TEXAS A&M UNIVERSITY (TAMU) HLTH236 INTRODUCTION TO HEALTH DISPARITIES AND DIVERSITY EXAM 2 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Why is understanding social determinants of health important?

A. They can influence individual behavior only.

B. They play a minimal role in overall health outcomes.

C. They can identify root causes behind health disparities.

D. They are only relevant in clinical settings.

2. What does the term "intersectionality" mean?

A. The coexistence of various health practices

B. The interaction of different social identities and their impact on oppression

C. The separation of health issues by different demographics

D. The singular focus on one group's health needs

3. Asian Americans often share a belief in which of the following health practices?

A. Utilizing only Western medicine

B. Integration of traditional practices with modern medicine

C. Neglecting mental health

D. Prioritizing individual health over community health

4. How do social networks influence health?

A. They prevent any health issues from occurring.

B. They offer emotional support, information, and resources.

C. They encourage a sedentary lifestyle.

D. They make individuals less aware of health resources.

5. Which of the following is a common belief about health in the African American community?

A. Health is solely determined by genetics

B. Poverty does not impact health

C. Health is influenced by social and environmental factors

D. Healthcare systems are always to be trusted

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6. What does health equity mean?

A. Providing equal healthcare resources to all

B. Ensuring everyone can access the same health information

C. A fair and just opportunity to achieve optimal health

D. Reducing healthcare costs for the wealthy

7. What is the significant outcome of inter-community marriages among the Amish population?

A. Increased genetic diversity

B. Decrease in genetic disorders

C. Higher incidence of recessive genetic disorders

D. Improved healthcare access

8. What can be an outcome of addressing social determinants of health?

A. Increased health disparities

B. Improved overall health and equity among populations

C. Greater healthcare costs without benefits

D. Reduced funding for health programs

9. What does the term "intersectionality" refer to in health disparities?

A. Homogeneous experiences of health among different groups

B. Individual aspects of identity that are unrelated to health

C. Overlapping social identities and systems of oppression impacting health

D. Static categories that define patient demographics

10. Why is maternal health significant in the context of health disparities?

A. It only affects women of low-income backgrounds

B. It is not associated with long-term health outcomes

C. It can lead to intergenerational health challenges

D. It is a minor aspect of public health

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Answers

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1. C
2. B
3. B
4. B
5. C
6. C
7. C
8. B
9. C
10. C

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Explanations

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1. Why is understanding social determinants of health important?

A. They can influence individual behavior only.

B. They play a minimal role in overall health outcomes.

C. They can identify root causes behind health disparities.

D. They are only relevant in clinical settings.

Understanding social determinants of health is crucial because they can identify the root causes behind health disparities. Social determinants encompass a wide range of factors, including income, education, social support, and neighborhood conditions, all of which significantly influence individual and community health outcomes. By analyzing these determinants, one can uncover inequities in access to healthcare, exposure to harmful environments, and varying health outcomes among different populations. This approach highlights how health is not solely determined by clinical factors or personal choices but rather by a complex interplay of various social, economic, and environmental conditions. Recognizing these root causes allows public health professionals and policymakers to design interventions that address the systemic issues contributing to health disparities, ultimately leading to more equitable health outcomes.

2. What does the term "intersectionality" mean?

A. The coexistence of various health practices

B. The interaction of different social identities and their impact on oppression

C. The separation of health issues by different demographics

D. The singular focus on one group's health needs

The term "intersectionality" refers to the interaction of different social identities and how these identities intersect to impact individuals' experiences with oppression and privilege. This concept recognizes that people do not experience social categorizations, such as race, class, gender, and other identities, in isolation; instead, these identities overlap and can create complex social dynamics. For example, a person who is both a woman and a person of color may experience discrimination differently than either identity alone would suggest. Therefore, understanding intersectionality is essential for addressing health disparities because it allows for a deeper analysis of how varying identities can compound experience of inequality and shape health outcomes. This framework promotes a holistic view of the individual and the multifaceted nature of their lived experiences, which is crucial for creating effective strategies to address health inequities.

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3. Asian Americans often share a belief in which of the following health practices?

A. Utilizing only Western medicine

B. Integration of traditional practices with modern medicine

C. Neglecting mental health

D. Prioritizing individual health over community health

Asian Americans often share a belief in integrating traditional practices with modern medicine, which reflects a holistic approach to health. This perspective values both conventional medical treatments and traditional healing practices such as acupuncture, herbal medicine, and mindfulness. This integration allows individuals to draw from a wide range of health resources, customizing their care based on personal beliefs, cultural practices, and the specific health concerns they face. This tendency can be attributed to the influence of various cultural practices and the significance placed on holistic well-being across different Asian communities. Furthermore, the practice of combining methods helps bridge any gaps that may arise from solely relying on Western medicine, which may not always align with individual beliefs or cultural understandings of health and wellness. While some individuals may unintentionally neglect mental health or prioritize individual health, these are not characteristics generally associated with the broader Asian American perspective on health, which often emphasizes the importance of community and family in health decisions and the mental well-being of individuals.

4. How do social networks influence health?

A. They prevent any health issues from occurring.

B. They offer emotional support, information, and resources.

C. They encourage a sedentary lifestyle.

D. They make individuals less aware of health resources.

Social networks play a significant role in influencing health primarily by offering emotional support, information, and resources. This social support can come from friends, family, colleagues, or community groups and is crucial in managing stress, improving mental well-being, and promoting healthy behaviors. For instance, individuals who feel supported by their social network are more likely to engage in preventative health measures, follow medical advice, and adhere to treatment regimens. Additionally, social networks can facilitate the sharing of health-related information, helping individuals make better-informed decisions regarding their health. They can connect people to resources such as healthcare services, educational programs, and support communities, which are essential for addressing health disparities. While social networks can have some negative influences on health, such as promoting unhealthy behaviors, the positive aspects, particularly emotional and informational support, are widely recognized as central to enhancing health outcomes.

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5. Which of the following is a common belief about health in the African American community?

A. Health is solely determined by genetics

B. Poverty does not impact health

C. Health is influenced by social and environmental factors

D. Healthcare systems are always to be trusted

The belief that health is influenced by social and environmental factors accurately reflects a common perspective in the African American community. This view recognizes that health outcomes are not merely the result of individual choices or genetic factors, but rather shaped by a complex interplay of socioeconomic status, neighborhood conditions, access to healthcare, education, and systemic inequities. In this context, understanding health disparities involves considering how historical and ongoing discrimination, economic limitations, and environmental exposures contribute to health inequities. This belief aligns with the social determinants of health framework, which highlights that where individuals live and their social contexts play a significant role in their overall health and well-being. By acknowledging these influences, the community can advocate for policies and practices that address these broader determinants, aiming for a more equitable health landscape that takes into account the needs and challenges unique to its members. This perspective is crucial for developing effective public health strategies and interventions that are culturally sensitive and community-oriented.

6. What does health equity mean?

A. Providing equal healthcare resources to all

B. Ensuring everyone can access the same health information

C. A fair and just opportunity to achieve optimal health

D. Reducing healthcare costs for the wealthy

Health equity refers to the principle that every individual should have a fair and just opportunity to achieve optimal health, regardless of their socio-economic status, race, ethnicity, or other social determinants. This concept emphasizes that health disparities, which are often the result of systemic inequalities, must be addressed so that everyone can attain their fullest health potential. By focusing on creating conditions that allow all individuals to succeed in their health goals, health equity acknowledges that some individuals may require additional resources or support to overcome barriers that others may not face due to privilege or access to resources. This understanding goes beyond merely providing equal resources or services; it recognizes the importance of fairness and justice in health outcomes. In contrast, merely providing equal healthcare resources or ensuring access to the same health information does not necessarily result in health equity if underlying disparities remain unaddressed. Reducing healthcare costs for the wealthy does not contribute to equity either, as it primarily benefits those who are already advantaged. Thus, the focus on a fair and just opportunity to achieve optimal health captures the essence of health equity effectively.

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7. What is the significant outcome of inter-community marriages among the Amish population?

A. Increased genetic diversity

B. Decrease in genetic disorders

C. Higher incidence of recessive genetic disorders

D. Improved healthcare access

The significant outcome of inter-community marriages among the Amish population is the higher incidence of recessive genetic disorders. This phenomenon occurs because the Amish communities are often genetically isolated and can have a higher prevalence of certain genetic traits. When individuals from these communities intermarry, they may inadvertently propagate genetic traits that can lead to recessive disorders. In populations where there is reduced genetic diversity, certain recessive alleles can become more common. When two carriers of a recessive gene have children, there is a higher likelihood that their offspring will inherit the disorder. This is particularly salient within the Amish communities, where specific genetic disorders, such as Ellis-van Creveld syndrome and maple syrup urine disease, have been observed at higher rates due to the practice of marrying within a limited gene pool. Therefore, the outcomes of inter-community marriages, while potentially beneficial for other aspects such as social bonds, can exacerbate the risk of genetic disorders due to a higher incidence of recessive genes being expressed in offspring.

8. What can be an outcome of addressing social determinants of health?

A. Increased health disparities

B. Improved overall health and equity among populations

C. Greater healthcare costs without benefits

D. Reduced funding for health programs

Addressing social determinants of health leads to improved overall health and equity among populations because these determinants—such as socioeconomic status, education, access to healthcare, and environmental factors—play a crucial role in influencing health outcomes. When interventions are made to improve these social factors, populations often experience better health outcomes, reduced barriers to accessing care, and a more equitable health landscape. For example, providing better education and employment opportunities can lead to healthier lifestyle choices, while enhancing access to healthcare services can reduce preventable diseases. Overall, this holistic approach not only fosters individual well-being but also contributes to stronger community health, ultimately narrowing health disparities across different demographic groups.

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9. What does the term "intersectionality" refer to in health disparities?

A. Homogeneous experiences of health among different groups

B. Individual aspects of identity that are unrelated to health

C. Overlapping social identities and systems of oppression impacting health

D. Static categories that define patient demographics

The term "intersectionality" refers to overlapping social identities and systems of oppression that impact health. This concept recognizes that individuals do not experience marginalization or privilege in a vacuum. Rather, their health outcomes are affected by a complex interplay of various social identities, such as race, gender, class, sexuality, and disability. These intersecting identities can create unique health challenges and disparities. In the context of health disparities, intersectionality highlights how multiple factors can compound disadvantages for particular groups, leading to worse health outcomes. Understanding this allows for a more nuanced view of health disparities and underscores the importance of addressing social determinants of health in a multifaceted way. Recognizing the interconnected nature of identities helps healthcare providers and policymakers identify specific barriers that certain populations face, ultimately informing more effective interventions and policies aimed at reducing health disparities.

10. Why is maternal health significant in the context of health disparities?

A. It only affects women of low-income backgrounds

B. It is not associated with long-term health outcomes

C. It can lead to intergenerational health challenges

D. It is a minor aspect of public health

Maternal health is significant in the context of health disparities because it has profound implications for both the mother and her child, ultimately leading to intergenerational health challenges. When mothers experience poor maternal health, whether due to inadequate healthcare access, socioeconomic status, or systemic inequalities, the repercussions can extend beyond the immediate pregnancy. Health disparities during pregnancy can result in low birth weight, developmental delays, and increased risk of chronic health conditions for the child. Moreover, the health of mothers and children is intertwined; a mother's health status can directly influence her children's health throughout their lives, creating a cycle of disadvantage. The conditions under which mothers give birth can affect future generations, highlighting the importance of addressing maternal health not only for the sake of individual women but also for the broader community and future population health. This illustrates why focusing on maternal health is crucial in understanding and addressing health disparities, as it serves as a key indicator of overall public health and wellness across different demographic groups. Other options do not reflect the depth of impact maternal health has on both individual and societal levels.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://tamu-hlth236-exam2.examzify.com

We wish you the very best on your exam journey. You've got this!

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