Prepare, Test**

MAP-IT follows a five-step cycle for planning and evaluating public health actions: Mobilize stakeholders and resources, Assess health needs and assets, Plan the interventions based on data, Implement the plan, and Track progress and outcomes. This sequence ensures collaboration, data-informed decision making, clear course of action, and ongoing measurement to see what works and what needs adjustment. The other options use different terms or skip essential steps, so they don't fit the MAP-IT framework.

7. What is the main aim of the National Prevention Strategy?

- A. A system focused on treating illness after it occurs**
- B. A system based on wellness and prevention**
- C. A system centered on urgent care services**
- D. A system that eliminates preventive services**

The main idea is to shift health efforts toward preventing illness and injury and promoting overall wellness across communities. The National Prevention Strategy aims to create a system that supports healthier choices, healthier environments, and access to preventive services, coordinating actions across health care, public health, and related sectors to reduce preventable disease and health disparities. This proactive, prevention-focused approach stands in contrast to models that wait to treat illness after it occurs, rely mainly on urgent or acute care, or ignore preventive services. By emphasizing wellness and prevention as the foundation of the health system, the strategy seeks to improve population health and reduce the burden of preventable conditions.

8. Which term describes facilities where patients receive care but do not stay overnight?

- A. Outpatient care facilities**
- B. Inpatient care facilities**
- C. Hospice facilities**
- D. Rehabilitation facilities**

Outpatient care facilities describe settings where patients receive medical services but do not stay overnight. The defining idea is that the patient goes home the same day after evaluation, treatment, or procedures. Examples include clinics, physician offices, urgent care centers, and ambulatory surgical centers. Inpatient care, by contrast, involves staying overnight or longer in a hospital or similar facility. Hospice care focuses on comfort and symptom management and can be provided in various settings, sometimes without a hospital stay, but the key distinction for this question is the absence of an overnight admission. Rehabilitation can be delivered in either setting, but when there is no overnight stay, it falls under outpatient rehabilitation. So, the term that best fits facilities where patients receive care but do not stay overnight is outpatient care facilities.

9. Which set of three statements correctly lists the three core public health functions?

- A. Assessment, policy development, and assurance**
- B. Research, policy development, enforcement**
- C. Diagnosis, treatment, prevention**
- D. Education, outreach, marketing**

Public health practice rests on three foundational functions: assessment, policy development, and assurance. Assessment involves systematically collecting and analyzing health information to identify needs and problems. Policy development is about creating and promoting policies and coordinating actions to address those health issues, often by informing the public and building partnerships. Assurance ensures that essential services are available and accessible, including enforcing relevant laws, linking people to services, maintaining a competent workforce, and evaluating how well programs work. The set that lists assessment, policy development, and assurance matches this triad exactly, reflecting the broad, population-focused approach of public health. The other options mix in clinical care (diagnosis, treatment, prevention), enforcement (without the assessment base), or marketing/education as standalone functions, which are not the three foundational public health functions.

10. Which agency, established in 1992, is responsible for prevention and treatment of addictive and mental disorders?

A. Substance Abuse and Mental Health Services Administration (SAMHSA)

B. Centers for Disease Control and Prevention (CDC)

C. Agency for Healthcare Research and Quality (AHRQ)

D. National Institutes of Health (NIH)

The agency you're looking for is the Substance Abuse and Mental Health Services Administration, SAMHSA. It was established in 1992 to lead and coordinate prevention and treatment efforts for substance use disorders and mental health issues, providing funding, programs, and guidance to states and communities. That specific focus on both addiction and mental health services is what makes SAMHSA the best fit for this description. By contrast, the CDC mainly concentrates on disease prevention and health threats; AHRQ focuses on research to improve health care quality and safety; NIH conducts biomedical and health-related research. None of those are centered on delivering prevention and treatment services for addictions and mental health in the way SAMHSA is.

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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://publichealthenvihealth.examzify.com>

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

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