

**FINAL EXAMINATION**

Select the best answer for each multiple choice question. There are 102 questions and 14 pages on the examination. Notify the instructor if your examination does not have 14 pages. Clearly indicate on the scan form the one best answer to each question among the answers provided. Be sure that you have selected your choice correctly on the scan form. Be sure that you have entered your name and identification number on the scan form and filled out the columns for the letters of your name and numbers of your identification number correctly (see front and back). Use a #2 pencil and fill all circles completely.

1. The most serious problem facing global health now and in the future is:
  - a. Nutrition
  - b. Water**
  - c. Oil
  - d. Smoking
  - e. Maternal/child health
  
2. The leading cause of poor health globally is:
  - a. Poverty**
  - b. Smoking
  - c. Sanitation
  - d. Cardiovascular disease
  - e. Infectious diseases
  
3. The leading infectious disease killer globally in 2001 was:
  - a. Respiratory diseases**
  - b. HIV/AIDS
  - c. Diarrheal diseases
  - d. Tuberculosis
  - e. Malaria
  
4. Globally, the gap between have's and have not's over the last 50 years has:
  - a. Decreased
  - b. Increased**
  - c. Remained about the same
  
5. Which of the following is/are related to over-nutrition?
  - a. Obesity
  - b. Type 2 diabetes
  - c. Cardiovascular diseases
  - d. All of above**
  - e. Both a. and b. above
  
6. Vitamin D deficiency is widespread in both developing and developed nations:
  - a. True**
  - b. False

7. How does kwashiorkor differ from marasmus?
  - a. Recovery from kwashiorkor is much slower than from marasmus
  - b. Although malnourished, a child with kwashiorkor is still alert and responsive, but one suffering from marasmus is apathetic and lethargic
  - c. Kwashiorkor results primarily from protein deficiency, while marasmus results from total energy depletion**
  - d. All of the above
  - e. None of the above
  
8. Iodine deficiency:
  - a. Occurs especially in areas close to the sea
  - b. Is unlikely to be seen in mountainous areas
  - c. Only results from the lack of iodine in drinking water
  - d. Can result in permanent mental retardation**
  - e. All of the above
  
9. Which of the following deficiencies are best addressed with animal source foods?
  - a. Iron
  - b. Vitamin A
  - c. Zinc
  - d. All of the above**
  - e. a. and b. above
  
10. Developing countries are currently experiencing problems of excess calorie intake:
  - a. True**
  - b. False
  
11. Research has shown that there is no association between childhood obesity and adult obesity:
  - a. True
  - b. False**
  
12. Which of the following is/are true about childhood obesity?
  - a. Type II diabetes, one result of obesity, is now seen in children**
  - b. Prevalence studies of obesity indicate that it is more prevalent in Africa than in South America
  - c. The prevalence has been increasing in many Western nations but not in poor, developing countries
  - d. a. and b. above
  - e. None of the above.
  
13. Because of their universally positive effect on health, there is no such thing as taking as “too many” vitamins:
  - a. True
  - b. False**
  
14. Breast feeding is important to an infant’s health because:

- a. It is not affected by the mother's nutritional status
  - b. It transfers immunity against certain infectious diseases**
  - c. It decreases the mother's chances of getting pregnant
  - d. All of the above.
15. Fortunately for infants in poor nations, the nutritional value of the mother's breast milk is not affected by her own diet:
- a. True
  - b. False**
16. Federal poverty guidelines on food consumption are based on up-to-date household survey data (e.g. Census Data, NHANES):
- a. True
  - b. False**
17. The three leading causes of death in the U.S are:
- a. Heart disease, cancer and stroke (CBV)**
  - b. Heart disease, stroke (CBV), Alzheimer's disease
  - c. Lower respiratory disease, heart disease, and unintentional injuries, especially hip fractures
  - d. Cancer, heart disease and diabetes
  - e. Heart disease, cancer and diabetes.
18. What proportion of the earth's water is available for drinking, irrigation and industrial use?
- a. 70%
  - b. 50%
  - c. 25%
  - d. 15%
  - e. <1 %**
19. The United States has led the world in assuring the availability of clean water as a basic human right:
- a. True
  - b. False**
20. The epidemiologic transition is:
- a. The elimination of infectious diseases and the increase in chronic diseases as the major problem in developing countries
  - b. The continuing problem of infectious diseases plus the rapid increase in chronic diseases in developing countries**
  - c. The development of epidemiology as a major discipline in developing countries

21. Setting priorities for expenditure of health dollars depends on:
- The incidence and prevalence of the disease
  - The severity of the disease
  - The economic, social and personal impact of the disease
  - All of the above**
  - a. and c. above
22. The highest incidence of HIV infections globally is occurring in which of the following regions?
- North and South America
  - The Eastern Mediterranean area
  - South and Southeast Asia
  - The Pacific Islands
  - Sub-Saharan Africa**
23. The major mode of HIV transmission globally is:
- Male-to-male sex
  - Injection drug use
  - Unsafe blood and plasma procedures
  - Male-female sex**
  - Female-female sex
24. Which of the following confers the greatest risk of acquiring HIV infection?
- Being the receptive partner in anal intercourse**
  - Being the insertive partner in anal intercourse
  - Being the female in heterosexual intercourse
  - Being the receptive partner in oral-genital intercourse
  - Sharing needles and syringes with an infected drug user
25. The major force driving the epidemic according to Professor Detels is:
- Male-to-male sex
  - Individuals who do not know they are infected**
  - Individuals who are infected but want revenge
  - Heterosexual sex
  - Contaminated blood
26. A main advantage to “opt-out” HIV testing is that it reduces stigma for testing:
- True**
  - False
27. Establishment of safe communities and parks is an example of:
- Biomedical intervention
  - Behavioral intervention
  - Structural intervention**
  - Political intervention
  - None of above

28. Public health IS politics:
- a. **True**
  - b. False
29. In the social stratification theory, what does “social stratification” mean?
- a. Differential accessibility of health services
  - b. Different social status
  - c. **Differential allocation of resources**
  - d. Different genders, ethnicity/racial groups, and other demographic characteristics
  - e. None of above
30. Social stratification is present in all known societies:
- a. **True**
  - b. False
31. What does it mean to say that race is a *social construct*?
- a. It is based on group behavior
  - b. It is biologic
  - c. It is defined by sociologists
  - d. **It is perceived**
  - e. None of the above
32. In California, the percentage of children aged 0-17 years who are poor is greater than the percentage who are 65 years or older who are poor:
- a. **True**
  - b. False
33. Which of the following is/are the effect of social discrimination on health?
- a. Socioeconomic disadvantages
  - b. Environmental exposures
  - c. Accumulation of stressors over lifespan
  - d. **All of above**
  - e. Both a. and c. above
34. The problem with “average” measures of health is that they hide disparities:
- a. **True**
  - b. False
35. The education level of mother is a major determinant of the health of the family:
- a. **True**
  - b. False
36. Public health leaders should avoid creating anxiety about health problems in the community:
- a. True
  - b. **False**

37. A major role for public health leaders is lobbying:
- True
  - False**
38. Which of the following strategies was used to control the H1N1 influenza epidemic?
- Isolation of cases
  - Quarantine of contacts of cases
  - Closing of public venues
  - All of the above
  - a. and b. above**
39. H1N1 influenza is a zoonotic disease:
- True**
  - False
40. The greatest impact on reducing the incidence of tuberculosis in the United States in the 20<sup>th</sup> century was:
- Introduction of effective anti-TB drugs
  - Improved water supply
  - Improved sanitation
  - Improved housing and reduced crowding**
  - Increased health literacy
41. The primary objective of immunization programs is to:
- Prevent infection**
  - Prevent disease
  - Prevent further transmission of the disease agent
42. The most important requirement of a vaccine is:
- Safety**
  - Ability to stimulate antibody production
  - Ability to stimulate an immune response
  - The proportion of infections prevented
43. The success of immunization programs are dependent only on safety and efficacy:
- True
  - False**
44. A vaccine that is biologically protective but not accepted by the public has:
- High efficacy and low effectiveness**
  - Low efficacy and high effectiveness
  - High efficacy and high effectiveness
  - Low efficacy and low effectiveness
  - None of above.

45. Effective health legislation is primarily dependent on:
- Rationale research
  - Funding
  - Political will**
  - Political trade-offs
  - Presidential initiative
46. There has been a resurgence of syphilis in which of the following groups?
- Men who have sex with men**
  - Heterosexuals with many partners
  - Female sex workers
  - Injection drug users
  - Teenagers
47. Which of the following sexually transmitted diseases has the highest incidence in the United States?
- Chlamydia**
  - Gonorrhea
  - Human papilloma virus (HPV)
  - HIV/AIDS
  - Syphilis
48. The overwhelming majority of Chlamydia infections are asymptomatic:
- True**
  - False
49. Chlamydia and gonorrhea rates in Los Angeles County are highest among which of the following groups of females?
- European-Americans
  - Hispanic-American
  - Asian-Americans
  - African-Americans**
  - Polish-Americans
50. Increasing infection by resistant strains of gonorrhea is a problem in Los Angeles County:
- True**
  - False
51. Gonorrhea rates are highest in which of the following age groups?
- 15-19 years
  - 20-24 years**
  - 25-30 years
  - 30-35 years
  - 35-40 years

52. Syphilis rates in Los Angeles commercial sex venue patrons are low because of mandated health department requirements:
- True
  - False**
53. Over half of men who have sex with men in Los Angeles have openly disclosed their sexual identity:
- True
  - False**
54. The most popular source of sex partners among men who have sex with men in Los Angeles is:
- The internet**
  - Bath houses
  - Bars
  - Gay newspapers
  - Bathrooms
55. Which of the following factors following exposure to a pollutant can be modified by the genetic characteristics of the host?
- Absorbed dose
  - Effective dose
  - Early responses
  - All of the above**
  - a. and c. above
56. Methyl iodide is:
- A toxic product of automobile engines
  - A toxic product of plastic manufacturing
  - A fumigant used in agriculture**
  - A diesel by-product
  - All of the above
57. The level of benzene considered to be safe by the International Agency for Research in has:
- Declined**
  - Increased
  - Remained the same
58. Environmental factors that influence health include which of the following processes?
- Chemical
  - Biological
  - Psycho-social
  - All of the above**
  - a. and b. above



59. New areas of emphasis in environmental health and research are:
- Air, water, hazardous waste
  - The built environment, urban sprawl, psycho-social factors, obesity**
  - Mining, climate change, population, habitat destruction
  - Work environment, population
  - a. and c. above
60. Levels of lead in gasoline and in the blood of Americans has:
- Increased over the last 50 years
  - Decreased over the last 50 years**
  - Remained constant
61. The International Agency for Research in Cancer has evaluated the carcinogenicity of what proportion of chemicals known and in use?
- <1%**
  - 10%
  - 20%
  - 30%
  - 70%
62. Exposure to which of the following substances causes the highest risk of cancer?
- Methylene chloride
  - Diesel exhaust
  - Chromium VI**
  - Potassium chloride
  - Sodium chloride
63. Most chemicals today were established as carcinogenic through animal studies:
- True**
  - False
64. The concept of innovators, early, middle and late adapters is the basis of which of the following behavior change theories?
- Health Belief Model (Becker)
  - Social Learning Theory (Bandura)
  - Diffusion of Innovations (Rogers)**
  - Stages of Change (Prochaska and DiClemente)
65. The number of hours worked by workers annually is highest in which of the following countries?
- Sweden
  - Japan
  - Korea
  - The United States**
  - Indonesia

66. The highest numbers of victims of violence are experienced by which group of health workers?
- a. Nurses
  - b. Physicians
  - c. Mental health workers**
  - d. Emergency room personnel
  - e. Psychiatrists
67. The actual unemployment rate in the United States this fall (2010) was:
- a. 9.7%
  - b. 17%**
  - c. 25.3%
  - d. 47.6%
  - e. 50.1%
68. Over half of workers in the United States have health insurance through their employer:
- a. True**
  - b. False
69. There are multiple determinants (biologic, behavioral, environmental) for most diseases:
- a. True**
  - b. False
70. The highest frequency of unintentional injuries among workers in the U.S. occurs among:
- a. Elderly workers
  - b. Women
  - c. Workers in the first year of a new job**
  - d. Young workers
71. The civilian workforce in the United States will experience increases in which of the following groups of workers in the next eight years?
- a. Minorities
  - b. Older workers
  - c. Women
  - d. All of the above**
  - e. a. and c. above
72. The majority of workers in the United States belong to unions:
- a. True
  - b. False**
73. In the United States, the most workers are:
- a. Producing goods
  - b. Providing services**

74. What is the source of health insurance coverage for most Americans?
- Medicare
  - Medicaid
  - Employment-based private**
  - Individual private
75. The ethnic group with the highest proportion uninsured for health is:
- African-Americans
  - European-Americans
  - Hispanic Americans**
  - Asian-Americans
76. With the downturn in the economy in the U.S., the number of uninsured Americans has increased. What is the major reason?
- Many have been pushed out of private employer-base insurance due to job loss**
  - Health insurance rates have increased
  - The healthcare industry, like other industries, has shrunk
  - Private insurance no longer exists
77. The greater cumulative number of jobs created during their presidency was achieved by:
- William Clinton**
  - George Walker Bush
78. Which of the following is not a primary objective of surveillance?
- Precise estimates**
  - Ongoing collection of data
  - Rapid analysis
  - Dissemination of results
  - Action based on results
79. Which of the following designs is usually used for surveillance?
- Cohort
  - Cross-sectional
  - Serial cross-sectional**
  - Case-control
  - Ecologic
80. Surveillance is primarily useful to identify individuals in the population who need to be treated:
- True
  - False**
81. A major need for epidemiologic surveillance is the development of a functional disease algorithm or “case definition”:
- True**
  - False

82. Which of the following strategies is most likely to minimize bias?
- Routine confidential
  - Unlinked anonymous**
  - Voluntary anonymous
  - Voluntary confidential
  - Case-control
83. Sentinel surveillance targets:
- Youth
  - The entire population
  - Most at-risk groups**
  - The elderly
  - Urban dwellers
84. Surveillance can be used to determine;
- The prevalence of human diseases
  - The prevalence of zoonotic diseases
  - Food safety
  - All of the above**
  - a. and b. above
85. Evaluation of surveillance systems determines their continuance:
- True**
  - False
86. Which of the following is/are important for successful disease surveillance?
- Timely analysis
  - Adequate resources (e.g. staff, labs, etc.)
  - Cultural sensitivity
  - Dissemination of data
  - All of the above**
87. Disease reporting systems can be categorized into two main types:
- Cohort and cross-sectional
  - Passive and active**
  - Anonymous and mandatory
  - None of the above
88. Control of which of the following diseases was achieved primarily by the innovative use of epidemiologic strategies?
- Measles
  - Mumps
  - Chicken pox
  - Smallpox**
  - Cholera

89. Breast cancer screening is an example of:
- Primary prevention
  - Secondary prevention**
  - Tertiary prevention
  - Quaternary prevention
90. A principle of public health is that the health of the individual is tied to their community:
- True**
  - False
91. If necessary to protect the health of the public, a public health officer may confine an individual to detention or prison:
- True**
  - False
92. The Belmont Report identified the fundamental principles for ethical research as:
- Respect for person, beneficence and justice**
  - Compensation, justice and protection
  - Justice, dignity and protection
  - Compensation, justice and dignity
  - All of the above
93. The core of ethical research is the informed consent process:
- True**
  - False
94. Alex Chen is a Chinese descendant in LA. According to the operational definitions used in 2010 census, "Chinese" is his
- Race**
  - Ethnicity
  - Both race and ethnicity
  - Neither race nor ethnicity
95. Between 1900 and 2006, life expectancy of Americans aged 65 yrs or more increased by:
- 10%
  - 25%
  - 50%**
  - 75%
  - 100%
96. Despite low birth rates in the United States, the number of children increases due to:
- Birth rate
  - Immigration**
  - In-vitro fertilization and new fertility methods
  - None of the above

97. What are the major factor(s) responsible for the aging of America?
- a. Increased fertility rates following World War II
  - b. Improved life expectancy for older people/improving mortality rates
  - c. Increased emigration of young Americans to other countries
  - d. All of the above
  - e. **a. and b. above**
98. In the next 30 years, the number of minority elderly population in the U.S. is expected to:
- a. Decrease
  - b. Stay about the same
  - c. Double in size
  - d. **Triple in size**
99. Approximately what percentage of elderly in the U.S. report that they have arthritis?
- a. 5%
  - b. 15%
  - c. 25%
  - d. 40%
  - e. **50%**
100. Which of the following statistics have shown an improvement over the last 50 years among American elderly?
- a. Decreased mortality rates
  - b. Increased life expectancy
  - c. Decreasing disability rates
  - d. More self-reports as good or better health
  - e. **All of the above**
101. Which of the following is/are true about falls in older people in the U.S.?
- a. They are a major cause of hip fractures
  - b. They often lead to a decrease in social activity
  - c. Hip fractures following falls are associated with a very low risk of mortality in the year following the fall due to improved surgical procedures
  - d. **a. and b. above**
  - e. All of the above
102. Medicare in the U.S. covers prolonged nursing home care for the elderly for as long as they must remain in the facility:
- a. True
  - b. **False**