

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

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What significance does the Affordable Care Act (ACA) have in addressing health disparities?**
 - A. It decreased insurance coverage for poor populations**
 - B. It established a single-payer healthcare system**
 - C. It expanded access and improved coverage**
 - D. It eliminated Medicaid**
- 2. 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**
- 3. Identify a common health disparity issue in rural areas.**
 - A. High incidence of chronic diseases**
 - B. Limited access to healthcare services**
 - C. Higher educational levels**
 - D. Better mental health support**
- 4. What is health disparity?**
 - A. A difference in access to healthcare among different populations**
 - B. A reduction in health issues across all populations**
 - C. A higher burden of disease experienced by one population group compared to another**
 - D. A decrease in healthcare services provided to rural areas**
- 5. What are social determinants of health?**
 - A. Factors that solely affect physical health**
 - B. Opportunities for medical treatment**
 - C. Conditions in which people are born, grow, live, and work**
 - D. Only government policies related to health**

- 6. What can be a direct effect of a limited social network on health?**
- A. Improved emotional well-being.**
 - B. Increased feelings of loneliness and health risks.**
 - C. Enhanced access to reliable information.**
 - D. Safety in health decision-making.**
- 7. 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**
- 8. Approximately what percentage of HIV/AIDS infections do African Americans age 13 and older represent?**
- A. 20%**
 - B. 30%**
 - C. 44%**
 - D. 50%**
- 9. Which statement is true about Middle Eastern diets?**
- A. Pork is commonly consumed by all groups**
 - B. All groups avoid pork**
 - C. Diet is primarily vegetarian**
 - D. Consumption varies widely among individuals**
- 10. 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**

Answers

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

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Explanations

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1. What significance does the Affordable Care Act (ACA) have in addressing health disparities?

- A. It decreased insurance coverage for poor populations**
- B. It established a single-payer healthcare system**
- C. It expanded access and improved coverage**
- D. It eliminated Medicaid**

The Affordable Care Act (ACA) holds significant importance in addressing health disparities primarily because it expanded access to healthcare and improved coverage for millions of Americans. By providing access to affordable health insurance through subsidies and Medicaid expansion, the ACA aimed to reduce the number of uninsured individuals, particularly among low-income and marginalized communities. This expansion of coverage helps bridge gaps in healthcare access, allowing previously underserved populations to seek medical services and preventive care, thereby addressing systemic inequities in health outcomes. Additionally, the ACA included provisions to improve health insurance standards, ensuring that more comprehensive services were available, which directly benefits those who have historically faced barriers to receiving quality healthcare.

2. 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.

3. Identify a common health disparity issue in rural areas.

- A. High incidence of chronic diseases
- B. Limited access to healthcare services**
- C. Higher educational levels
- D. Better mental health support

Limited access to healthcare services is a well-documented issue in rural areas, making this the correct answer. Rural populations often face geographical barriers such as distance to healthcare facilities, fewer healthcare providers per capita, and limited availability of specialized services. This can lead to delays in receiving care, reduced preventive services, and overall poorer health outcomes. Many rural residents may also face challenges such as transportation issues or financial constraints that further limit their ability to seek care. In contrast, the other options do not typically represent common health disparities in rural settings. While chronic diseases can be prevalent in rural areas, the defining issue often relates to access rather than incidence alone. Higher educational levels and better mental health support are generally not synonymous with rural health disparities, as rural populations often experience lower educational attainment and less comprehensive mental health services.

4. What is health disparity?

- A. A difference in access to healthcare among different populations
- B. A reduction in health issues across all populations
- C. A higher burden of disease experienced by one population group compared to another**
- D. A decrease in healthcare services provided to rural areas

Health disparity is defined as a higher burden of disease experienced by one population group compared to another. This concept captures the inequities in health outcomes that are often influenced by a variety of factors such as socioeconomic status, geography, race, and access to healthcare resources. When one group faces a disproportionately higher incidence or prevalence of certain health conditions compared to another group, this exemplifies a health disparity. Understanding this definition highlights the importance of addressing the root causes of these disparities, which may include systemic inequities and social determinants of health. By recognizing that certain populations bear a greater burden of disease, public health interventions and policies can be tailored to focus resources and efforts on those most in need, therefore aiming to improve health equity. This approach contrasts with the other options, which may touch on aspects related to access and healthcare services but do not encapsulate the core definition of health disparity itself.

5. What are social determinants of health?

- A. Factors that solely affect physical health
- B. Opportunities for medical treatment
- C. Conditions in which people are born, grow, live, and work**
- D. Only government policies related to health

Social determinants of health are the conditions in which people are born, grow, live, and work, encompassing a broader range of influences than merely medical factors. This concept recognizes that health is influenced not just by individual choices or biological factors, but also significantly by social and environmental factors. These include aspects such as socioeconomic status, education, neighborhood and physical environment, employment, and social support networks, all of which play a critical role in shaping health outcomes. This understanding emphasizes that improving health at a population level requires addressing these social factors rather than focusing solely on healthcare interventions. By acknowledging social determinants, public health initiatives can create a more inclusive approach aimed at reducing health disparities and promoting health equity across different communities.

6. What can be a direct effect of a limited social network on health?

- A. Improved emotional well-being.
- B. Increased feelings of loneliness and health risks.**
- C. Enhanced access to reliable information.
- D. Safety in health decision-making.

A limited social network can have significant implications for an individual's health, particularly in the way it influences mental well-being and overall health outcomes. One direct effect is increased feelings of loneliness, which can arise from a lack of social interactions and connections. This loneliness can lead to a variety of health risks, including higher levels of stress, anxiety, and depression. Moreover, research has shown that social isolation can contribute to poor physical health, increasing the risk of chronic conditions and even mortality. When a person has fewer friends or family to rely on, they may also experience a lack of emotional support during challenging times, further exacerbating feelings of loneliness and contributing to a decline in mental and physical health. Therefore, the relationship between limited social networks and negative health outcomes highlights the importance of social connections in promoting overall well-being.

7. 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.

8. Approximately what percentage of HIV/AIDS infections do African Americans age 13 and older represent?

- A. 20%**
- B. 30%**
- C. 44%**
- D. 50%**

The choice that reflects the percentage of HIV/AIDS infections among African Americans aged 13 and older being approximately 44% is supported by data from the Centers for Disease Control and Prevention (CDC). This statistic underscores the significant impact of HIV/AIDS within the African American community, illustrating ongoing health disparities. This percentage highlights the prevalence of HIV/AIDS among this demographic group and emphasizes concerns related to social determinants of health, access to healthcare, and the need for targeted interventions and awareness programs. Understanding these statistics is crucial for addressing health disparities and developing strategies to combat the spread of HIV/AIDS effectively within vulnerable populations. The other choices represent lower estimates, which do not accurately reflect the current epidemiological data. Thus, while they may seem plausible, they fall short of capturing the significant burden that HIV/AIDS represents within the African American community. The focus on the correct figure enhances awareness of the critical public health issues affecting this population.

9. Which statement is true about Middle Eastern diets?

- A. Pork is commonly consumed by all groups**
- B. All groups avoid pork**
- C. Diet is primarily vegetarian**
- D. Consumption varies widely among individuals**

The most accurate statement regarding Middle Eastern diets is that consumption varies widely among individuals. Middle Eastern dietary practices are influenced by a range of factors, including cultural, religious, and personal preferences. While many individuals in the region may adhere to dietary restrictions that prohibit pork due to religious beliefs, there are also individuals and communities who may not strictly avoid it. Additionally, the diet is not homogeneously vegetarian; while some may follow vegetarian or plant-based diets for health or ethical reasons, many traditional diets in the Middle East feature a diverse array of meats, grains, and vegetables. Consequently, recognizing the variability in individual dietary choices is essential for understanding the broader context of Middle Eastern diets.

10. 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.

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://tamu-hlth236-exam2.examzify.com>

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