Public Health Policy and Human Physiology

Public Health Policy · Practice Test · 18 Questions

1. What is the minimum recommended blood lead level intervention threshold established by the CDC for public health policy action in children?

A) 5 micrograms per deciliter
B) 10 micrograms per deciliter
C) 3.5 micrograms per deciliter
D) 20 micrograms per deciliter

2. Under the WHO Framework Convention on Tobacco Control, which chemical compound is the primary target for mandated reduction in cigarette smoke yield to mitigate cardiovascular harm?

A) Carbon monoxide
B) Formaldehyde
C) Benzene
D) Ammonia

3. Which specific immunoglobulin class is the primary target for public health immunization policies aimed at achieving mucosal immunity against respiratory pathogens?

A) IgE
B) IgA
C) IgG
D) IgM

4. What is the physiologically accepted definition of 'overweight' for adults based on BMI, as adopted by the World Health Organization for global health policy monitoring?

A) BMI 23.0-24.9
B) BMI 25.0-29.9
C) BMI 27.0-30.0
D) BMI 30.0+

5. In the context of water fluoridation policy, what is the optimal concentration of fluoride generally recommended for caries prevention while minimizing the risk of dental fluorosis?

A) 0.3 mg/L
B) 0.7 mg/L
C) 1.5 mg/L
D) 2.5 mg/L

6. What is the daily upper intake level (UL) of sodium for adults recommended by major health authorities to manage hypertension at a population level?

A) 1500 mg
B) 2000 mg
C) 2300 mg
D) 3000 mg

7. Public health policies regarding nutritional labeling of trans-fats are based on the physiological fact that trans-fats cause which specific lipid profile change?

A) Increase in HDL and decrease in LDL
B) Decrease in LDL and increase in triglycerides
C) Increase in LDL and decrease in HDL
D) Increase in VLDL and decrease in total cholesterol

8. Which organ is primarily responsible for the physiological clearance of ethanol, a process that informs blood-alcohol concentration (BAC) legal policy thresholds?

A) Kidneys
B) Liver
C) Pancreas
D) Stomach

9. What is the physiological half-life of methylmercury, a critical factor for determining public health fish consumption advisory policies?

A) 10 days
B) 30 days
C) 70 days
D) 120 days

10. In radiation protection policy, what is the established threshold for the deterministic effect of skin erythema (reddening) from ionizing radiation?

A) 0.5 Gray
B) 2.0 Gray
C) 5.0 Gray
D) 10.0 Gray

11. Which physiological process is disrupted by fine particulate matter (PM2.5), forming the basis for air quality public health regulations?

A) Alveolar gas exchange
B) Bile production
C) Myelin sheath regeneration
D) Glomerular filtration

12. What is the WHO-recommended minimum duration of exclusive breastfeeding, a policy aimed at optimizing infant physiological immune development?

A) 3 months
B) 6 months
C) 9 months
D) 12 months

13. The efficacy of mandatory seatbelt policy is linked to the reduction of which specific physiological trauma mechanism?

A) Hypovolemic shock
B) Deceleration injury
C) Anaphylactic shock
D) Neurogenic shock

14. According to clinical guidelines used in public health, what is the systolic blood pressure threshold that defines stage 1 hypertension?

A) 120 mmHg
B) 130 mmHg
C) 140 mmHg
D) 150 mmHg

15. Public health policy on folic acid fortification in flour is designed to prevent which specific physiological developmental defect?

A) Atrial septal defect
B) Neural tube defect
C) Pyloric stenosis
D) Cleft palate

16. Which nutrient deficiency is the primary target of WHO universal salt iodization policies to prevent physiological thyroid dysfunction?

A) Selenium
B) Iodine
C) Zinc
D) Iron

17. What physiological physiological 'refractory period' is the basis for mandatory rest breaks in high-risk occupational health policies to prevent central nervous system fatigue?

A) Circadian rhythm misalignment
B) Synaptic vesicle depletion
C) Lactic acid crystallization
D) Mitochondrial DNA degradation

18. In environmental health policy, what is the primary physiological marker used to monitor chronic arsenic exposure in human populations?

A) Serum ferritin levels
B) Urinary arsenic concentration
C) Hair follicle cortisol
D) Liver enzyme elevation