

TEXAS A&M UNIVERSITY (TAMU) HLTH236 INTRODUCTION TO HEALTH DISPARITIES AND DIVERSITY EXAM 2 PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Which of the following is NOT a common factor contributing to health disparities?**
 - A. Socioeconomic status
 - B. Education
 - C. Body weight
 - D. Access to healthcare
- 2. Which health decision aspect is highly regarded in the Arab American community?**
 - A. Family decisions are ignored
 - B. Individual choices take precedence
 - C. Nurse counseling is not important
 - D. Community and family involvement is significant
- 3. How has the culture of commerce negatively impacted health according to discussions around health disparities?**
 - A. Increased access to healthcare
 - B. Promotion of unhealthy lifestyle choices
 - C. All of these
 - D. Improved nutrition options
- 4. What is the unemployment and poverty rate comparison for African Americans and non-Hispanic whites?**
 - A. Approximately equal
 - B. About twice as high for African Americans
 - C. About half as high for African Americans
 - D. Lower for African Americans
- 5. The worldview of many Asian Americans is often described as:**
 - A. Linear and fixed
 - B. Circular and cyclical
 - C. Random and spontaneous
 - D. Rigid and traditional

- 6. Which of the following is NOT a consideration for health promotion for Asian Americans?**
- A. Encourage them to adopt western medicine practices
 - B. Promote understanding of traditional practices
 - C. Encourage them to abandon traditional treatments
 - D. Enhance cultural competence among healthcare providers
- 7. What role does emotional support from social networks play in health?**
- A. It can lead to increased healthcare costs.
 - B. It has no significant impact on health outcomes.
 - C. It enhances health literacy and improves access to care.
 - D. It typically causes stress and anxiety.
- 8. What can individuals gain from their social networks that contributes to better health?**
- A. Isolation from community events.
 - B. Increased knowledge about local health resources.
 - C. A lack of relevant health information.
 - D. Lower awareness of wellness practices.
- 9. Which of the following best describes "advocacy" in health disparities?**
- A. Silent acknowledgment of issues
 - B. Active support for policy changes
 - C. Creating educational materials only
 - D. Promoting financial contributions to health causes
- 10. Why is health promotion particularly challenging for refugees and asylees?**
- A. Language barriers
 - B. Disrupted education programs leading to low literacy rates
 - C. Lack of healthcare access
 - D. All of these

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is NOT a common factor contributing to health disparities?

- A. Socioeconomic status
- B. Education
- C. Body weight**
- D. Access to healthcare

The correct choice is that body weight is not considered a common factor contributing to health disparities in the same manner as the other options. While body weight can certainly influence individual health outcomes and may correlate with various health conditions, it is not a systemic factor that creates or exacerbates disparities across different population groups. In contrast, socioeconomic status directly impacts access to resources necessary for good health, such as nutritious food and healthcare. Education can influence health literacy and the ability to navigate health systems effectively, which also contributes to disparities. Access to healthcare is a crucial factor because limited availability of healthcare services can lead to significant health inequalities among different demographics. Thus, body weight, though influential on health, does not serve as a primary structural determinant of health disparities in the same way that the other listed factors do.

2. Which health decision aspect is highly regarded in the Arab American community?

- A. Family decisions are ignored
- B. Individual choices take precedence
- C. Nurse counseling is not important
- D. Community and family involvement is significant**

Community and family involvement is significant in the Arab American community due to the strong cultural emphasis on collectivism and familial ties. Decision-making processes are often influenced by family dynamics and community considerations. In many Arab cultures, health-related decisions are not seen as solely individual choices; rather, they are a shared responsibility that includes family members. This communal approach fosters support and ensures that decisions reflect the values and beliefs of the family unit. The significance of family involvement in health decisions can lead to better health outcomes, as family members provide emotional support, assist in understanding medical information, and participate actively in care processes. Such involvement acknowledges the traditional belief systems that prioritize family over individualism, promoting a holistic approach to health and well-being. In contrast, options suggesting that family decisions are ignored, that individual choices take precedence, or that nurse counseling is not important do not accurately depict the values held by the Arab American community. These perspectives overlook the integral role that family and community play in health behaviors and decision-making.

3. How has the culture of commerce negatively impacted health according to discussions around health disparities?

- A. Increased access to healthcare
- B. Promotion of unhealthy lifestyle choices
- C. All of these**
- D. Improved nutrition options

The culture of commerce has significantly influenced health outcomes, particularly in the context of health disparities. One of the primary ways this culture has negatively impacted health is through the promotion of unhealthy lifestyle choices. For instance, advertising and marketing strategies often prioritize the sale of processed foods high in sugar, salt, and unhealthy fats, which can lead to poor dietary habits. Additionally, the convenience of fast food and unhealthy snack options typically overshadows the availability of healthier alternatives, contributing to obesity and chronic diseases. While increased access to healthcare and improved nutrition options may seem positive, they are not universal benefits resulting from the commercialization of health. In many communities, especially marginalized ones, healthcare access is still limited, and nutritional options may not be equitably distributed. Thus, the overall negative impact of commercial interests on public health and the promotion of unhealthy choices is evident. Considering the implications of these factors, it's clear that the answer reflects an understanding of how commerce has created challenges for health, particularly in communities that already face systemic barriers. The selection of "All of these" acknowledges that the negative consequences of commercial culture are multi-faceted, involving various dimensions of health and access.

4. What is the unemployment and poverty rate comparison for African Americans and non-Hispanic whites?

- A. Approximately equal
- B. About twice as high for African Americans**
- C. About half as high for African Americans
- D. Lower for African Americans

The correct choice highlights the significant socio-economic disparities that exist between African Americans and non-Hispanic whites. Research and data consistently demonstrate that African Americans experience unemployment and poverty rates that are approximately twice as high as those of non-Hispanic whites. This discrepancy reflects historical and systemic inequalities in access to education, job opportunities, and social resources, which contribute to these elevated rates of unemployment and poverty within the African American community. For instance, during economic recessions, trends show that minority populations, particularly African Americans, often face higher unemployment rates as they might work in sectors that are more vulnerable to economic downturns. Similarly, the wealth gap exacerbates poverty rates, as African Americans may have less inherited wealth or assets to draw upon compared to non-Hispanic whites. This data underscores the ongoing challenges and barriers that disproportionately affect African Americans, making it a crucial area of study within health disparities and diversity. Understanding these statistics is essential for addressing the root causes of health inequities in various populations.

5. The worldview of many Asian Americans is often described as:

- A. Linear and fixed
- B. Circular and cyclical**
- C. Random and spontaneous
- D. Rigid and traditional

The worldview of many Asian Americans is often described as circular and cyclical, which reflects a holistic perspective on life and reality. This viewpoint emphasizes the interconnectedness of all things, suggesting that events and experiences are part of a continuous cycle rather than a single, linear progression. In many Asian cultures, there is a strong focus on harmony, balance, and the cyclical nature of seasons, life stages, and relationships. This perception leads to a greater emphasis on community and familial bonds, promoting collaborative rather than individualistic approaches to problem-solving and social interactions. Additionally, this cyclical worldview can influence values related to time, where the past, present, and future are viewed as interconnected, rather than strictly separate and linear. This perspective can contribute to a deeper understanding of health and well-being, with an emphasis on maintaining balance across various aspects of life.

6. Which of the following is NOT a consideration for health promotion for Asian Americans?

- A. Encourage them to adopt western medicine practices
- B. Promote understanding of traditional practices
- C. Encourage them to abandon traditional treatments**
- D. Enhance cultural competence among healthcare providers

The importance of recognizing and respecting cultural practices in health promotion is crucial for effectively addressing the health needs of Asian Americans. Encouraging individuals to abandon traditional treatments overlooks the significance of these practices in their cultural identity and overall health beliefs. Promoting understanding of traditional practices and enhancing cultural competence among healthcare providers ensures that healthcare interventions are respectful and integrated with the patients' beliefs and values. These strategies lead to better patient-provider communication and can improve health outcomes by making healthcare more accessible and acceptable to the community. Encouraging the adoption of Western medicine practices can be valuable when it is presented as complementary rather than a replacement, allowing individuals to make informed choices that align with their values. Therefore, emphasizing the abandonment of traditional treatments would be contrary to effective health promotion, making it the option that does not align with best practices in this context.

7. What role does emotional support from social networks play in health?

- A. It can lead to increased healthcare costs.
- B. It has no significant impact on health outcomes.
- C. It enhances health literacy and improves access to care.**
- D. It typically causes stress and anxiety.

Emotional support from social networks plays a crucial role in health by enhancing health literacy and improving access to care. When individuals receive support from friends, family, or community members, they are more likely to obtain and understand health-related information, which is vital for making informed decisions about their health. Emotional support encourages engagement with healthcare systems, which can lead to earlier detection of health issues, better management of chronic conditions, and adherence to treatment plans. Additionally, strong social networks can provide practical assistance, such as transportation to medical appointments or help with navigating the healthcare system, which can further improve access to care. These elements combined contribute to better overall health outcomes, showcasing the positive impact of emotional support on health.

8. What can individuals gain from their social networks that contributes to better health?

- A. Isolation from community events.
- B. Increased knowledge about local health resources.**
- C. A lack of relevant health information.
- D. Lower awareness of wellness practices.

Individuals can gain increased knowledge about local health resources from their social networks, which contributes significantly to better health outcomes. Social networks provide a platform for sharing information, experiences, and support regarding health-related issues. Through interactions with friends, family, and community members, individuals can learn about available health services, programs, and resources that they may not have been aware of otherwise. This knowledge allows them to access preventive care, treatment options, and wellness initiatives, ultimately leading to improved health and well-being. In contrast, the other options do not foster healthy outcomes. Isolation from community events would limit social interactions and support systems, negatively impacting mental and physical health. A lack of relevant health information would also hinder an individual's ability to make informed health decisions. Additionally, lower awareness of wellness practices would lead to poorer health behaviors and outcomes. Therefore, the connection between social networks and increased knowledge about local health resources is a crucial aspect of promoting better health.

9. Which of the following best describes "advocacy" in health disparities?

- A. Silent acknowledgment of issues
- B. Active support for policy changes**
- C. Creating educational materials only
- D. Promoting financial contributions to health causes

Advocacy in the context of health disparities refers to actively supporting and pushing for changes in policies, systems, and practices that address the inequities present in health outcomes and access to care. This approach encompasses lobbying for reforms, raising awareness about health disparities among decision-makers, and mobilizing communities to bring about action that leads to equitable health solutions. Active support can manifest in various ways, including engaging with legislators, participating in public health campaigns, and organizing community initiatives that address the root causes of disparities. By advocating for policy changes, individuals and organizations work towards creating a more equitable health landscape, which can lead to significant improvements in health outcomes for marginalized populations. This understanding highlights the vital role advocacy plays in confronting the social determinants of health and reinforcing the need for systemic changes, rather than just superficial responses or educational efforts alone.

10. Why is health promotion particularly challenging for refugees and asylees?

- A. Language barriers
- B. Disrupted education programs leading to low literacy rates**
- C. Lack of healthcare access
- D. All of these

Health promotion for refugees and asylees is especially challenging due to a confluence of factors that significantly impact their ability to access and benefit from health resources. One of the primary reasons is the presence of language barriers, which can severely limit communication between healthcare providers and individuals from these populations. When people do not speak the same language as their healthcare providers, they may struggle to understand medical advice, treatment plans, and health education materials, which diminishes their ability to participate in their own health management. Additionally, disrupted education programs can indeed lead to low literacy rates, further complicating health promotion efforts. Refugees and asylees may lack access to consistent schooling due to the instability they experience prior to resettlement, making it difficult for them to navigate healthcare systems, understand health information, and follow through with wellness initiatives. Healthcare access is another critical issue, with many refugees and asylees facing barriers such as financial constraints, lack of insurance, and insufficient availability of culturally competent healthcare services. Considering these factors collectively highlights that health promotion for refugees and asylees involves not just one barrier, but a multifaceted challenge encompassing language, education, and access to care. Therefore, the most comprehensive answer acknowledges that all these factors contribute to the difficulties faced in

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!

SAMPLE