

1. According to the World Health Organization (WHO), how is health defined?
 - a) The absence of disease or infirmity
 - b) A state of complete physical, mental, and social well-being
 - c) The ability to adapt to environmental conditions
 - d) The absence of symptoms or illness

2. What is the definition of a communicable disease?
 - a) A disease caused by lifestyle factors
 - b) A disease that affects a specific location in the body
 - c) A disease that can be transferred from one person to another
 - d) A disease with identifiable signs and symptoms

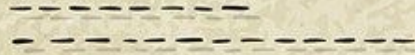
3. Which of the following is an example of a communicable disease?
 - a) Hypertension
 - b) Diabetes
 - c) Tuberculosis
 - d) Coronary heart disease

4. What is a non-communicable disease?
 - a) A disease caused by pathogens
 - b) A disease caused by hereditary factors
 - c) A disease caused by environmental factors
 - d) A disease that can be transferred from one person to another

5. Which of the following is NOT a lifestyle-related factor that can contribute to non-communicable diseases?
 - a) Unhealthy diet
 - b) Smoking
 - c) Physical inactivity
 - d) Infectious agents

6. What is the leading cause of death globally?
 - a) Communicable diseases
 - b) Non-communicable diseases
 - c) Accidents
 - d) Genetic disorders





7. What is public health concerned with?

- a) Protecting the health of individuals
- b) Preventing infectious diseases
- c) protect the health of entire populations
- d) Treating chronic diseases

8. How is a population defined according to human biology ?

- a) A group of individuals with similar characteristics
- b) The number of inhabitants in a specific area
- c) The number of births and deaths in a given timeframe
- d) The number of individuals affected by a disease

9. What are lifestyle factors?

- a) Factors that influence how long we can expect to live without experiencing chronic disease
- b) Factors that shape the health of people on a day-to-day basis
- c) Factors that contribute to the occurrence of infectious diseases
- d) Factors that affect the genetic makeup of individuals

10. How do healthy lifestyle factors impact health?

- a) They increase the incidence and impact of health problems
- b) They enhance recovery from chronic diseases
- c) They contribute to the occurrence of chronic diseases
- d) They reduce the occurrence and impact of health problems

11. Which of the following is NOT considered an unhealthy lifestyle factor?

- a) Lack of exercise
- b) Stress
- c) Healthy diet
- d) Smoking

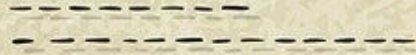
12. What do unhealthy lifestyle factors contribute to?

- a) The occurrence of chronic diseases
- b) The prevention of chronic diseases
- c) The improvement of quality of life
- d) The enhancement of recovery from diseases

13. How can non-communicable diseases be prevented?

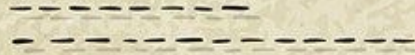
- a) Modifying or changing lifestyle factors or behaviors
- b) Vaccination against infectious diseases
- c) Avoiding contact with infected individuals





14. What is the purpose of public health programs?
- To protect the health of individuals and families
 - To analyze the effect of genetics on health
 - To promote healthy lifestyles in communities
 - To provide healthcare services to underserved populations
15. What is the role of public health professionals?
- To conduct research on the effect of genetics on health
 - To analyze the impact of personal behaviors on health
 - To develop programs for disease and injury prevention
 - To provide medical treatment to individuals
16. Which of the following is NOT a characteristic of a communicable disease?
- It can be transferred from one person to another
 - It is caused by lifestyle factors
 - It has identifiable signs and symptoms
 - It can be measured
17. How are non-communicable diseases also referred to?
- Chronic diseases
 - Infectious diseases
 - Genetic diseases
 - Acute diseases
18. What is the main focus of public health?
- Protecting the health of individuals
 - Preventing the occurrence of chronic diseases
 - Improving the health of entire populations
 - Providing medical treatment to individuals
19. What is the significance of lifestyle factors in shaping health?
- They determine life expectancy
 - They influence the genetic makeup of individuals
 - They impact the occurrence of chronic diseases
 - They are unrelated to overall health outcomes
20. How can a healthy lifestyle contribute to overall well-being?
- By reducing the impact of environmental factors
 - By increasing the occurrence of infectious diseases
 - By enhancing recovery from chronic diseases
 - By improving the quality of sleep





21) All of the following are aims or objectives of studying health policy except : *

- A) health status and demography
- B) planning of healthcare services.
- C) organization of the healthcare system
- D) Health promotion

22) All of these definitions are except

- A) health as: A state of complete physical, mental and social well being and not merely the absence of disease or infirmity
- B) A non-communicable disease is an illness that is caused by something other than a pathogen.
- C) Fertility rate: the ratio of live births in an area to the population of that area; expressed per 1000 population per year
- D) Life span : A group of individuals or items that share one or more characteristics from which data can be gathered and analyzed.

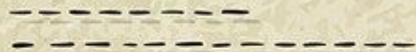
23) Disease (Dis-ease): Failure of the adaptive mechanism of an organism to counteract the stimuli and stresses to which it is exposed and it can't be measured.

- true
- false

24) One of the following didn't include as maternal mortality ratio

- A) Who die during childbirth
- B) who die falling from the tenth floor
- C) Who die from heart stroke after week from childbirth
- D) who die at the pregnancy period





25) A child died after 7 months from his birth. To which ratio does the situation refer

- A) Neonatal mortality rate
- B) Infant mortality rate
- C) Mental mortality rate
- D) Birth rate

26) Which one of the following are correct about Communicable disease:

- A) include : cancer
- B) not infectious.
- C) include: Measles
- D) infectious disease
- E) C+D

27) Poor families are exposed to all the following but not *

- A) Unhealthy diet
- B) Continuous health care
- C) High risk of illness
- D) Less health information

28) In general, public health is concerned with protecting...
The health of the population that only has money

- True
- False

29) According to the World Health Organization, which sex has higher LE ?

- A) females
- B) both are equal
- C) males





30) Life expectancy is one of the factors in measuring the Human Development Index

True

False

31) All of the following are reasons why people's life expectancy varies across the world EXCEPT:

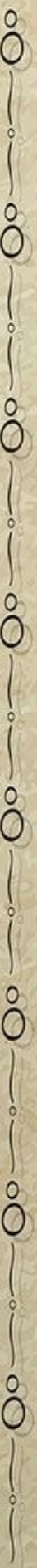
A) medical care

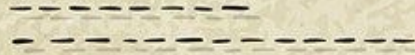
B) Lifestyle factors or behavior

C) Culture

D) birth rate

E) Education





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Done by anas zakarneh

And Ahmad

Answer Key:

1. b) A state of complete physical, mental, and social well-being
2. c) A disease that can be transferred from one person to another
3. c) Tuberculosis
4. B+ C
5. d) Infectious agents
6. b) Non-communicable diseases
7. c) Improving the health of entire populations
8. b) The number of inhabitants in a specific area
9. b) Factors that shape the health of people on a day-to-day basis
10. d) They reduce the occurrence and impact of health problems
11. c) Healthy diet
12. a) The occurrence of chronic diseases
13. a) Modifying or changing lifestyle factors or behaviors
14. c) To promote healthy lifestyles in communities
15. c) To develop programs for disease and injury prevention
16. b) It is caused by lifestyle factors
17. a) Chronic diseases
18. c) Improving the health of entire populations
19. c) They impact the occurrence of chronic diseases
20. c) By enhancing recovery from chronic diseases

21)D

22)D

23)False

24)B

25)B

26)E

27)B

28)False

29)A

30)True

31)D



