

PUBLIC HEALTH CDC VOLUME 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. In a military context, what does the term "duty limiting condition" refer to?**
 - A. Temporary leave of absence
 - B. Permanent medical discharge
 - C. Restrictions on work capabilities
 - D. Changes in enlistment status
- 2. Which of the following would NOT be considered a health-related risk behavior?**
 - A. Smoking tobacco
 - B. Regular exercise
 - C. Excessive alcohol consumption
 - D. Poor dietary habits
- 3. What is the purpose of the National Immunization Survey?**
 - A. To evaluate the effectiveness of vaccines
 - B. To monitor vaccination coverage among children and adolescents in the U.S.
 - C. To assess the safety of vaccines
 - D. To promote vaccination awareness
- 4. What is typically noted regarding a patient's allergies on the medical record?**
 - A. Severity of allergies
 - B. Documented family history
 - C. Treatment options available
 - D. Timeframe of reactions
- 5. What is considered the leading cause of preventable disease and death in the United States?**
 - A. Alcohol consumption
 - B. Poor diet
 - C. Tobacco use
 - D. Physical inactivity

- 6. What is one significant public health achievement attributed to the CDC?**
- A. The introduction of the polio vaccine
 - B. The elimination of smallpox
 - C. The control of tuberculosis outbreaks
 - D. The prevention of heart disease
- 7. What is equal to the mass number minus the atomic number?**
- A. Electron
 - B. Proton
 - C. Neutron
 - D. Atom
- 8. Which substance contains insulating myelin coatings and is found in the spinal cord?**
- A. Parietal lobes
 - B. White matter
 - C. Gray matter
 - D. Meninges
- 9. What is contact tracing?**
- A. Collecting data on population health trends
 - B. Identifying and notifying individuals who have been in close contact with an infected person
 - C. Developing strategies to treat diseases
 - D. Monitoring the effectiveness of vaccination programs
- 10. Which term describes the force exerted by a fluid on an object placed in it?**
- A. Hydrostatic Pressure
 - B. Fluid Dynamics
 - C. Buoyant Force
 - D. Viscosity

Answers

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

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Explanations

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1. In a military context, what does the term "duty limiting condition" refer to?

- A. Temporary leave of absence
- B. Permanent medical discharge
- C. Restrictions on work capabilities**
- D. Changes in enlistment status

The term "duty limiting condition" in a military context pertains to restrictions on an individual's work capabilities due to various health or medical issues. This means a service member may be unable to perform all their assigned duties, whether temporarily or as a long-term condition. Such limitations are often documented and assessed to determine the type of assignments or roles a service member can undertake, ensuring that their health and safety, as well as operational effectiveness, are maintained. The concept is essential for managing personnel effectively in the military, allowing for accommodations and considerations for members who may not be fully fit for service. Understanding this helps in recognizing how military operations are structured around the health and capabilities of the personnel involved.

2. Which of the following would NOT be considered a health-related risk behavior?

- A. Smoking tobacco
- B. Regular exercise**
- C. Excessive alcohol consumption
- D. Poor dietary habits

Regular exercise is widely recognized as a positive health behavior rather than a risk behavior. Engaging in regular physical activity has numerous health benefits, including improved cardiovascular health, weight management, and enhanced mental well-being. It contributes positively to overall health and reduces the risk of chronic diseases, making it an essential component of a healthy lifestyle. In contrast, smoking tobacco, excessive alcohol consumption, and poor dietary habits are all behaviors associated with increased health risks. These behaviors can lead to various health issues, including respiratory and cardiovascular diseases, liver damage, and obesity-related conditions. Understanding the distinction between positive health behaviors, like regular exercise, and those that pose risks to health is crucial in public health efforts aimed at promoting healthier lifestyles.

3. What is the purpose of the National Immunization Survey?

- A. To evaluate the effectiveness of vaccines
- B. To monitor vaccination coverage among children and adolescents in the U.S.**
- C. To assess the safety of vaccines
- D. To promote vaccination awareness

The National Immunization Survey serves primarily to monitor vaccination coverage among children and adolescents in the U.S. This survey collects and assesses data on immunization rates, which is essential for understanding how well vaccine initiatives are working within communities and populations. By tracking which individuals have received vaccinations and which have not, public health officials can identify trends, gaps in coverage, and areas that require targeted interventions to improve vaccination rates, thereby supporting public health initiatives aimed at preventing disease outbreaks. Monitoring vaccination coverage is critical for ensuring herd immunity and protecting public health. The findings from this survey help inform policies, allocate resources effectively, and improve public health practices related to immunization. This comprehensive data on vaccination status is vital for planning and evaluating immunization programs at national and state levels.

4. What is typically noted regarding a patient's allergies on the medical record?

- A. Severity of allergies**
- B. Documented family history
- C. Treatment options available
- D. Timeframe of reactions

The correct answer highlights the importance of documenting the severity of allergies in a patient's medical record. When healthcare providers assess a patient's allergies, understanding how severe the reactions can be is critical for determining appropriate treatment and avoiding dangerous situations. Severity can range from mild symptoms, such as itching or hives, to severe allergic reactions, like anaphylaxis, which can be life-threatening. By documenting this information, healthcare professionals can make informed decisions to safeguard the patient's health, such as prescribing necessary medications, providing emergency action plans, and advising on potential exposure risks. Documenting family history can be relevant, but it doesn't specifically address the immediate implications for patient care regarding their allergies. Treatment options available are important, but they are often based on the severity and specifics of the allergies rather than being a primary point of documentation. Timeframe of reactions may provide context but is usually less critical than knowing how severe an allergic reaction can be when assessing risk and making treatment decisions.

5. What is considered the leading cause of preventable disease and death in the United States?

- A. Alcohol consumption
- B. Poor diet
- C. Tobacco use**
- D. Physical inactivity

Tobacco use is regarded as the leading cause of preventable disease and death in the United States due to its extensive and well-documented impact on health. Smoking and the use of other tobacco products contribute to a wide array of serious health conditions, including lung cancer, heart disease, respiratory issues, and numerous other cancers and chronic illnesses. The harmful chemicals in tobacco can lead to addiction and long-term health consequences, making it a significant public health concern. Comprehensive studies show that tobacco use is responsible for a substantial number of deaths annually, making it critical for public health initiatives to focus on prevention and cessation efforts. Recognizing tobacco use as the primary preventable cause highlights the importance of ongoing educational campaigns and support systems aimed at reducing smoking rates and improving overall health outcomes in the population.

6. What is one significant public health achievement attributed to the CDC?

- A. The introduction of the polio vaccine
- B. The elimination of smallpox**
- C. The control of tuberculosis outbreaks
- D. The prevention of heart disease

The elimination of smallpox is a significant public health achievement attributed to the CDC because it represents the first disease to be eradicated globally through human effort. This remarkable success was achieved through a comprehensive vaccination campaign coordinated by the World Health Organization, with strong support and resources from the CDC. Smallpox was a highly contagious and deadly disease that caused widespread outbreaks before the development of a vaccine. The CDC played a crucial role in the surveillance, vaccination, and public health education required to effectively contain and ultimately eradicate the disease. The last natural outbreak of smallpox occurred in 1977, and in 1980, the World Health Organization declared smallpox eradicated. This achievement underscored the effectiveness of vaccination as a public health tool and paved the way for similar initiatives against other infectious diseases. It remains a cornerstone of public health history, demonstrating what is possible through coordinated efforts in vaccination and disease surveillance. The other options, while important public health concerns, do not represent an elimination of a disease on the scale seen with smallpox.

7. What is equal to the mass number minus the atomic number?

- A. Electron
- B. Proton
- C. Neutron**
- D. Atom

The correct answer is based on the relationship between an atom's mass number, atomic number, and its constituent particles. The mass number of an atom is the total number of protons and neutrons in the nucleus, while the atomic number represents the number of protons. To find the number of neutrons in an atom, you subtract the atomic number from the mass number. This calculation gives you the number of neutrons present, which is a fundamental aspect of nuclear chemistry and physics. Neutrons play a critical role in the stability of the nucleus, while protons affect the element's identity and its chemical behavior. For example, if an atom has a mass number of 12 and an atomic number of 6, you would perform the calculation: $12 \text{ (mass number)} - 6 \text{ (atomic number)} = 6 \text{ neutrons}$. Understanding this relationship is essential for grasping how different elements vary and how isotopes of the same element can exist with differing numbers of neutrons.

8. Which substance contains insulating myelin coatings and is found in the spinal cord?

- A. Parietal lobes
- B. White matter**
- C. Gray matter
- D. Meninges

The correct choice refers to white matter, which is primarily composed of myelinated axons that form the insulated pathways for electrical signals traveling through the spinal cord and the brain. The presence of myelin around these axons is crucial for the efficient conduction of nerve impulses, as it acts as an insulating layer that improves the speed and efficiency of neuron communication. In contrast, gray matter primarily consists of neuronal cell bodies, dendrites, and unmyelinated axons, playing a significant role in processing information and integrating signals. The meninges are protective membranes surrounding the brain and spinal cord and do not contain myelin or nerve fibers themselves. The parietal lobes are regions of the cerebral cortex involved in sensory perception, not specific to the structure of the spinal cord.

9. What is contact tracing?

- A. Collecting data on population health trends
- B. Identifying and notifying individuals who have been in close contact with an infected person**
- C. Developing strategies to treat diseases
- D. Monitoring the effectiveness of vaccination programs

Contact tracing is a vital public health practice aimed at controlling the spread of infectious diseases. It involves identifying individuals who have been in close contact with someone diagnosed with an infectious disease and notifying them of their potential exposure. This allows these individuals to take appropriate precautions, such as self-quarantine or testing, to prevent further transmission of the disease within the community. This proactive approach is especially crucial during outbreaks, as it helps to quickly identify additional cases and interrupt the chain of transmission. By tracing contacts, public health officials can gather critical information about how the disease spreads and implement targeted interventions to protect the broader population. The other options do not encompass the specific purpose and process of contact tracing. For instance, collecting data on population health trends focuses more on overall health statistics rather than individual interactions. Developing strategies to treat diseases pertains to medical interventions rather than preventative measures through tracing contacts, and monitoring vaccination programs is related to evaluating immunization efforts rather than tracking the spread of infection through personal contacts.

10. Which term describes the force exerted by a fluid on an object placed in it?

- A. Hydrostatic Pressure
- B. Fluid Dynamics
- C. Buoyant Force**
- D. Viscosity

The correct term that describes the force exerted by a fluid on an object placed in it is buoyant force. This force arises due to the difference in pressure exerted by the fluid on different parts of the submerged object. According to Archimedes' principle, the buoyant force is equal to the weight of the fluid displaced by the object. This means that when an object is placed in a fluid, it experiences an upward force that can cause it to float or rise within the fluid if this force is greater than the object's weight. The other terms relate to fluid behavior but do not specifically describe the force exerted by a fluid on an object in the same way. Hydrostatic pressure refers to the pressure exerted by a fluid at rest due to the weight of the fluid above it, fluid dynamics deals with the behavior of fluids in motion, and viscosity describes a fluid's resistance to flow or deformation. While all these concepts are integral to understanding fluid mechanics, only buoyant force directly pertains to the query about the force on an object in the fluid.

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:

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

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