

Texas A&M University (TAMU) HLTH236 Introduction to Health Disparities and Diversity Exam 2 Practice Exam (Sample)

Study Guide



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Questions

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1. What common belief regarding health do many Chinese people hold?
 - A. Importance of mental well-being
 - B. Belief in the balance of vital energy in the body
 - C. Reliance on modern medicine for treatment
 - D. Emphasis on physical fitness
2. What is the primary reason for genetic recessive disorders occurring among the Amish community?
 - A. Limited inter-community marriages
 - B. Exposure to environmental toxins
 - C. High rates of immigration
 - D. Use of advanced medical technology
3. Why is cultural competence important in healthcare settings?
 - A. It reduces patient wait times significantly
 - B. It helps ensure effective communication and care for diverse populations
 - C. It is irrelevant in a multi-cultural society
 - D. It only focuses on staff training
4. Which cultural group is reported to have the highest percentage of individuals with disabilities?
 - A. Asian Americans
 - B. African Americans
 - C. American Indian and Alaskan Native
 - D. Caucasians
5. Which of the following is NOT a suggested health promotion practice for American Indians and Alaskan Natives?
 - A. Elders should be afforded no more respect than others
 - B. Integration of traditional health practices
 - C. Community involvement in health decisions
 - D. Emphasis on family support for health

6. Which aspect of diversity is crucial to understanding health disparities?
- A. Socioeconomic differences
 - B. Geographic location
 - C. Race alone
 - D. Education level
7. What is the purpose of a health impact assessment?
- A. To provide financial support for health services
 - B. To evaluate potential health effects of proposed actions
 - C. To assess community health status
 - D. To implement health regulations
8. In comparison to non-Hispanic whites, American Indians and Alaskan Natives have a higher likelihood of what health issue?
- A. Heart disease
 - B. Obesity
 - C. Diabetes
 - D. Cancer
9. Why is health literacy important for individuals?
- A. It allows for making uninformed health decisions
 - B. Health literacy is irrelevant in navigating the healthcare system
 - C. It is essential for understanding health information and making informed decisions
 - D. It only benefits healthcare providers, not patients
10. What is the role of research in understanding health disparities?
- A. To facilitate personal opinions
 - B. To provide evidence on causes and consequences
 - C. To support only government policies
 - D. To encourage individual anecdotes

Answers

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

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Explanations

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1. What common belief regarding health do many Chinese people hold?

- A. Importance of mental well-being
- B. Belief in the balance of vital energy in the body
- C. Reliance on modern medicine for treatment
- D. Emphasis on physical fitness

The belief in the balance of vital energy in the body is a foundational concept in traditional Chinese medicine and philosophy. This idea, known as "qi" or "chi," posits that a harmonious flow of vital energy within the body is essential for health and well-being. The balance of qi influences both physical and mental health, emphasizing the interconnectedness of the body and mind. For many Chinese individuals, health is perceived as a result of not just the absence of disease but rather the balance and harmony that should exist within the body's energy systems. This approach often leads to preferences for practices like acupuncture, herbal medicine, and tai chi, which aim to restore this balance. The other options represent different beliefs or practices that may not be as universally held. While mental well-being is recognized as important, it is often integrated within the broader context of qi rather than treated independently. Reliance on modern medicine exists but varies among individuals depending on personal beliefs and cultural views. Physical fitness is also gaining attention, but it typically complements the more traditional views surrounding energy balance rather than superseding them. Thus, the correct answer encapsulates a core aspect of health beliefs held by many in the Chinese community.

2. What is the primary reason for genetic recessive disorders occurring among the Amish community?

- A. Limited inter-community marriages
- B. Exposure to environmental toxins
- C. High rates of immigration
- D. Use of advanced medical technology

Genetic recessive disorders are more prevalent in the Amish community primarily due to limited inter-community marriages, a factor that leads to a higher degree of genetic homogeneity. When a community practices endogamy—marriage within a specific group—the gene pool becomes restricted. This is particularly relevant for genetic recessive disorders, which require two copies of the recessive allele for the disorder to manifest. In a genetically homogenous population, there is a higher chance that individuals will inherit the same recessive alleles from both parents, leading to a higher incidence of these disorders. In contrast, the other options would not have the same significant effect on the prevalence of genetic disorders. Environmental toxins may impact overall health but do not directly influence the inheritance patterns of genetic conditions. High rates of immigration could introduce genetic diversity, potentially reducing the incidence of recessive disorders rather than increasing it. The use of advanced medical technology primarily addresses diagnosis and treatment rather than altering the underlying genetics of a community.

3. Why is cultural competence important in healthcare settings?

- A. It reduces patient wait times significantly
- B. It helps ensure effective communication and care for diverse populations
- C. It is irrelevant in a multi-cultural society
- D. It only focuses on staff training

Cultural competence is essential in healthcare settings because it ensures that healthcare providers can effectively communicate and deliver care to a diverse range of patients. When healthcare professionals are culturally competent, they are better equipped to understand and respect patients' beliefs, values, and practices, which can directly impact health outcomes. Understanding cultural nuances can facilitate more accurate assessments of patient needs, enhance trust between patients and providers, and lead to improved patient satisfaction and adherence to treatment plans. By engaging with patients in a culturally sensitive manner, healthcare providers can help eliminate barriers that might prevent individuals from receiving appropriate care, thus addressing health disparities. Focusing solely on aspects such as reduced wait times or staff training misses the broader issue of how cultural competence directly influences the quality and inclusivity of healthcare. In a multicultural society, it is critical to embrace diversity, viewing it not as irrelevant but as a core component necessary for effective health management.

4. Which cultural group is reported to have the highest percentage of individuals with disabilities?

- A. Asian Americans
- B. African Americans
- C. American Indian and Alaskan Native
- D. Caucasians

The choice identifying American Indian and Alaskan Native individuals as having the highest percentage of disabilities is supported by various studies and reports. This group has historically faced significant health disparities due to a combination of factors such as socio-economic challenges, limited access to healthcare, and systemic barriers that contribute to higher rates of chronic health conditions, which can lead to disabilities. Additionally, these factors are compounded by the historical context of marginalization and trauma experienced by Native populations, which can exacerbate health outcomes. The prevalence of disabilities may not solely be due to genetic factors but is also significantly influenced by environmental, social, and economic determinants of health that disproportionately affect American Indian and Alaskan Native communities. This gives clarity to why this cultural group is recognized as having a higher percentage of individuals with disabilities compared to others listed.

5. Which of the following is NOT a suggested health promotion practice for American Indians and Alaskan Natives?

A. Elders should be afforded no more respect than others

B. Integration of traditional health practices

C. Community involvement in health decisions

D. Emphasis on family support for health

The correct answer is that elders should be afforded no more respect than others, as this statement contradicts a fundamental aspect of health promotion practices for American Indians and Alaskan Natives. In many Indigenous cultures, elders are revered as key knowledge holders and leaders within the community. Their wisdom, guidance, and experiences play a critical role in health practices and decision-making. Recognizing the importance of elders is essential for effective health promotion within these communities, as it fosters trust, respect, and cultural sensitivity. In contrast, the other options highlight practices that align with Indigenous values and traditions. The integration of traditional health practices acknowledges the significance of culturally relevant approaches in promoting health. Community involvement in health decisions empowers community members and incorporates local knowledge and perspectives, which enhances the acceptance of health initiatives. Emphasis on family support for health reflects the strong communal ties often found in these cultures, recognizing that health is viewed not just as an individual concern but as a collective responsibility. This holistic approach is crucial for successful health outcomes in American Indian and Alaskan Native populations.

6. Which aspect of diversity is crucial to understanding health disparities?

A. Socioeconomic differences

B. Geographic location

C. Race alone

D. Education level

Socioeconomic differences are crucial to understanding health disparities because they encompass a broad range of factors that influence health outcomes. These differences include income, employment status, social status, access to healthcare, and living conditions. Socioeconomic status (SES) often determines an individual's ability to afford healthcare services, access healthy food, maintain stable housing, and receive adequate education—all of which are vital for maintaining good health. Additionally, individuals from lower socioeconomic backgrounds frequently experience higher stress levels, which can negatively impact their health. They may also reside in communities with limited resources, such as fewer healthcare facilities or inadequate public health infrastructure, further limiting their access to health-promoting services. Understanding the role of socioeconomic differences allows researchers and policymakers to identify root causes of health disparities, develop targeted interventions, and address systemic barriers to health equity.

7. What is the purpose of a health impact assessment?

- A. To provide financial support for health services
- B. To evaluate potential health effects of proposed actions
- C. To assess community health status
- D. To implement health regulations

The purpose of a health impact assessment (HIA) is to evaluate potential health effects of proposed actions before they are implemented. HIAs are systematic processes that use data and evidence to inform decision-making by considering how various proposals—such as policies, plans, or projects—may affect the health of a population. This proactive approach allows stakeholders to identify possible health risks and benefits, enabling them to develop strategies to mitigate negative impacts and promote positive health outcomes. By addressing these potential health implications early in the planning process, HIAs contribute to more health-conscious decision-making, enhancing community well-being and equity in health outcomes. In contrast, the other options focus on aspects that are not the primary intention of HIAs. Financial support for health services relates to funding initiatives rather than assessing health implications. Assessing community health status typically involves measuring existing health indicators rather than predicting the effects of proposed actions. Implementing health regulations is about enforcing laws and guidelines to protect public health, rather than assessing potential impacts of new actions.

8. In comparison to non-Hispanic whites, American Indians and Alaskan Natives have a higher likelihood of what health issue?

- A. Heart disease
- B. Obesity
- C. Diabetes
- D. Cancer

American Indians and Alaskan Natives have a significantly higher likelihood of developing diabetes compared to non-Hispanic whites. This increased risk is influenced by a combination of factors, including genetic predisposition, socioeconomic challenges, limited access to healthcare, and lifestyle factors such as diet and physical activity levels. Diabetes prevalence is particularly concerning in these populations, with rates that are significantly higher than the national average. Lack of access to preventive care and education about managing health can further exacerbate this issue. As a result, diabetes not only impacts the physical health of American Indians and Alaskan Natives but also contributes to further health disparities within these communities. While heart disease, obesity, and cancer are important health issues as well, diabetes stands out as a particularly pressing concern for American Indian and Alaskan Native populations, making it the most relevant health issue in this context.

9. Why is health literacy important for individuals?

- A. It allows for making uninformed health decisions
- B. Health literacy is irrelevant in navigating the healthcare system
- C. It is essential for understanding health information and making informed decisions
- D. It only benefits healthcare providers, not patients

Health literacy is crucial for individuals because it empowers them to understand health information, navigate the healthcare system effectively, and make informed decisions about their health. When individuals have a strong grasp of health literacy, they can interpret medical documents, follow treatment plans, and engage in conversations with healthcare providers meaningfully. This understanding can lead to better health outcomes, as individuals who are informed about their health conditions and available resources are more likely to adhere to medical advice, seek preventive care, and manage chronic diseases effectively. In short, health literacy is foundational for personal health management, enabling individuals to advocate for their own health needs and facilitating a more effective interaction with the healthcare system.

10. What is the role of research in understanding health disparities?

- A. To facilitate personal opinions
- B. To provide evidence on causes and consequences
- C. To support only government policies
- D. To encourage individual anecdotes

Research plays a critical role in understanding health disparities by providing evidence on the causes and consequences that contribute to unequal health outcomes among different populations. It involves systematic investigation to uncover patterns and factors that may affect certain groups disproportionately, such as socioeconomic status, race, access to healthcare, and environmental influences. By collecting and analyzing data, researchers can identify specific health issues faced by diverse populations, track trends over time, and establish links between social determinants and health outcomes. This evidence-based approach is essential for developing effective interventions, informing policy decisions, and advocating for equitable healthcare practices. Thus, option B underscores the importance of research as a foundation for informed strategies aimed at reducing health disparities and improving health equity.