

Oceania & Pacific Health Watch: July 2026 - Hepatitis, Climate Health, and NCD

Global Health · Practice Test · 10 Questions

1. What significant global health observance falls on July 28th, aiming to raise awareness and encourage action against viral hepatitis?

- A) World Mental Health Day
- B) World Hepatitis Day
- C) International Day of Peace
- D) World Cancer Day

2. Which of the following is a major health concern in Fiji, exacerbated by poor diets and increasing consumption of sugary and processed foods?

- A) An epidemic of infectious diseases
- B) A surge in influenza cases
- C) A growing Non-Communicable Disease (NCD) crisis
- D) A widespread outbreak of malaria

3. The 'Pacific Healthy Islands Transformation Project' (PHIT) is a regional initiative involving which of the following countries to improve healthcare access and outcomes?

- A) Australia, New Zealand, and Papua New Guinea
- B) Fiji, Kiribati, Tonga, Tuvalu, and the Pacific Community
- C) Indonesia, Malaysia, and the Philippines
- D) Solomon Islands, Vanuatu, and Samoa

4. Research in the Pacific Islands highlights the significant mental health impacts of climate extremes. Which of the following is NOT a direct consequence mentioned?

- A) Post-traumatic stress disorder (PTSD) from extreme weather events
- B) Increased anxiety and depression due to food and financial insecurity from droughts
- C) Solastalgia (grief associated with negative environmental changes)
- D) Improved sleep patterns due to reduced climate-related stressors

5. The World Health Organization (WHO) has urged for intensified immunisation efforts in the Western Pacific region due to warnings of a resurgence of which type of diseases?

- A) Sexually transmitted infections
- B) Vaccine-preventable diseases
- C) Neglected Tropical Diseases
- D) Foodborne illnesses

6. World Food Safety Day, observed on June 7th, emphasizes the importance of food safety for Pacific Island countries as a foundation for:

- A) Increased carbon emissions
- B) Reduced agricultural productivity
- C) Resilient food systems, sustainable livelihoods, and economic stability
- D) Greater reliance on imported foods

7. In July 2026, the OPHA (Oceania Pacific Health Association) Webinar Series is scheduled to feature speakers discussing topics relevant to Pacific health. Which of the following are confirmed speakers for the July webinar?

- A) Melissa McCradden and John Coughlan
- B) Dr Po'uliva'ati Funaki and Shane Sentuli
- C) Dr Ronal Kumar and Elizabeth Reade Fong
- D) Scientia Professor Julian Trollor and Dr Jennifer Ryan

8. Fiji is reportedly facing the fastest-growing HIV epidemic in the world. A significant contributing factor identified in a recent study is:

- A) Lack of access to basic sanitation
- B) The prevalence of mosquito-borne diseases
- C) Intravenous drug use
- D) A decline in vaccination rates

9. The 78th PIHOA (Pacific Island Health Officers Association) Executive Board Meeting is scheduled to take place from June 29-July 3, 2026, in which location?

- A) Suva, Fiji
- B) Honolulu, Hawai'i
- C) Apia, Samoa
- D) Port Moresby, Papua New Guinea

10. What is the primary theme for Mental Health Awareness Week (MHAW) in 2026, as observed by Te Rau Ora?

- A) Mental Wellness for All
- B) Reconnect - with the people and places that lift you up
- C) Building Resilience in Challenging Times
- D) Healthy Minds, Healthy Futures