

# Advanced Health Education Fact Recall

Health Education · Practice Test · 18 Questions

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**1. Which organization, established in 1948, is the primary international body responsible for setting global health standards and coordinating responses to health emergencies?**

- A) International Committee of the Red Cross (ICRC)
- B) World Health Organization (WHO)
- C) United Nations Children's Fund (UNICEF)
- D) Médecins Sans Frontières (MSF)

**2. The process by which individuals and communities gain increasing control over their health and its determinants, and the capacity to make choices and take actions to improve their health, is known as:**

- A) Health advocacy
- B) Health promotion
- C) Health empowerment
- D) Health surveillance

**3. What is the primary function of the alveoli in the human respiratory system?**

- A) To warm and humidify inhaled air
- B) To filter particulate matter from the air
- C) To facilitate the exchange of oxygen and carbon dioxide
- D) To produce mucus for the respiratory tract

**4. Which macronutrient is the most energy-dense per gram?**

- A) Carbohydrates
- B) Proteins
- C) Fats
- D) Vitamins

**5. The 'Ottawa Charter for Health Promotion' identified five key action areas for health promotion. Which of the following is NOT one of these areas?**

- A) Develop personal skills
- B) Strengthen community action
- C) Create supportive environments
- D) Regulate food production

**6. What is the body's primary defense mechanism against foreign pathogens in the innate immune system?**

- A) Antibody production
- B) T-cell activation
- C) Inflammatory response
- D) Complement system activation

**7. The term 'epidemiology' is best defined as the study of:**

- A) The structure and function of cells
- B) The distribution and determinants of health-related states or events in specified populations
- C) The chemical composition of food and its effects on the body
- D) The psychological factors influencing health behaviours

**8. Which of the following is a water-soluble vitamin?**

- A) Vitamin A
- B) Vitamin D
- C) Vitamin C
- D) Vitamin E

**9. The 'Social Determinants of Health' refer to the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Which of the following is considered a key social determinant?**

- A) Genetics
- B) Personal exercise habits
- C) Socioeconomic status
- D) Individual dietary choices

**10. What is the primary role of red blood cells in the circulatory system?**

- A) To fight infections
- B) To transport oxygen from the lungs to the tissues
- C) To clot blood
- D) To transport nutrients and waste products

**11. The concept of 'health literacy' refers to an individual's ability to:**

- A) Understand complex medical terminology
- B) Access and navigate health information, make appropriate health decisions, and act on them
- C) Comply with all doctor's instructions without question
- D) Possess advanced scientific knowledge of diseases

**12. Which organ is primarily responsible for filtering waste products from the blood and producing urine?**

- A) Liver
- B) Lungs
- C) Kidneys
- D) Pancreas

**13. The 'Transtheoretical Model' of behaviour change proposes that individuals move through a series of stages. Which stage is characterized by a deliberate decision to change behaviour within the next six months?**

- A) Precontemplation
- B) Contemplation
- C) Preparation
- D) Action

**14. What is the main function of the pancreas in the digestive system?**

- A) To produce bile for fat digestion
- B) To secrete digestive enzymes and insulin
- C) To absorb water from undigested food
- D) To store bile produced by the liver

**15. The 'Health Belief Model' suggests that an individual's likelihood of taking a health-related action depends on several factors. Which of the following is NOT a core component of this model?**

- A) Perceived susceptibility
- B) Perceived severity
- C) Perceived benefits
- D) Perceived social norms

**16. Which of the following neurotransmitters is primarily associated with pleasure, reward, and motivation?**

- A) Serotonin
- B) GABA
- C) Dopamine
- D) Norepinephrine

**17. The primary goal of vaccination is to:**

- A) Cure existing infections
- B) Stimulate the immune system to recognize and fight off specific pathogens
- C) Prevent all types of diseases
- D) Increase the body's metabolism

**18. What is the medical term for the high-pitched whistling sound made during breathing, often associated with narrowed airways?**

- A) Rhonchi
- B) Crackles
- C) Wheezing
- D) Stridor