

# Public Health CDC Volume 1 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. What is Health Impact Assessment (HIA)?**
  - A. A tool for measuring health insurance coverage**
  - B. A framework for clinical trial evaluations**
  - C. A methodology to evaluate health effects of policies or projects**
  - D. A strategy for improving hospital operations**
  
- 2. What is an outbreak?**
  - A. A statewide health initiative**
  - B. A sudden increase in the number of cases of a disease above what is normally expected in a population**
  - C. A type of health screening program**
  - D. An annual health report**
  
- 3. Which agency is primarily responsible for tracking disease outbreaks in the United States?**
  - A. The Food and Drug Administration (FDA)**
  - B. The National Institutes of Health (NIH)**
  - C. The Centers for Disease Control and Prevention (CDC)**
  - D. The Environmental Protection Agency (EPA)**
  
- 4. Which component must substances pass through to enter a typical animal cell?**
  - A. Cell Wall**
  - B. Nucleus**
  - C. Endoplasmic Reticulum**
  - D. Cell Membrane**
  
- 5. Which of the following diseases is typically classified as a Notifiable Disease?**
  - A. Seasonal allergies**
  - B. Diabetes**
  - C. Tuberculosis**
  - D. Asthma**

- 6. Which document outlines the essential services of public health?**
- A. Core Competencies for Public Health in Canada**
  - B. Public Health Guidelines for Prevention**
  - C. Annual Health Report of the CDC**
  - D. National Health Policies Overview**
- 7. At what stage of fetal development are fingers and toes visible?**
- A. 4 weeks**
  - B. 5 weeks**
  - C. 8 weeks**
  - D. 12 weeks**
- 8. What are health disparities?**
- A. Equal health outcomes for all populations**
  - B. Differences in health outcomes or access to healthcare among different populations**
  - C. Universal health coverage**
  - D. Standard healthcare procedures**
- 9. Define "biostatistics."**
- A. The study of economics in healthcare**
  - B. The application of statistical methods in public health**
  - C. A branch of biology focused on diseases**
  - D. A type of clinical trial analysis**
- 10. What is the total number of protons and neutrons in an atom called?**
- A. Atomic Mass**
  - B. Mass number**
  - C. Molecular Weight**
  - D. Atomic Number**

## Answers

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

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## **Explanations**

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## 1. What is Health Impact Assessment (HIA)?

- A. A tool for measuring health insurance coverage
- B. A framework for clinical trial evaluations
- C. A methodology to evaluate health effects of policies or projects**
- D. A strategy for improving hospital operations

Health Impact Assessment (HIA) is recognized as a methodology that evaluates the potential health effects of policies, programs, or projects before they are implemented. This approach allows for the identification of both positive and negative health impacts, facilitating informed decision-making to promote public health and mitigate adverse effects. By engaging various stakeholders, HIAs often incorporate a range of data, community input, and interdisciplinary perspectives to understand how different initiatives can impact health outcomes. This proactive assessment plays a crucial role in ensuring that health considerations are integrated into the planning and policy-making process across different sectors, such as urban development, environmental changes, and social policies. In contrast to other options, the focus of HIA is not on measuring health insurance coverage, evaluating clinical trials, or improving hospital operations, as these areas serve different purposes within the healthcare system. Each of these options pertains to distinct aspects of health and healthcare management, while HIA specifically aims to assess and promote public health through the evaluation of broader policies and projects.

## 2. What is an outbreak?

- A. A statewide health initiative
- B. A sudden increase in the number of cases of a disease above what is normally expected in a population**
- C. A type of health screening program
- D. An annual health report

An outbreak refers specifically to a situation where there is a sudden increase in the number of cases of a particular disease that exceeds what is normally expected within a specific population or geographical area. This definition highlights that outbreaks can occur due to various factors such as environmental changes, increased virulence of a pathogen, or changes in host susceptibility. Recognizing an outbreak is critical for public health officials as it often necessitates a rapid response to control the spread of the disease, protect public health, and implement measures to prevent future occurrences. In contrast, a statewide health initiative represents organized efforts to improve health across an entire state but does not specifically relate to unexpected increases in disease cases. A health screening program typically involves routine assessments to identify health conditions in a population rather than addressing sudden changes in disease prevalence. An annual health report compiles data on health outcomes and trends over a year, which does not pertain directly to the occurrence of an outbreak. Therefore, understanding what constitutes an outbreak is essential for effective public health surveillance and response efforts.

**3. Which agency is primarily responsible for tracking disease outbreaks in the United States?**

**A. The Food and Drug Administration (FDA)**

**B. The National Institutes of Health (NIH)**

**C. The Centers for Disease Control and Prevention (CDC)**

**D. The Environmental Protection Agency (EPA)**

The Centers for Disease Control and Prevention (CDC) is the agency primarily responsible for tracking disease outbreaks in the United States. The CDC plays a crucial role in public health by monitoring and investigating infectious diseases, providing data, and implementing strategies to prevent outbreaks from spreading. Through its surveillance systems, the CDC collects and analyzes health data to detect and respond to disease outbreaks in a timely manner. This includes working with state and local health departments to gather information, identify trends, and coordinate public health responses. Each of the other agencies has important roles in public health and safety, but they focus on different areas. The Food and Drug Administration (FDA) primarily regulates food safety and pharmaceuticals, while the National Institutes of Health (NIH) is focused on biomedical research and advancing medical knowledge. The Environmental Protection Agency (EPA) is responsible for protecting human health and the environment, but it does not manage infectious disease outbreaks. Therefore, the distinct focus of the CDC on epidemiology and outbreak response makes it the leading agency for tracking diseases in the United States.

**4. Which component must substances pass through to enter a typical animal cell?**

**A. Cell Wall**

**B. Nucleus**

**C. Endoplasmic Reticulum**

**D. Cell Membrane**

Substances must pass through the cell membrane to enter a typical animal cell. The cell membrane serves as a selective barrier that regulates the movement of materials into and out of the cell. It is primarily composed of a phospholipid bilayer with embedded proteins that facilitate transport and signaling. The cell membrane's selective permeability allows it to control the internal environment of the cell, ensuring that essential nutrients can enter while waste products and harmful substances can be kept out. The membrane employs various mechanisms, such as passive diffusion, facilitated diffusion, and active transport, to enable specific substances to traverse it. In contrast, the cell wall is present in plant cells and provides structural support but is not found in animal cells. The nucleus is responsible for housing genetic material and does not serve as a passageway for substances entering the cytoplasm. The endoplasmic reticulum functions in protein and lipid synthesis and is not involved in the direct entry of substances into the cell from the external environment. Thus, the cell membrane is the critical component through which all substances must pass to enter a typical animal cell.

**5. Which of the following diseases is typically classified as a Notifiable Disease?**

- A. Seasonal allergies**
- B. Diabetes**
- C. Tuberculosis**
- D. Asthma**

Tuberculosis is classified as a Notifiable Disease because it poses a significant public health risk due to its contagious nature and potential for outbreaks. Notifiable Diseases are those that healthcare professionals are required to report to public health authorities, allowing for monitoring and control efforts to prevent further transmission within communities. Tuberculosis, being a serious infectious disease caused by the bacterium *Mycobacterium tuberculosis*, necessitates swift action for prevention and intervention due to its ability to spread through the air when an infected person coughs or sneezes. Tracking its incidence and prevalence helps health departments allocate resources, inform public health policies, and implement effective control measures. In contrast, seasonal allergies, diabetes, and asthma, while they can significantly impact individual health, do not generally spread from person to person and thus do not meet the criteria for notifiable diseases. Their management is typically more focused on individual patient care rather than community-wide public health concerns.

**6. Which document outlines the essential services of public health?**

- A. Core Competencies for Public Health in Canada**
- B. Public Health Guidelines for Prevention**
- C. Annual Health Report of the CDC**
- D. National Health Policies Overview**

The correct choice highlights the "Core Competencies for Public Health in Canada" because this document explicitly delineates the essential skills and services that public health professionals should possess to effectively contribute to public health initiatives. It serves as a framework for understanding the key areas of practice in public health, including assessment, policy development, and assurance. Unlike the other options, which may address specific aspects of public health or provide guidance and analysis, the competencies provide a comprehensive overview of the necessary services and functions that drive public health efforts and ensure community health improvements. By focusing on workforce development and identifying essential skills, the competencies support the ongoing enhancement of public health services across the nation.

**7. At what stage of fetal development are fingers and toes visible?**

- A. 4 weeks**
- B. 5 weeks**
- C. 8 weeks**
- D. 12 weeks**

Fingers and toes begin to become visible during the 8th week of fetal development. At this stage, the basic structures of the limbs are developed enough that individual digits can be recognized, although they may still appear webbed or not fully formed. This visibility of fingers and toes marks a significant milestone in embryonic development, indicating that the fetus is transitioning from the embryonic to the fetal stage, where further maturation occurs. By this time, many fundamental systems and structures are already in place, allowing for the distinction of digits as the limbs grow and become more defined. In earlier weeks, such as 4 or 5 weeks, limb buds are present but the differentiation into fingers and toes has not yet occurred. By the 12th week, while fingers and toes are definitely present, the question specifically asks for the stage at which they first become visible, which is why the 8th week is the correct answer.

**8. What are health disparities?**

- A. Equal health outcomes for all populations**
- B. Differences in health outcomes or access to healthcare among different populations**
- C. Universal health coverage**
- D. Standard healthcare procedures**

Health disparities refer to the differences in health outcomes or access to healthcare among different populations. This concept emphasizes the variations that exist based on social, economic, environmental, and geographic factors. Such disparities can manifest in various ways, including variations in the prevalence of diseases, differences in life expectancy, and unequal access to preventive and treatment services. For example, certain populations may experience higher rates of chronic conditions or lower access to quality healthcare due to socioeconomic status, race, ethnicity, or geographic location. Recognizing and addressing these disparities is crucial for promoting health equity, ensuring that everyone has the opportunity to achieve their best health possible. This understanding guides public health efforts to identify vulnerable populations and target interventions effectively to reduce and ultimately eliminate these gaps in health outcomes.

## 9. Define "biostatistics."

- A. The study of economics in healthcare
- B. The application of statistical methods in public health**
- C. A branch of biology focused on diseases
- D. A type of clinical trial analysis

Biostatistics is the application of statistical methods to the analysis of data related to public health and biological sciences. It plays a crucial role in designing studies, analyzing data, and interpreting results, which ultimately influences public health policy and practice. By using biostatistics, researchers can draw conclusions about health trends, disease outbreaks, and the effectiveness of various interventions, allowing for evidence-based decision-making in public health. The distinction in this definition highlights the importance of statistics as a tool for understanding health-related issues and outcomes rather than focusing solely on economic factors, biological principles, or clinical trials. While the other options touch on relevant subjects, they do not encompass the broad application of statistical methods that biostatistics represents in the field of public health.

## 10. What is the total number of protons and neutrons in an atom called?

- A. Atomic Mass
- B. Mass number**
- C. Molecular Weight
- D. Atomic Number

The total number of protons and neutrons in an atom is referred to as the mass number. This measurement is crucial because it gives an understanding of the atomic composition of an element. Each atom consists of a nucleus that houses protons, which are positively charged, and neutrons, which are neutral. The mass number is the sum of these two particles, reflecting the mass of the nucleus. In contrast, the atomic mass is a weighted average of the masses of an element's isotopes, and it's measured in atomic mass units (amu). Molecular weight refers to the mass of a molecule, calculated as the sum of the atomic masses of all atoms in a molecule. The atomic number, on the other hand, identifies the number of protons in the nucleus of an atom and determines the element's identity. Understanding the distinctions among these terms is essential for grasping basic atomic structure in the field of chemistry and biology within public health contexts.

## 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://publichealthcdcvol1.examzify.com>**

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

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