

Public Health Policy and Human Biology

Public Health Policy · Practice Test · 12 Questions

1. Which regulatory body in Australia is responsible for evaluating the safety and efficacy of therapeutic goods, including medicines and vaccines?

- A) Therapeutic Goods Administration (TGA)
- B) Australian Medical Association (AMA)
- C) Food Standards Australia New Zealand
- D) Department of Health and Aged Care

2. What is the primary physiological marker used in public health to categorize obesity in adults, calculated by dividing weight in kilograms by height in meters squared?

- A) Waist-to-hip ratio
- B) Body Mass Index (BMI)
- C) Basal Metabolic Rate
- D) Subcutaneous fat percentage

3. Under the World Health Organization's International Health Regulations, what is the specific biological organ most frequently targeted for monitoring during pandemic influenza surveillance?

- A) The heart
- B) The liver
- C) The lungs
- D) The kidneys

4. Which mandatory vaccination program in Australia is linked to the 'No Jab, No Pay' policy designed to achieve herd immunity?

- A) National Immunisation Program (NIP)
- B) General Practitioner Immunisation Scheme
- C) Private Health Insurance Rebate
- D) Medicare Safety Net

5. What is the scientifically recognized physiological effect of chronic exposure to noise pollution, a common subject of urban health policy?

- A) Reduction in white blood cell count
- B) Increased cortisol secretion and cardiovascular stress
- C) Permanent damage to the cerebellum
- D) Accelerated bone density loss

6. In public health policy regarding water fluoridation, what is the specific biological structure primarily intended to be strengthened by the addition of fluoride to public water supplies?

- A) Dentin
- B) Periodontal ligament
- C) Enamel
- D) Pulp chamber

7. Which specific human vitamin deficiency is globally addressed by public health policies involving the fortification of wheat flour?

- A) Vitamin B12 (Cobalamin)
- B) Vitamin C (Ascorbic acid)
- C) Vitamin D (Calciferol)
- D) Vitamin B9 (Folic acid)

8. What is the standardized biological age threshold often used in public health policies to define 'geriatric' care eligibility?

- A) 55 years
- B) 65 years
- C) 75 years
- D) 80 years

9. Public health campaigns against smoking primarily target the prevention of which chronic disease characterized by the irreversible damage to the lung's alveoli?

- A) Emphysema
- B) Cystic fibrosis
- C) Asthma
- D) Tuberculosis

10. Which primary organ is responsible for the detoxification of alcohol, a major focus area for government excise tax policies on beverage consumption?

- A) Gallbladder
- B) Pancreas
- C) Liver
- D) Spleen

11. The WHO guidelines for daily sugar intake are established to prevent which metabolic condition characterized by the body's inability to regulate blood glucose?

- A) Type 2 Diabetes Mellitus
- B) Hyperthyroidism
- C) Addison's disease
- D) Hypocalcemia

12. Which physiological process is regulated by the sodium-potassium pump, a mechanism frequently discussed in salt-reduction public health policies to manage hypertension?

- A) Gastrointestinal absorption
- B) Cell membrane potential
- C) Melatonin production
- D) Thermal regulation