

UNIVERSITY OF CENTRAL FLORIDA (UCF) HSC4501 EPIDEMIOLOGY OF CHRONIC DISEASES EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which theory attributes disease to imbalances in bodily humors?**
 - A. Humoral Theory
 - B. Germ Theory
 - C. Miasma Theory
 - D. Cell Theory

- 2. A disease that is present worldwide across many countries is called**
 - A. Pandemic
 - B. Endemic
 - C. Epidemic
 - D. Morbidity

- 3. Which level of the Social Ecological Model encompasses formal organizations and social institutions?**
 - A. Individual
 - B. Interpersonal
 - C. Organizational
 - D. Public Policy

- 4. If a city has 2,000 people with a disease at a specific date, and the city population is 50,000, what is the point prevalence?**
 - A. 0.4%.
 - B. 2%.
 - C. 40%.
 - D. 4%.

- 5. Which statement best describes the interpretation of proportionate mortality rate?**
 - A. It directly estimates the risk of dying from the disease in the population
 - B. It describes the share of deaths due to a specific cause among all deaths, not the risk
 - C. It measures the rate of new cases per year
 - D. It is the same as life expectancy

- 6. Which description best defines a chronic disease?**
- A. Uncertain etiology
 - B. A disease with prolonged temporal course, doesn't resolve spontaneously, and complete cure rarely happens.
 - C. Longer latency period
 - D. Uncurable
- 7. Education builds human capital that contributes to health outcomes. Which description best defines human capital?**
- A. Physical assets
 - B. Financial wealth only
 - C. Knowledge, value, and skills
 - D. Genetic traits
- 8. Which two surveillance systems are commonly used in chronic disease epidemiology to monitor population health?**
- A. BRFSS and NHANES
 - B. BRFSS and Vital Statistics
 - C. NHANES and Cancer Registries
 - D. BRFSS and Cancer Registries
- 9. Prevention is defined as which?**
- A. Implementing an intervention before onset of disease or early in the disease course
 - B. Implementing an intervention after onset of disease
 - C. Providing palliative care
 - D. Curing the disease completely
- 10. Incidence is defined as which of the following?**
- A. The total number of existing cases at a given time.
 - B. New cases developing during a defined period.
 - C. Deaths in a population in a time period.
 - D. The proportion of the population with the disease at baseline.

Answers

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

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Explanations

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1. Which theory attributes disease to imbalances in bodily humors?

A. Humoral Theory

B. Germ Theory

C. Miasma Theory

D. Cell Theory

Imbalance of bodily humors is the idea behind Humoral Theory. The body is thought to contain four humors—blood, phlegm, yellow bile, and black bile—and health depends on keeping them in proper balance. When the mix is off, illness results, and treatments aim to restore balance through methods like bleeding, purging, or dietary adjustments. This view dominated ancient and medieval medicine, long before microbes were understood. Germ theory ties disease to microorganisms; miasma theory blames noxious environmental vapors; and cell theory emphasizes disease processes at the cellular level. The concept of disease arising from internal humoral imbalance best matches the Humoral Theory.

2. A disease that is present worldwide across many countries is called

A. Pandemic

B. Endemic

C. Epidemic

D. Morbidity

Pandemic describes a disease that has spread across many countries and continents, affecting a large number of people and often requiring international coordination to respond. This wide geographic reach distinguishes it from other patterns. Endemic means the disease is regularly found in a particular area at a stable level; an epidemic is a sudden increase in cases in a specific region; and morbidity is a measure of how much disease occurs in a population, not a description of how widespread it is. For example, when a disease spreads globally and causes sustained transmission, it is considered a pandemic.

3. Which level of the Social Ecological Model encompasses formal organizations and social institutions?

A. Individual

B. Interpersonal

C. Organizational

D. Public Policy

The organizational level of the Social Ecological Model encompasses formal organizations and social institutions. This level looks at how structures like schools, workplaces, religious groups, healthcare systems, and government agencies shape health by their policies, norms, resources, and environment. For example, a school lunch program, workplace wellness incentives, or hospital infection-control procedures are organizational factors that influence what people do and how easily they can stay healthy. This differs from the individual level, which focuses on personal knowledge and behaviors; the interpersonal level, which centers on relationships and social networks; and the public policy level, which deals with laws and broader regulations that set the framework for entire communities and organizations.

4. If a city has 2,000 people with a disease at a specific date, and the city population is 50,000, what is the point prevalence?

- A. 0.4%.
- B. 2%.
- C. 40%.
- D. 4%.

Point prevalence is the proportion of people who have the disease at a specific point in time, calculated as existing cases divided by the total population at that time. Here, 2,000 people are diseased out of 50,000 total residents. 2,000 divided by 50,000 equals 0.04, which is 4%. So the point prevalence is 4%. The other percentages would correspond to different counts (e.g., 0.4% would be about 200 cases, 2% about 1,000 cases, 40% about 20,000 cases), not the given numbers.

5. Which statement best describes the interpretation of proportionate mortality rate?

- A. It directly estimates the risk of dying from the disease in the population
- B. It describes the share of deaths due to a specific cause among all deaths, not the risk
- C. It measures the rate of new cases per year
- D. It is the same as life expectancy

Proportionate mortality rate expresses the share of deaths from a specific cause within all deaths. It is calculated as deaths from the cause divided by total deaths and is usually shown as a percentage. This tells you how important that cause is among all deaths, not how likely people are to die from it in the population. It doesn't account for how many people are at risk, how long they are at risk, or deaths from other causes, so it can't be interpreted as the risk of dying from that cause. It's also not a measure of new cases per year (incidence) nor a measure of overall lifespan (life expectancy). For example, if 200 of 1,000 total deaths are due to a specific cause, the proportionate mortality rate for that cause is 20%, which describes the share, not the individual risk.

6. Which description best defines a chronic disease?

- A. Uncertain etiology
- B. A disease with prolonged temporal course, doesn't resolve spontaneously, and complete cure rarely happens.
- C. Longer latency period
- D. Uncurable

Chronic disease is defined by a long-lasting, ongoing course rather than a short illness that resolves quickly. The best description emphasizes a prolonged temporal course, persistence without spontaneous resolution, and a low likelihood of complete cure. This captures the typical pattern: conditions that require ongoing management over time and are not expected to disappear on their own. Other descriptions miss that core idea. An uncertain etiology isn't about how long a disease lasts or how it behaves over time. A longer latency period describes a delay before symptoms appear, not how the disease behaves once it starts. Saying a disease is uncured is too absolute—many chronic conditions are not cured but are managed effectively, and some can be cured in specific circumstances, whereas the defining feature remains the extended, persistent nature.

7. Education builds human capital that contributes to health outcomes. Which description best defines human capital?

- A. Physical assets
- B. Financial wealth only
- C. Knowledge, value, and skills**
- D. Genetic traits

Human capital is the set of knowledge, value, and skills that people accumulate, which enhances their ability to work, earn, and influence their health. Education builds this stock by giving individuals competencies, health literacy, problem-solving abilities, and better decision-making skills. These attributes help people avoid risky health behaviors, seek preventive care, and access resources, all of which can lead to better health outcomes and longer, healthier lives. Physical assets describe tangible property, which isn't about learned abilities. Financial wealth focuses on money, not the abilities people have developed. Genetic traits are inherited biology, not the skills or knowledge acquired through education and experience. Therefore, the description that best defines human capital is knowledge, value, and skills.

8. Which two surveillance systems are commonly used in chronic disease epidemiology to monitor population health?

- A. BRFSS and NHANES
- B. BRFSS and Vital Statistics**
- C. NHANES and Cancer Registries
- D. BRFSS and Cancer Registries

Two surveillance systems commonly used to monitor population health in chronic disease epidemiology are BRFSS and Vital Statistics. BRFSS is a state-based telephone survey that collects data on health risk behaviors, chronic conditions, and preventive practices among adults, providing timely, representative prevalence data and trends across populations. Vital Statistics encompasses birth and death records compiled nationally, yielding mortality rates by cause, age, sex, and race, which are essential for tracking the mortality burden of chronic diseases and estimating life expectancy. Together, they give a broad view of population health: BRFSS shows how common risk factors are, while Vital Statistics shows the ultimate health outcomes in terms of deaths and mortality patterns. Other systems like NHANES offer detailed clinical data but aren't used for routine, broad population surveillance in the same way, and Cancer Registries focus on cancer incidence and survival rather than overall chronic disease monitoring.

9. Prevention is defined as which?

- A. Implementing an intervention before onset of disease or early in the disease course**
- B. Implementing an intervention after onset of disease
- C. Providing palliative care
- D. Curing the disease completely

Prevention means taking action to stop a disease from developing or to minimize its impact if it does start, by intervening before it begins or very early in its course. This includes interventions aimed at healthy people to prevent disease (primary prevention) and those that detect and intervene early to prevent progression or complications (secondary prevention). Actions taken after disease has fully developed, palliative care, or efforts to cure the disease are not prevention.

10. Incidence is defined as which of the following?

- A. The total number of existing cases at a given time.
- B. New cases developing during a defined period.**
- C. Deaths in a population in a time period.
- D. The proportion of the population with the disease at baseline.

Incidence measures new disease events in a population over a defined period, reflecting the risk of developing the disease among those who are disease-free at the start. This is what the statement describing new cases developing during a defined period captures, making it the best fit. Prevalence counts all existing cases at a point in time or over a period, not just new ones. Mortality refers to deaths in the population, not new disease occurrences. Baseline prevalence is the proportion with the disease at the start, again not about new cases.

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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://ucf-hsc4501.examzify.com>

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

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