

Public Health Essentials

Public Health · Practice Test · 10 Questions

1. Which landmark report published in 1920 defined public health as 'the science and art of preventing disease, prolonging life, and promoting physical health and efficiency'?

- A) The Alma-Ata Declaration
- B) The Winslow Report
- C) The Lalonde Report
- D) The Ottawa Charter

2. What is the primary mechanism of 'herd immunity' in a population?

- A) Natural selection of genes
- B) The reduction of the proportion of susceptible individuals to break transmission chains
- C) Increased personal hygiene practices
- D) The development of antibodies through non-vaccine exposure

3. Which international organization coordinates the 'International Health Regulations' to prevent the transboundary spread of disease?

- A) The United Nations (UN)
- B) The World Trade Organization (WTO)
- C) The World Health Organization (WHO)
- D) The International Red Cross

4. In epidemiological terms, what does the 'basic reproduction number' (R_0) represent?

- A) The duration of a contagious period
- B) The average number of secondary cases generated by one primary case in a fully susceptible population
- C) The mortality rate of a disease
- D) The proportion of the population that is immune

5. Which intervention is widely considered the single most effective public health measure in history for the reduction of infectious disease mortality?

- A) Antibiotic development
- B) Universal sanitation and clean water access
- C) Vaccination programs
- D) Improved surgical techniques

6. What is the 'epidemiological transition' characterized by?

- A) A shift from infectious diseases to chronic, non-communicable diseases as primary causes of mortality
- B) The move from rural to urban health demographics
- C) The increase in global life expectancy
- D) The decline in birth rates in developed nations

7. Which term describes the number of new cases of a disease occurring within a specific population during a defined period?

- A) Prevalence
- B) Incidence
- C) Morbidity rate
- D) Case fatality rate

8. The 1978 Declaration of Alma-Ata was a significant milestone that emphasized which core concept in global health?

- A) The eradication of smallpox
- B) The importance of primary health care
- C) The regulation of tobacco
- D) The management of climate change

9. In public health, what is the 'DALY' (Disability-Adjusted Life Year) used to measure?

- A) Total healthcare expenditure
- B) The overall burden of disease, calculated as the sum of years of life lost and years lived with disability
- C) The effectiveness of hospital infrastructure
- D) The GDP impact of a pandemic

10. What defines the 'social determinants of health' according to the WHO?

- A) Genetic predispositions of individuals
- B) The conditions in which people are born, grow, work, live, and age
- C) Access to private healthcare insurance
- D) Government-mandated vaccination schedules