

Foundational Public Health Knowledge

Public Health · Practice Test · 21 Questions

1. What is the primary goal of public health?

- A) To treat individual illnesses
- B) To promote and protect the health of populations
- C) To develop new medications
- D) To conduct scientific research in laboratories

2. Which of the following is a key strategy in preventing the spread of infectious diseases?

- A) Encouraging large gatherings
- B) Promoting regular handwashing
- C) Discouraging vaccinations
- D) Increasing antibiotic use

3. What does 'vaccination' aim to achieve?

- A) To cure existing infections
- B) To make people immune to certain diseases
- C) To provide immediate pain relief
- D) To boost metabolism

4. Which of these is a common source of contaminated drinking water?

- A) Rainwater collected in a clean tank
- B) Boiled tap water
- C) Untreated sewage
- D) Filtered spring water

5. What is the importance of a balanced diet for public health?

- A) It only affects weight
- B) It provides essential nutrients for body function and disease prevention
- C) It guarantees a long life
- D) It is only important for athletes

6. Regular physical activity is known to help prevent which of the following conditions?

- A) All types of cancer
- B) Heart disease
- C) Common colds
- D) Temporary fatigue

7. What is the main purpose of public health campaigns about smoking?

- A) To encourage more people to smoke
- B) To inform about the health risks of smoking and encourage cessation
- C) To promote the sale of tobacco products
- D) To make smoking more fashionable

8. Which government agency is typically responsible for overseeing public health in a country like Australia?

- A) The Department of Defence
- B) The Department of Health
- C) The Department of Education
- D) The Department of Justice

9. What is 'epidemiology' the study of?

- A) The growth of plants
- B) The distribution and determinants of health-related states or events in specified populations
- C) The movement of planets
- D) The history of ancient civilizations

10. Why is it important to have clean air and water for public health?

- A) They are aesthetically pleasing
- B) They are essential for preventing respiratory illnesses and waterborne diseases
- C) They help with internet connectivity
- D) They make buildings look nicer

11. What is the role of 'health promotion' in public health?

- A) To create diseases
- B) To enable people to increase control over and improve their health
- C) To sell unhealthy products
- D) To diagnose individual patients

12. Which environmental factor can significantly impact public health?

- A) The colour of buildings
- B) Air pollution
- C) The type of furniture
- D) The popularity of music

13. What does 'herd immunity' refer to?

- A) When only a few people are immune
- B) When a large proportion of a population is immune to an infectious disease, providing some protection for individuals who are not immune
- C) The immunity of farm animals
- D) The resistance of a specific community to allergies

14. Why is adequate sleep important for public health?

- A) It doesn't have any significant health benefits
- B) It is crucial for physical and mental restoration, immune function, and cognitive performance
- C) It only affects mood
- D) It makes people lazy

15. What is the main way public health addresses mental health?

- A) By prescribing strong sedatives
- B) Through prevention, early intervention, and access to mental healthcare services
- C) By ignoring it
- D) By focusing only on physical ailments

16. What is the purpose of food safety regulations?

- A) To make food more expensive
- B) To prevent foodborne illnesses and ensure food is safe to eat
- C) To limit the variety of foods available
- D) To make cooking more complicated

17. Which of these is a form of injury prevention?

- A) Encouraging risky behaviour
- B) Wearing seatbelts
- C) Ignoring safety signs
- D) Using tools improperly

18. What is a 'public health emergency'?

- A) A minor inconvenience
- B) A situation that poses a significant risk to the health of a population
- C) A personal health crisis
- D) A weather event with no health impact

19. Why is regular screening for certain diseases important in public health?

- A) To increase the number of sick people
- B) To detect diseases early when they are more treatable
- C) To make people worry more
- D) To confirm people are healthy

20. What is the role of 'health education' in public health?

- A) To confuse people about health
- B) To provide information and skills to make informed health decisions
- C) To promote unhealthy habits
- D) To discourage learning about health

21. Which is a major contributor to chronic diseases like type 2 diabetes and obesity?

- A) Regular exercise
- B) Poor diet and lack of physical activity
- C) Drinking plenty of water
- D) Getting enough sleep