Public Health Quiz - Basic

1. What is the leading cause of death in the U.S.?
   A. heart disease
   B. AIDS
   C. cancer
   D. stroke

2. What is the process of sterilizing milk called?
   A. purification
   B. pasteurization
   C. clostridization
   D. refrigeration

3. Which disease has been completely eradicated?
   A. smallpox
   B. hepatitis
   C. heliobacter pylori
   D. leukemia

4. Which will not protect against food borne disease (a.k.a. food poisoning)?
   A. wash produce before eating
   B. thoroughly cook meats and eggs
   C. store perishable items in a cool, dry environment
   D. purchase organic produce

5. Which of the following toxic elements causes the neurological disorder that inspired the Alice in Wonderland; character, the Mad Hatter?
   A. iodine
   B. sodium
   C. mercury
   D. mercurochrome

6. Which disease is not correctly paired with the nutrient or vitamin that prevents it?
   A. niacin - tuberculosis
   B. iodine - goiters
   C. vitamin C - scurvy
   D. vitamin D - rickets

7. Epidemiology is the study of:
   A. immunization
   B. outbreak of disease in populations
   C. genetic disease
   D. skin ailments

8. Folic acid, which is found in oranges, prevents which of the following?
   A. scurvy
   B. birth defects
   C. high blood pressure
   D. dementia

9. Which of the following is considered a milestone in dental public health?
   A. fluoridation of drinking water
   B. introduction of mouth wash
   C. development of the electric toothbrush
   D. use of gold amalgams

10. Of the 48 million Americans that currently smoke, how many will die from a smoking related disease if they continue to smoke?
    A. 10%
    B. 25%
    C. 50%
    D. 75%

11. How much exercise is recommended for the average adult?
    A. Twenty minutes of intensity at least three times a week.
    B. One hour per night of moderate intensity
    C. One very long exercise session once a week
    D. No exercise is necessary unless you are overweight.

12. What is a communicable disease?
    A. A disease that has a long duration and is not easily cured.
    B. A disease that can be spread from one person to another.
    C. A disease that is publically and scientifically understood.
    D. A disease that is related to eating and drinking.