

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.



**THIS IS
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