

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
(وَفَوْقَ كُلِّ ذِي عِلْمٍ عَلِيمٌ)



جائز

Global Health | Final

Past Papers + Test Bank



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DST

Past 023

1. In the Epidemiologic Transition model, which stage is characterized by the reemergence of infectious and parasitic diseases?

- A) Stage 2
- B) Stage 5
- C) Stage 3

Answer: B

2. What is the predominant cause of mortality in Stage 1 of the Epidemiologic Transition model?

- A) Cardiovascular diseases
- B) Chronic obstructive pulmonary disease
- C) Infectious and parasitic diseases

Answer: C

3. Which of the following disease patterns is most characteristic of Stage 3 of the Epidemiologic Transition?

- A) Acute gastrointestinal infections like Cholera
- B) Cardiovascular diseases and cancer
- C) Emerging drug-resistant infectious strains

Answer: B

4. According to the Demographic Transition Model, during which stage does the population growth rate become “moderate” due to a falling birth rate and a continuing fall in the death rate?

- A) Stage 1
- B) Stage 4
- C) Stage 3

Answer: C

5. According to the Epidemiologic Transition model, what is one of the main mechanisms contributing to the spread of new infectious diseases (like COVID-19) in Stage 5?

- A) Relocation diffusion due to increased globalization
- B) Decreased resistance to broad-spectrum antibiotics
- C) Lack of advanced medical technology in high-income countries

Answer: A

6. Which of the following statements accurately describes a key characteristic of the Epidemiological Transition?

- A) Non-communicable diseases are rapidly replaced by communicable diseases
- B) A reduction in mortality is followed by a reduction in fertility, leading to an aging population
- C) A drop in fertility precedes a drop in mortality across all nations

Answer: B

7. What is the ultimate goal of the WHO's special elimination initiatives for countries tracking towards 2030 targets?

- A) Reducing malaria incidence by only 70% globally
- B) Reducing malaria incidence by only 80% globally
- C) Achieving zero-malaria status

Answer: C

8. The emergence of drug-resistant strains is a significant challenge in Stage 5 of the Epidemiologic Transition. Which of the following diseases is a prime example of this issue?

- A) Diabetes mellitus
- B) Malaria
- C) Ischemic heart disease

Answer: B

9. Which combination of interventions is most effective in reducing the incidence of malaria in endemic regions?

- A) Mass vaccination drives and isolation of infected patients
- B) Improving water sanitation and stopping fecal-oral transmission
- C) Vector control (like ITNs) and preventive antimalarial drugs

Answer: C

10. What is the primary medical intervention used to prevent the recurrence (relapse) of malaria caused by dormant liver stage parasites?

- A) Indoor residual spraying (IRS)
- B) Preventive antimalarial drugs
- C) Antiretroviral therapy (ART)

Answer: B

11. Which of the following is considered a “biological” risk factor that influences a person’s susceptibility to severe malaria?

- A) Proximity to stagnant water sources
- B) Lack of financial resources to buy bed nets
- C) Acquired immunity

Answer: C

12. In the context of environmental health and exposure pathways, how do hazards present in contaminated food enter the human body?

- A) Ingestion
- B) Inhalation
- C) Dermal absorption

Answer: A

13. Based on environmental health classifications, which of the following is an example of a toxic substance?

- A) Excessive occupational noise
- B) Disease-causing bacteria
- C) Gasoline

Answer: C

14. How is “acute exposure” to an environmental hazard typically defined?

- A) Repeated exposure over a lifetime
- B) Usually, a single exposure for less than 24 hours
- C) Continuous exposure spanning several months or years

Answer: B

15. Which of the Sustainable Development Goals (SDGs) is explicitly dedicated to taking urgent action to combat climate change and its impacts?

- A) SDG 3
- B) SDG 6
- C) SDG 13

Answer: C

16. According to the WHO constitution of 1948 and the Alma-Ata Declaration, how is health fundamentally defined?

- A) Solely the absence of physical disease or infirmity
- B) A fundamental human right for all
- C) A privilege restricted by socioeconomic status

Answer: B

17. The concept of Universal Health Coverage (UHC) is primarily rooted in the “Health for All” agenda set by which historical milestone?

- A) The Alma-Ata Declaration of 1978
- B) The Millennium Development Goals of 2000
- C) The Paris Climate Agreement of 2015

Answer: A

18. What are the three main pillars required to achieve Universal Health Coverage (UHC)?

- A) Centralized governance, high out-of-pocket payments, and secondary care
- B) Equity in access, quality healthcare services, and financial risk protection
- C) Free advanced tertiary care, private insurance, and specialized training

Answer: B

19. In the context of assessing health system performance, what does “horizontal equity” mean?

- A) Different treatment for people with different needs
- B) Equal allocation of funds regardless of population disease burden
- C) Similar treatment for similar needs

Answer: C

20. Revenue collection, fund pooling, resource allocation, and purchasing are the central components of which health system function?

- A) Stewardship and governance
- B) Creating resources and investment
- C) Financing of healthcare

Answer: C

21. Various factors contribute to the rising costs of healthcare systems globally. Which of the following is generally NOT considered a driver of these high costs?

- A) Use of expensive new diagnostic tests and treatments
- B) Increased accessibility to basic PHC services
- C) High administrative costs and defensive medicine

Answer: B

22. In many mixed health systems, patients pay directly from their own funds for services at the point of care. What is the financial term for this mechanism?

- A) Social health insurance
- B) Prepayment pooling
- C) Out-of-pocket payment

Answer: C

23. According to the WHO, which combination of elements characterizes a “good” health system?

- A) A reliance on out-of-pocket payments and a focus solely on tertiary hospitals
- B) A robust financing mechanism, a well-trained workforce, and reliable information
- C) Centralized decision-making with strict limits on public participation

Answer: B

24. When assessing the performance of a health system, what is considered its ultimate primary objective?

- A) Maximizing profits for private healthcare providers
- B) Increasing the number of medical procedures performed annually
- C) Improving the health of the populations they serve

Answer: C

25. Establishing a culture of evidence-based policy formulation within a health system relies most heavily on which of the following?

- A) Traditional practices and historical assumptions
- B) Research and reliable data
- C) The marketing strategies of pharmaceutical companies

Answer: B

26. The principle of “intersectoral collaboration” in Primary Health Care (PHC) requires action across the health sector as well as which other sectors?

- A) Only private and tertiary medical sectors
- B) Only international funding agencies
- C) Social and economic sectors

Answer: C

27. Which level of health care offers super-specialist care, specialized training programs, and is typically provided by regional/central level institutions?

- A) Tertiary health care
- B) Secondary health care
- C) Primary health care

Answer: A

28. Which of the following is cited as a reason for the slow progress in achieving the Alma-Ata goal of “Health for All”?

- A) Over-allocation of resources to preventive health efforts
- B) Weak health information systems and a lack of baseline data
- C) Excessive political commitment from global leaders

Answer: B

29. What does the first “95” in the UNAIDS 95-95-95 target for 2025 represent?

- A) 95% of people diagnosed with HIV receiving antiretroviral therapy
- B) 95% of people receiving antiretroviral therapy achieving viral suppression
- C) 95% of people living with HIV knowing their HIV status

Answer: C

30. According to global health statistics, approximately what percentage of the world's population lacks access to good primary health care?

- A) 50%
- B) 10%
- C) 80%

Answer: A

31. How is “Environmental Health” best defined in public health contexts?

- A) The clinical treatment of infectious diseases spread by animals
- B) The study of how the environment affects our health
- C) The study of the earth’s climate patterns and ozone layer solely

Answer: B

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32. While the basic elements of PHC include immunization and safe water, which of the following is considered an “extended” element of PHC?

- A) Provision of basic sanitation and safe water supply
- B) Appropriate treatment of common local endemic diseases
- C) Food safety and provision of selected food supplements

Answer: C

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- C) Food safety and provision of selected food supplements

Answer: C

33. Which of the following statements about the Cuban healthcare system is INCORRECT?

- A) Health care is considered a right, available to all equally and free of charge
- B) Preventive and curative services are integrated seamlessly
- C) It relies heavily on private-sector health care and out-of-pocket payments

Answer: C

34. Which of the following statements regarding global suicide statistics is correct?

- A) Women have a higher rate of suicide death than men in high-income countries
- B) Globally, more than twice as many males die due to suicide as females
- C) 80% of suicides occur exclusively in high-income countries

Answer: B

35. All HIV testing services must adhere to the 5 C's recommended by the WHO. Which of the following is NOT one of the 5 C's?

- A) Confidentiality
- B) Compulsory testing
- C) Counselling

Answer: B

36. Which of the following is considered a major international organization/multilateral agency that partners with governments for global health and economic initiatives?

- A) Sickness Funds
- B) District Hospitals
- C) World Bank

Answer: C

37. In the first year of the COVID-19 pandemic, the global prevalence of which mental health condition increased by a massive 25%?

- A) Schizophrenia
- B) Anxiety
- C) Bipolar disorder

Answer: B

38. Which Sustainable Development Goal (SDG) indicator specifically tracks the progress of Universal Health Coverage (UHC)?

- A) SDG 3.8.1
- B) SDG 4.a.2
- C) SDG 13.1

Answer: A

39. How does the WHO formally describe Primary Health Care (PHC) in its comprehensive scope?

- A) A medical model focused strictly on the eradication of disease through specialist interventions
- B) The provision of complex curative services in district hospitals
- C) A whole-of-society approach to health that focuses on people's needs as early as possible

Answer: C

40. When Gro Harlem Brundtland stated that “we are only as strong as our weakest link,” she was advocating for which global health concept?

- A) Isolating developing nations to prevent the spread of pandemics
- B) North solidarity and South assistance to ensure global health security
- C) Focusing all healthcare funding strictly on high-income nations

Answer: B

41. What is the general relationship established between wealth and health in global populations?

- A) An inverse relationship, where higher wealth guarantees worse health outcomes
- B) No measurable relationship exists between socioeconomic status and health
- C) A direct relationship, where UHC reduces poverty and fuels economic growth

Answer: C

42. In health economics, how is “technical efficiency” (or operational efficiency) defined?

- A) Ensuring that the pattern of output completely matches the pattern of population demand
- B) Producing a given output with the least inputs, thereby achieving maximum output with minimum waste
- C) Producing a given output at the absolute least financial cost

Answer: B

44. The global burden of mental illness is often underestimated for several reasons. Which of the following is an EXCEPTION (i.e., NOT a valid reason for this underestimation)?

- A) The grouping of suicide and self-harm as a separate category
- B) Late age of onset
- C) Overlap between psychiatric and neurological disorders

Answer: B

45. In environmental health, the Dose-Response curve for many toxic substances typically takes which shape, indicating a “threshold level” before adverse effects are seen?

- A) Linear, straight-line curve
- B) U-shaped curve
- C) Sigmoid (S-shaped) curve

Answer: C

46. According to recent advancements in malaria control, which intervention has been shown to significantly reduce deadly severe malaria among young children?

- A) Discontinuing the use of insecticide-treated nets
- B) The malaria vaccine
- C) Sole reliance on traditional herbal remedies

Answer: B

Test Bank

Primary health care

Q1:PHC is a whole-of-society approach to health that aims at ensuring the highest possible level of health and well-being and their equitable distribution by focusing on people's needs as early as possible along the continuum from health promotion,, treatment,and palliative care in a close and feasible approach within people's everyday environment.

- A. disease prevention, rehabilitation
- B. Care, treatment
- C. Equity and education
- D. Accessibility and Assessability
- E. None of the following

Answer:A

Q2:choose the incorrect match:

- A. Primary healthcare → The 1st referral level
- B. Tertiary health care → Teaching hospitals
- C. Primary healthcare → closest to the people
- D. Secondary healthcare → Provided by the district hospitals
- E. Tertiary health care → regional/central level hospitals or institutions

Answer:A

Q3:one of the following is not a reason for the slow progress of alma ata:

- A. Misconception that PHC as a 2nd rate health care for the poor
- B. decentralized planning and management
- C. Natural and manmade disasters
- D. The continuing low status of women
- E. Pollution, poor food safety, and lack of water supply and sanitation

Answer:B

Q4:regarding alma ata, choose the correct statement:

- A. Was held In 1978,was organized by UNESCO and UNICEF
- B. Tertiary Health Care was the main concern in Alma- Ata
- C. Equality and health promotion are principles of alma ata
- D. Alma ata declaration goal was Health-for-All by the Year 2000
- E. Alma ata successfully achieved all of the goals

Answer:D

Q5: regarding Comprehensive primary healthcare choose the incorrect:

- A. It Defines health as complete physical, mental and social wellbeing
- B. Seeks to integrated health services to meet people's health needs throughout their lives
- C. Focus on disease eradication through medical interventions
- D. Depends on multi-sectoral collaboration
- E. All are correct

Answer:C

Q6: International Conference on Primary Health Care In Alma-Ata, Kazakhstan 1978, which focused on shifting towards preventive health and participation, aimed on controlling communities and individuals, some difficulties in achieving intersectoral action for health were introduced, and failure to achieve equity in access to all PHC components also was an issue, expect the outcomes this scenario:

- A. Collaboration between primary and secondary health care
- B. Achieving all of alma ata goals
- C. Slow progress of alma ata goals
- D. Failure of alma ata and call for another conference
- E. None of the following

Epidemiological Transition

Q1:choose the correct statement:

- A. Primary health care (PHC) includes preventive measures that are crucial in delaying the onset of age-related diseases and maintaining older adults' health
- B. Epidemiology is a branch of medical science that studies the distribution of treatment in human populations
- C. The demographic transition Model describes the stages of development that are characterized by a shift in population growth, life expectancy and disease patterns
- D. About 90% of the world's population lacks access to good primary health care.
- E. All are wrong

Answer:A

Q2:choose the correct match about Stages of Epidemiologic Transition:

- A. Most violent epidemic was the Black Plague → stage 5
- B. Improved sanitation, nutrition, and medicine during the Industrial Revolution reduced the spread of infectious diseases → stage 4
- C. Consumption of non-nutritious food and sedentary behavior have resulted in an increase in obesity in this stage → stage 3
- D. chronic diseases of aging → stage 4
- E. All are incorrect

Answer:E

Q3:choose the correct match about Stages The demographic transition Mode:

- A. STAGE 1 → The birth rate is falling slightly. Death rate is steady.
Decline in population (slow decrease)
- B. STAGE 3 → Both the birth and death rate is high. Population growth is low and fluctuating
- C. STAGE 4 → The birth Rate starts to fall. The death Rate continues to fall.
Population growth is moderate
- D. STAGE 5 → The birth Rate remains high. The death Rate is falling.
Population growth is high
- E. All are incorrect

Answer:E

Q4:choose the correct statement:

- A. NON-communicable diseases has higher death rates than infectious diseases recently
- B. Improvements in medical care is a main reason for infectious diseases high death rate
- C. Ischemic hearth disease is the 3rd cause of deaths globally
- D. PHC supports people to live longer, healthier lives which is done through regional hospitals
- E. 2 or more are correct

Answer:A

Health Systems

Q1:country implements a system where citizens receive health services without facing any financial burden, regardless of their income level or ability to pay. The focus is on equal access and quality of services for all. What does this scenario best represent?

- A. Promote health through positive changes in the population's knowledge and lifestyle
- B. Health care is the responsibility of the state
- C. Universal Health Coverage
- D. Public participates in the health system's development and functioning
- E. Develop studies that respond to the health needs of the population

Answer:c

Q2:public clinic was evaluating two suppliers for insulin. Both offer the same quality and effectiveness, but one offers it at 30% lower price. The clinic chose the cheaper supplier to reduce costs while maintaining service standards.

This scenario best reflects:

- A. Technical efficiency
- B. Economic efficiency
- C. Allocative efficiency
- D. Vertical equity
- E. Defensive medicine

Answer:B

Q3: In a certain country, healthcare is delivered by private doctors and hospitals. However, a single national insurance program run by the government covers all residents. There are no private insurance companies competing for profit, and every legal resident contributes to this public insurance fund.

This healthcare financing model is best described as:

- A. Beveridge Model
- B. Bismarck Model
- C. National Health Insurance
- D. Mixed Health System
- E. Out-of-pocket Model

Q4: A regional health authority conducted a survey and discovered a high rate of untreated dental problems in children, while spending was mostly going to adult orthopedic care. They reallocated funds to expand pediatric dental services.

This is an example of:

- A. Technical efficiency
- B. Economic efficiency
- C. Allocative efficiency
- D. Malpractice cost
- E. Horizontal equity

Answer: C

Climate change

Q1 :why do greenhouse gases trap heat more effectively when their concentration increases?

- A) They reflect more sunlight back to Earth
- B) They make the atmosphere colder, slowing heat loss
- C) They absorb and re-emit longwave thermal radiation
- D) They turn shortwave solar energy into visible light
- E) They increase Earth's rotation speed

Answer:c

Q2: A farmer installs solar panels to run irrigation pumps. This action is best classified as:

- A) Adaptation only
- B) Mitigation only
- C) Neither adaptation nor mitigation
- D) Both adaptation and mitigation
- E) A natural climate solution

Answer:D

Q3: one of the following GHG sources does not match the gas correctly:

- A) CO₂ – Deforestation
- B) CH₄ – Fossil fuel use
- C) N₂O – Soil bacteria
- D) H₂O – Artificial combustion
- E) CH₄ – Livestock farming

Answer:D

Q4: Not align with adaptation to climate change:

- A) Breeding heat-tolerant crops
- B) Installing solar panels
- C) Using precision agriculture
- D) Improving livestock barn ventilation
- E) Harvesting climate-resilient tree seeds

Answer: B

Malaria

Q1: Which of the following most contributes to the development of drug-resistant malaria even when correct doses are given?

- A. The species of mosquito
- B. Level of acquired immunity
- C. Poor treatment adherence by patients
- D. Strength of health infrastructure
- E. Human reproduction rate in endemic areas

Answer:c

Q2: Why are pregnant women at higher risk of malaria in endemic regions?

- A. They are bitten more frequently by mosquitoes
- B. They have less access to health services
- C. Immune system changes during pregnancy
- D. They refuse vaccines
- E. Lack of health education

Answer:c

Q3: Which of the following poses the greatest threat to the effectiveness of insecticide-based vector control?

- A. Use of insecticide-treated nets (ITNs)
- B. Rollout of new vaccines
- C. Mosquito resistance to insecticides
- D. Health education campaigns
- E. Distribution of vaccines in rural areas

Answer:c

Q4: Which of the following is NOT classified as a high-risk population for malaria based on the document?

- A. Children under five
- B. Non-immune migrants
- C. Indigenous communities
- D. Elderly people above 70
- E. Undocumented migrant workers

Answer:d

Q5: What is one of the most ambitious targets of the Global Technical Strategy for Malaria by 2030?

- A. Reduce deaths by 50%
- B. Create a 100% effective vaccine
- C. Prevent re-establishment of malaria in malaria-free countries
- D. Eliminate all parasite species worldwide
- E. Halve malaria cases in sub-Saharan Africa

Answer:c

Mental health

Q1: Expanding rural mental health clinics will most likely lead to:

- A. Better quality only
- B. Less access and higher cost
- C. More access but higher cost
- D. Lower cost and quality
- E. No change at all

Answer:C

Q2: A ministry of health launches a program to open mental health clinics in rural areas to improve access. However, the new clinics are understaffed and patients wait weeks for appointments.

What element of the Iron Triangle was improved, and which one likely worsened?

- A. Cost improved, quality worsened
- B. Access improved, quality worsened
- C. Access worsened, cost improved
- D. Quality improved, cost worsened
- E. All three improved equally

Answer: B

Q3: INCORRECT about stigma and mental illness?

- A. Stigma can prevent individuals from seeking mental health care.
- B. Stigma is mainly a problem in high-income countries.
- C. Stigma may lead to isolation and rejection.
- D. Many believe people with mental illness can't make decisions.
- E. Misunderstanding about mental illness contributes to discrimination.

Answer: B

Q4: Which of the following pairs is mismatched with regard to mental health concepts?

- A. Stigma —Prevents seeking help
- B. Donabedian Framework —Access, Affordability, Quality
- C. Iron Triangle —Cost, Quality, Access
- D. Primary Care —First contact for mental health complaints
- E. Somatization —Psychological symptoms presented as physical

Answer:B

Environmental health

Q1:mismatched?

- A. Inhalation – Enters through lungs, reaches bloodstream quickly
- B. Ingestion – Through oral route, absorbed in GI tract
- C. Intravenous – Fastest route to enter bloodstream
- D. Dermal absorption – Fastest way for toxins to affect the body
- E. Subcutaneous – Slower than intravenous and inhalation

Answer:D

Q2: which of the following are part of the environmental-related Sustainable Development Goals (SDGs), EXCEPT:

- A. Goal 6 – Clean Water and Sanitation
- B. Goal 7 – Affordable and Clean Energy
- C. Goal 13 – Climate Action
- D. Goal 14 – Life Below Water
- E. Goal 3 – Good Governance

Answer:E

Q3:NOT true?

- A. Environmental hazards include physical, chemical, and biological factors
- B. Toxicology studies adverse effects of substances on living organisms
- C. Exposure assessment estimates how many people are exposed and how much
- D. Children, elderly, and immunocompromised are less susceptible to toxins
- E. Environmental justice involves equal participation in environmental decisions

Answer:D

SDGs

Q1: which of the following statements about SDGs and COVID-19 is mismatched?

- A. COVID-19 disrupted immunization campaigns for polio and measles
- B. SDG 3 focuses on achieving universal access to quality education
- C. SDGs are interconnected and progress in one can support others
- D. The pandemic led to food insecurity for school-age children
- E. COVID-19 shifted global focus away from malaria and TB

Answer: B

Q2: Which of the following statements about SDG 3 and COVID-19 are true, EXCEPT:

- A. Infant mortality is linked to nutrition and family income
- B. Many low-income countries have fewer than 10 doctors per 10,000 people
- C. Measles campaigns were paused in 23 countries during COVID-19
- D. COVID-19 increased access to TB and HIV medications globally
- E. COVID-19 caused neglect of non-COVID emergencies like road accidents

Answer: D

Q3: Which of the following statements is NOT correct regarding the SDGs?

- A. The SDG Index showed that Scandinavian countries were top performers pre-COVID
- B. COVID-19 affected only SDG 3 since it was a health crisis
- C. SDGs aim to eliminate poverty, promote equality, and protect the planet
- D. Countries must invest in health systems to achieve the 2030 targets
- E. SDG progress before COVID-19 was already suboptimal in many areas

Answer: B

HIVsAIDS

Q1: Which of the following fluids is not considered a known route of HIV transmission?

- A. Semen
- B. Vaginal secretions
- C. Blood
- D. Sweat
- E. Breast milk

Answer: D

Q2: A health worker is accidentally pricked by a needle just used on an HIV-positive patient. What is the most immediate recommended action?

- A. But just look at pedri
- B. Wait 24 hours then test for HIV
- C. Start Post-exposure prophylaxis (PEP)
- D. Isolate the patient
- E. Take antibiotics to prevent infection

Answer:C

Q3: during an HIV awareness campaign, a community member asks: “Why should we care about testing if we feel fine?” Choose the most strategic public health answer:

- A. “Because you might have HIV and not know it.”
- B. “Testing allows early treatment, protecting you and others.”
- C. “If you don’t test, you will eventually get AIDS.”
- D. “That’s a personal choice; no need to test unless you’re sick.”
- E. “HIV always shows symptoms after a few weeks anyway.”

Answer: B

رسالة من الفريق العلمي :



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Corrections from previous versions:

Versions	Slide # and Place of Error	Before Correction	After Correction
V0 → V1			
V1 → V2			