

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सातौं तह
जनस्वास्थ्य अधिकृत पदको प्रतियोगितात्मक लिखित परीक्षा

Key A

पूर्णाङ्क: १००

पत्र: प्रथम

समय: १ घण्टा १५ मिनेट

विषय: हेल्थ इन्सपेक्सन सम्बन्धी।


वस्तुगत बहुउत्तर (१००×१ अङ्क)

उत्तरपुस्तिकामा प्रश्नपत्रको Key अनिवार्य रूपले उल्लेख गर्नुपर्नेछ। Key उल्लेख नगरेमा उत्तरपुस्तिका रद्द हुनेछ।
परीक्षामा Mobile, Calculator जस्ता विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन।

Q1. The *primary goal* of health promotion is:

- A) To reduce the burden of disease in a community
- B) To provide treatments for sick individuals
- C) To prevent non-communicable diseases
- D) To encourage a healthy lifestyle


✓ **Answer:** D) To encourage a healthy lifestyle

 *Explanation: Health promotion aims to encourage healthy behaviors, improve awareness, and reduce risk factors in communities.*

Q2. Which of the following is a *method* of health education?

- A) Group discussions
- B) Social media campaigns
- C) Public health announcements
- D) All of the above


✓ **Answer:** D) All of the above

 *Explanation: Health education utilizes various methods like group discussions, social media, and public campaigns to communicate health information.*

Q3. *Community health education* focuses on:

- A) Individual health treatment
- B) Promoting health in specific groups or communities
- C) Reducing healthcare costs
- D) Providing healthcare infrastructure


✓ **Answer:** B) Promoting health in specific groups or communities

 *Explanation: Community health education promotes health by targeting specific communities with tailored interventions and programs.*

Q4. The *Health Belief Model* suggests that health behaviors are influenced by:

- A) Only economic status
- B) An individual's perceived risk and benefit of taking health action
- C) The availability of healthcare services
- D) Government policies on health

✓ **Answer:** B) An individual's perceived risk and benefit of taking health action


 *Explanation: The Health Belief Model emphasizes that individuals will engage in*

health-promoting behaviors if they believe they are at risk and the benefits outweigh the barriers.

Q5. *Behavior Change Communication (BCC)* involves:

- A) Using media campaigns to change health behaviors
- B) Promoting only healthy food consumption
- C) Requiring health professionals to treat patients
- D) Conducting random health checks

✓ **Answer:** A) Using media campaigns to change health behaviors


 *Explanation: BCC uses media and communication tools to influence individuals' health behaviors, such as encouraging healthy eating or exercise.*

18. Primary Health Care (PHC), Essential Health Care Services (EHCS) and MDGs

Q6. The *concept* of Primary Health Care (PHC) includes:

- A) Specialized treatment in hospitals
- B) Basic health services accessible to everyone
- C) Expensive medical procedures
- D) High-tech medical solutions


✓ **Answer:** B) Basic health services accessible to everyone

 *Explanation: PHC focuses on providing basic health services such as vaccination, maternal care, and health education to all individuals, regardless of their economic status.*

Q7. *Essential Health Care Services (EHCS)* aims to:

- A) Offer advanced medical technology in hospitals
- B) Provide a comprehensive range of basic health services to all individuals
- C) Focus only on disease management
- D) Provide luxury healthcare to urban populations


✓ **Answer:** B) Provide a comprehensive range of basic health services to all individuals

 *Explanation: EHCS ensures that essential services like vaccinations, emergency care, and family planning are available to all, especially in rural areas.*

Q8. One of the objectives of the *Millennium Development Goals (MDGs)* is to:

- A) Eliminate poverty and improve global health outcomes
- B) Control infectious diseases through pharmaceuticals
- C) Increase healthcare facilities in rural areas
- D) Decrease the population of urban areas


✓ **Answer:** A) Eliminate poverty and improve global health outcomes

 *Explanation: The MDGs included reducing poverty, improving health outcomes, and ensuring education, with a focus on universal access to healthcare.*

Q9. The key focus of *Essential Health Care Services* is:

- A) High-cost medical interventions
- B) Prevention, health promotion, and primary health care
- C) Specialized healthcare only
- D) Only curative health services


✓ **Answer:** B) Prevention, health promotion, and primary health care

 *Explanation: EHCS focuses on prevention, promoting health, and providing primary healthcare services to reduce the burden of disease.*

Q10. The Millennium Development Goal that specifically addresses health is to:

- A) Eradicate communicable diseases worldwide
- B) Reduce maternal mortality and improve child health
- C) Provide health insurance to all citizens
- D) Build new hospitals in urban areas

✓ **Answer:** B) Reduce maternal mortality and improve child health


 *Explanation: MDGs included targets to improve maternal health and reduce child mortality by providing better access to essential health services.*

19. International Health

Q11. WHO is responsible for:

- A) Setting international health standards and policies
- B) Enforcing healthcare laws in countries
- C) Providing direct health services in local communities
- D) Funding private healthcare projects


✓ **Answer:** A) Setting international health standards and policies

 *Explanation: The World Health Organization (WHO) is responsible for setting health policies, providing leadership in global health issues, and coordinating international health initiatives.*

Q12. UNICEF focuses on:

- A) Providing financial support for healthcare
- B) Promoting child welfare, health, and education
- C) Building infrastructure in urban areas
- D) Controlling healthcare costs


✓ **Answer:** B) Promoting child welfare, health, and education

 *Explanation: UNICEF is focused on the welfare of children, promoting health, nutrition, education, and sanitation for children worldwide.*

Q13. Bilateral aid is provided by:

- A) A single country to another country
- B) Multiple countries working together
- C) Non-governmental organizations
- D) International health organizations like WHO

✓ **Answer:** A) A single country to another country

 *Explanation: Bilateral aid involves one country providing direct assistance to another, often through financial resources, expertise, or materials.*

Q14. Global health partnerships work to:

- A) Prevent the spread of diseases in only developed countries
- B) Improve healthcare systems by combining resources and expertise
- C) Enforce global health policies on individual nations
- D) Limit the number of health organizations worldwide

✓ **Answer:** B) Improve healthcare systems by combining resources and expertise


 *Explanation: Global health partnerships*

aim to pool resources from various organizations to improve health systems, particularly in low-income countries.

Q15. The *World Bank* supports global health initiatives by:

- A) Providing loans to developed countries
- B) Offering grants for global health research
- C) Funding health projects in developing countries to reduce poverty
- D) Enforcing healthcare laws worldwide

Answer: C) Funding health projects in developing countries to reduce poverty


 *Explanation: The World Bank provides financial support for health projects in developing countries, focusing on poverty reduction and improving health outcomes.*

20. Food and Nutrition

Q16. *Food fortification* is used to:

- A) Make food taste better
- B) Prevent nutrient deficiencies in the population
- C) Increase the cost of food
- D) Make food last longer


Answer: B) Prevent nutrient deficiencies in the population

 *Explanation: Fortifying food involves adding essential nutrients to food products, such as vitamins and minerals, to prevent deficiencies in the population.*

Q17. *Nutritional assessment* helps to:

- A) Identify nutrient deficiencies or excesses
- B) Calculate food prices
- C) Monitor the popularity of food products
- D) Predict food preferences


Answer: A) Identify nutrient deficiencies or excesses

 *Explanation: Nutritional assessment identifies dietary deficiencies or excesses to guide appropriate interventions.*

Q18. The *main source* of vitamin C is:

- A) Carrots
- B) Meat
- C) Citrus fruits
- D) Dairy products


Answer: C) Citrus fruits

 *Explanation: Citrus fruits like oranges, lemons, and grapefruits are known for their high vitamin C content.*

Q19. A *balanced diet* includes:

- A) Only fruits and vegetables
- B) A variety of foods to meet all nutrient needs
- C) Excessive amounts of fat and sugar
- D) Only protein-rich foods

Answer: B) A variety of foods to meet all nutrient needs

 *Explanation: A balanced diet provides a variety of food groups to ensure adequate intake of all essential nutrients for optimal health.*

Q20. *Malnutrition* can result from:

- A) Overconsumption of food
- B) A lack of essential nutrients in the diet
- C) Excessive exercise
- D) Drinking too much water

Answer: B) A lack of essential nutrients in the diet


 *Explanation: Malnutrition occurs when the diet lacks key nutrients, leading to*

deficiencies or excesses that impact overall health.

Q21. The *primary objective* of health education is to:

- A) Provide medical treatment
- B) Change people's health behavior
- C) Create new healthcare facilities
- D) Implement government health policies


Answer: B) Change people's health behavior

 *Explanation: Health education aims to inform and empower individuals to change their behaviors in ways that will improve their health.*

Q22. Which of the following is an example of a *health promotion* activity?

- A) Delivering health services to individuals
- B) Educating people about the benefits of physical activity
- C) Administering vaccinations
- D) Providing emergency medical care


Answer: B) Educating people about the benefits of physical activity

 *Explanation: Health promotion focuses on educating people and encouraging behavior changes to improve overall health, such as promoting physical activity.*

Q23. *Behavior change communication* (BCC) is designed to:

- A) Monitor government health programs
- B) Encourage individuals to adopt healthier behaviors
- C) Provide treatment for chronic diseases
- D) Increase healthcare funding


Answer: B) Encourage individuals to adopt healthier behaviors

 *Explanation: BCC uses communication strategies to encourage individuals to engage in healthier behaviors and adopt preventive health measures.*

Q24. Which method is *NOT* commonly used in *health education*?

- A) Lectures
- B) Public service announcements
- C) Television drama
- D) Ignoring cultural beliefs


Answer: D) Ignoring cultural beliefs

 *Explanation: Effective health education takes cultural beliefs into account to make messages more relevant and acceptable to the target audience.*

Q25. The *Health Belief Model* posits that people will take health-related actions if they:

- A) Believe they are susceptible to a health problem
- B) Are told by a doctor to do so
- C) Receive a financial incentive
- D) Are legally required to take action

Answer: A) Believe they are susceptible to a health problem


 *Explanation: The Health Belief Model suggests that individuals are more likely to engage in health-promoting behaviors if they perceive a personal risk and believe the benefits outweigh the costs.*

22. Primary Health Care (PHC), Essential Health Care Services (EHCS) and MDGs

Q26. *Primary Health Care (PHC)* includes:

- A) Only emergency services
- B) Specialized care and surgeries
- C) Essential health services available to all
- D) High-cost medical treatments


✔ **Answer:** C) Essential health services available to all

 *Explanation: PHC aims to ensure basic health services are available to everyone, particularly focusing on prevention, education, and essential treatments.*

Q27. The *Millennium Development Goals (MDGs)* focused on:

- A) Increasing healthcare costs worldwide
- B) Reducing poverty and improving health, education, and gender equality
- C) Providing universal health insurance
- D) Increasing government health spending

✔ **Answer:** B) Reducing poverty and improving health, education, and gender equality

 *Explanation: The MDGs aimed to address extreme poverty and global health challenges, including improving maternal health, reducing child mortality, and promoting education.*

Q28. The *essential components of Primary Health Care* include:

- A) Comprehensive health services such as maternal care, vaccinations, and health education
- B) Only curative health services
- C) Only specialized hospital care
- D) Only preventive health education

✔ **Answer:** A) Comprehensive health services such as maternal care, vaccinations, and health education


 *Explanation: PHC focuses on providing a wide range of essential services, from*

prevention to treatment, to promote well-being for all.

Q29. *Essential Health Care Services (EHCS)* are designed to:

- A) Provide specialized and expensive treatments
- B) Ensure that basic health services are available to all people, regardless of income
- C) Focus only on curative services
- D) Restrict health services to urban areas


✔ **Answer:** B) Ensure that basic health services are available to all people, regardless of income

 *Explanation: EHCS aims to deliver essential health services such as immunizations, maternal care, and health education, particularly in underserved areas.*

Q30. *Health for All by the Year 2000* was an initiative launched by:

- A) The United Nations
- B) World Health Organization (WHO)
- C) The World Bank
- D) National governments worldwide

✔ **Answer:** B) World Health Organization (WHO)

 *Explanation: WHO's "Health for All by the Year 2000" initiative aimed to achieve universal access to essential healthcare for everyone.*


23. International Health

Q31. *WHO* (World Health Organization) is primarily responsible for:

- A) Providing financial support to hospitals

- B) Setting international health standards and coordinating global health responses
 C) Providing medical treatment in disaster areas
 D) Organizing conferences for health professionals


✓ **Answer:** B) Setting international health standards and coordinating global health responses

 *Explanation: WHO leads global efforts to improve health, set health standards, and respond to international health crises.*

Q32. UNICEF works primarily to improve:

- A) Child health, education, and nutrition
 B) Economic stability in developing countries
 C) Education for healthcare professionals
 D) Infrastructure in urban areas


✓ **Answer:** A) Child health, education, and nutrition

 *Explanation: UNICEF's main focus is on improving the well-being of children by supporting health, education, and nutrition in vulnerable communities.*

Q33. Bilateral aid refers to:

- A) Financial assistance given by multiple countries
 B) Aid provided by one country directly to another
 C) Aid given by international organizations to governments
 D) Aid provided through NGOs


✓ **Answer:** B) Aid provided by one country directly to another

 *Explanation: Bilateral aid involves one government providing direct assistance to another country, often to support development projects, including health programs.*

Q34. Global health partnerships aim to:

- A) Reduce health inequalities by combining resources from various international organizations
 B) Enforce health policies in individual countries
 C) Promote medical tourism
 D) Provide financial support for luxury healthcare services


✓ **Answer:** A) Reduce health inequalities by combining resources from various international organizations

 *Explanation: Global health partnerships collaborate across borders to pool resources, share knowledge, and address widespread health challenges.*

Q35. USAID (United States Agency for International Development) supports global health by:

- A) Focusing on military health initiatives
 B) Providing financial and technical support to health programs in developing countries
 C) Offering health insurance to all nations
 D) Managing national health policies

✓ **Answer:** B) Providing financial and technical support to health programs in developing countries

 *Explanation: USAID funds and supports global health programs, focusing on disease prevention, healthcare delivery, and improving health outcomes in low-income countries.*


24. Food and Nutrition (continued)

Q36. Food fortification is the process of:

- A) Removing nutrients from food

- B) Adding essential nutrients to commonly consumed foods
 C) Packaging food to prevent contamination
 D) Selling food at a lower cost


Answer: B) Adding essential nutrients to commonly consumed foods

 *Explanation: Food fortification involves adding nutrients like vitamins and minerals to staple foods, such as flour or rice, to prevent deficiencies in populations.*

Q37. Iron deficiency can lead to:

- A) Vitamin D deficiency
 B) Scurvy
 C) Anemia
 D) Osteoporosis


Answer: C) Anemia

 *Explanation: Iron is necessary for producing hemoglobin, and its deficiency can cause anemia, leading to fatigue and weakness.*

Q38. The recommended dietary intake of calcium is important for:

- A) Bone health
 B) Skin elasticity
 C) Blood pressure regulation
 D) Immune system function


Answer: A) Bone health

 *Explanation: Calcium is a crucial mineral for building and maintaining strong bones and teeth, and it also helps with muscle function and nerve signaling.*

Q39. Vitamin D helps the body absorb:

- A) Protein
 B) Carbohydrates
 C) Calcium
 D) Iron


Answer: C) Calcium

 *Explanation: Vitamin D is essential for calcium absorption in the body, playing a key role in maintaining bone health.*

Q40. The most common cause of foodborne illnesses is:

- A) Overcooking food
 B) Contaminated water
 C) Bacterial contamination
 D) Eating too much sugar


Answer: C) Bacterial contamination

 *Explanation: Bacteria, such as Salmonella and E. coli, are the leading causes of foodborne illnesses, often due to improper food handling or storage.*

Q41. Incidence in epidemiology refers to:

- A) The number of existing cases at a given time
 B) The rate of new cases of a disease in a population
 C) The rate of death from a disease
 D) The spread of a disease to other areas

Answer: B) The rate of new cases of a disease in a population


 *Explanation: Incidence measures the occurrence of new cases of a disease in a specific population during a defined time period.*

Q42. Prevalence refers to:

- A) The number of new cases in a given time period
 B) The total number of people infected with a disease at a given point in time
 C) The number of people who recover from a disease
 D) The rate at which diseases are eliminated

Answer: B) The total number of people infected with a disease at a given point in


time

 *Explanation: Prevalence refers to the total number of existing cases (both new and pre-existing) of a disease in a population at a specific time.*

Q43. Cohort studies are used to:

- A) Examine the causes of a disease by following exposed and unexposed groups over time
- B) Diagnose existing diseases
- C) Determine the rate of new diseases in a population
- D) Test the effectiveness of medications


Answer: A) Examine the causes of a disease by following exposed and unexposed groups over time

 *Explanation: Cohort studies follow groups of people over time to compare the incidence of disease in exposed vs. unexposed groups.*

Q44. In a case-control study, participants are chosen based on:

- A) Their exposure to a risk factor
- B) Whether they have the disease or not
- C) Their socioeconomic status
- D) Their vaccination history

Answer: B) Whether they have the disease or not

 *Explanation: Case-control studies are designed to compare people who have a disease (cases) with those who do not have the disease (controls) to find associations with risk factors.*


Q45. Descriptive epidemiology is concerned with:

- A) Identifying causes of disease
- B) Describing the distribution of disease in a

population

- C) Preventing diseases
- D) Evaluating treatment effectiveness

Answer: B) Describing the distribution of disease in a population


 *Explanation: Descriptive epidemiology involves summarizing disease data based on time, place, and person to identify patterns of occurrence.*

31. Food and Nutrition

Q46. Food fortification is primarily used to:

- A) Improve the taste of food
- B) Prevent nutrient deficiencies in the population
- C) Increase the shelf life of food
- D) Reduce food waste


Answer: B) Prevent nutrient deficiencies in the population

 *Explanation: Food fortification involves adding vitamins and minerals to foods, such as adding iodine to salt or vitamin D to milk, to help prevent nutritional deficiencies.*

Q47. Vitamin A deficiency can cause:

- A) Rickets
- B) Night blindness
- C) Pellagra
- D) Scurvy


Answer: B) Night blindness

 *Explanation: Vitamin A deficiency can lead to night blindness, a condition where the ability to see in low light is impaired.*

Q48. The main function of proteins in the body is to:

- A) Provide energy
- B) Help build and repair tissues
- C) Aid in digestion
- D) Regulate blood sugar levels


Answer: B) Help build and repair tissues

 *Explanation: Proteins are essential for growth, tissue repair, and maintaining the structure and function of cells.*

Q49. Iron deficiency often results in:

- A) Rickets
- B) Anemia
- C) Scaly skin
- D) Joint pain


Answer: B) Anemia

 *Explanation: Iron is critical for the production of hemoglobin in red blood cells, and a deficiency can lead to anemia, causing fatigue and weakness.*

Q50. The main source of Vitamin C is:

- A) Meat
- B) Citrus fruits
- C) Dairy products
- D) Potatoes

Answer: B) Citrus fruits


 *Explanation: Citrus fruits like oranges, lemons, and grapefruits are excellent sources of Vitamin C, which supports immune function and skin health.*

32. Environmental Health (continued)

Q51. Vector-borne diseases are transmitted by:

- A) Contaminated water
- B) Insects and animals
- C) Poor sanitation
- D) Poor diet


Answer: B) Insects and animals

 *Explanation: Vector-borne diseases, like malaria and dengue, are spread through bites from infected insects or animals.*

Q52. Water pollution can lead to the spread of:

- A) Respiratory diseases
- B) Waterborne diseases
- C) Vector-borne diseases
- D) Non-communicable diseases


Answer: B) Waterborne diseases

 *Explanation: Contaminated water is a common source of waterborne diseases like cholera and dysentery, affecting public health.*

Q53. Environmental sanitation helps to:

- A) Reduce the occurrence of foodborne diseases
- B) Improve urban aesthetics
- C) Prevent the spread of infectious diseases
- D) Increase economic productivity

Answer: C) Prevent the spread of infectious diseases


 *Explanation: Proper sanitation reduces environmental contamination, preventing the spread of diseases such as cholera, dysentery, and typhoid.*

Q54. Solid waste management includes all of the following except:

- A) Sorting waste at the source
- B) Burning waste openly in urban areas
- C) Recycling and composting

D) Safe disposal of hazardous waste


✓ **Answer:** B) Burning waste openly in urban areas

 *Explanation: Open burning of waste is harmful to health and the environment. Safe waste management involves sorting, recycling, and proper disposal.*

Q55. *Excreta disposal* is essential for preventing:

- A) Chronic diseases
- B) Waterborne diseases
- C) Respiratory diseases
- D) Malaria

✓ **Answer:** B) Waterborne diseases


 *Explanation: Proper excreta disposal helps prevent the contamination of water supplies, which can lead to diseases like cholera and typhoid.*

33. Occupational Health

Q56. The goal of *occupational health* is to:

- A) Promote work-life balance
- B) Prevent work-related illnesses and injuries
- C) Increase the number of working hours
- D) Focus on non-physical health issues

✓ **Answer:** B) Prevent work-related illnesses and injuries

 *Explanation: Occupational health aims to ensure that workers are healthy and safe by preventing accidents, injuries, and diseases related to their work environment.*

Q57. The *main risk* in construction work is:


- A) Exposure to excessive heat

B) Contact with toxic chemicals

C) Physical injuries due to heavy equipment

D) Lack of medical care


✓ **Answer:** C) Physical injuries due to heavy equipment

 *Explanation: Construction workers face the risk of physical injuries from heavy equipment, tools, and machinery.*

Q58. *Ergonomics* in the workplace focuses on:

- A) Financial management
- B) Reducing worker fatigue and injury
- C) Increasing product sales
- D) Reducing employees' work hours


✓ **Answer:** B) Reducing worker fatigue and injury

 *Explanation: Ergonomics involves designing workspaces and tasks that reduce physical strain and prevent injuries, improving worker comfort and productivity.*

Q59. The *use of personal protective equipment (PPE)* in the workplace is crucial to:

- A) Increase comfort
- B) Prevent exposure to hazardous materials
- C) Boost employee morale
- D) Reduce work-related stress

✓ **Answer:** B) Prevent exposure to hazardous materials

 *Explanation: PPE, such as gloves, helmets, and masks, protects workers from exposure to harmful substances and physical hazards in the workplace.*


Q60. *Occupational safety* includes:

- A) Providing free healthcare for workers
- B) Ensuring safe and healthy working

conditions

- C) Increasing job workload
- D) Reducing working hours without safety protocols

Answer: B) Ensuring safe and healthy working conditions


 *Explanation: Occupational safety focuses on creating a safe work environment to prevent accidents, injuries, and health problems.*

34. Health Education and Health Promotion

Q61. *Health education* focuses on:

- A) Changing people's health-related behaviors
- B) Providing medical treatment for diseases
- C) Monitoring the health status of a community
- D) Increasing healthcare funding


Answer: A) Changing people's health-related behaviors

 **Explanation: Health education aims to teach people about health risks and motivate them to adopt healthier behaviors*

Q71. *Primary Health Care (PHC)* includes:

- A) Specialized medical care
- B) Comprehensive health services that include prevention, education, and basic treatment
- C) Focus on tertiary health services
- D) Only curative health services


Answer: B) Comprehensive health services that include prevention, education, and basic treatment

 *Explanation: PHC includes prevention, basic medical treatment, education, and health promotion, ensuring universal access to healthcare.*

Q72. The goal of *Essential Health Care Services (EHCS)* is to:

- A) Focus solely on urban areas
- B) Provide only curative care
- C) Provide accessible and affordable essential health services to everyone
- D) Provide healthcare only to the elderly


Answer: C) Provide accessible and affordable essential health services to everyone

 *Explanation: EHCS ensures that essential healthcare, such as maternal care, immunization, and health education, is available to all populations.*

Q73. The *Millennium Development Goals (MDGs)* set the target to reduce:

- A) Air pollution
- B) Maternal and child mortality
- C) Obesity rates
- D) Availability of healthcare services


Answer: B) Maternal and child mortality

 *Explanation: One of the MDG targets was to reduce maternal and child mortality through improved healthcare services and maternal education.*

Q74. The primary focus of the *Health for All* initiative was to:

- A) Provide free healthcare only in hospitals
- B) Achieve universal access to essential health services
- C) Build new health facilities in urban areas
- D) Offer specialized healthcare to children


✓ **Answer:** B) Achieve universal access to essential health services

 *Explanation: "Health for All" aimed at making essential healthcare services accessible to every individual, regardless of their socio-economic status.*

Q75. Which of the following is *not* a component of *Primary Health Care (PHC)*?

- A) Health education
- B) Emergency care
- C) Specialized treatment
- D) Immunization

✓ **Answer:** C) Specialized treatment


 *Explanation: PHC focuses on essential health services like immunization, health education, and prevention, rather than specialized or high-cost treatments.*

28. International Health

Q76. WHO (World Health Organization) is primarily responsible for:

- A) Enforcing national health laws
- B) Funding healthcare infrastructure in wealthy countries
- C) Coordinating international health efforts and setting global health standards
- D) Providing direct healthcare services to populations


✓ **Answer:** C) Coordinating international health efforts and setting global health standards

 *Explanation: WHO works to coordinate international health efforts, develop policies, and set global health standards.*

Q77. The primary mission of *UNICEF* is to:

- A) Provide healthcare infrastructure in developing countries
- B) Promote child health, education, and nutrition
- C) Regulate international health financing
- D) Train healthcare professionals


✓ **Answer:** B) Promote child health, education, and nutrition

 *Explanation: UNICEF focuses on improving child health, providing nutrition, and promoting education, especially in vulnerable populations.*

Q78. *Bilateral aid* refers to:

- A) Aid provided by international organizations
- B) Aid provided by one country directly to another
- C) Aid provided to developing countries from private companies
- D) Global healthcare initiatives


✓ **Answer:** B) Aid provided by one country directly to another

 *Explanation: Bilateral aid is direct assistance provided by one country to another, usually in the form of financial support, goods, or expertise.*

Q79. Which of the following is an example of a *global health partnership*?

- A) The World Health Organization (WHO)
- B) The Global Fund
- C) The International Monetary Fund (IMF)
- D) The World Trade Organization (WTO)


✓ **Answer:** B) The Global Fund

 *Explanation: The Global Fund is an example of a health partnership that brings together international organizations, governments, and private sectors to address diseases like HIV, malaria, and tuberculosis.*

Q80. USAID (United States Agency for International Development) focuses on:

- A) Providing military aid
- B) Supporting development projects in agriculture and healthcare
- C) Regulating international trade policies
- D) Enforcing healthcare laws in foreign countries

Answer: B) Supporting development projects in agriculture and healthcare


 *Explanation: USAID funds and supports development projects in health, agriculture, and education to improve the well-being of people in developing countries.*

29. Food and Nutrition

Q81. Nutritional assessment helps to:

- A) Determine how much food should be consumed
- B) Identify deficiencies and excesses in the diet
- C) Measure income levels in communities
- D) Analyze government food policies


Answer: B) Identify deficiencies and excesses in the diet

 *Explanation: Nutritional assessments help identify nutrient imbalances in an individual or community's diet, guiding appropriate interventions.*

Q82. Food fortification is used to:

- A) Increase the cost of food
- B) Add essential nutrients to commonly consumed foods
- C) Improve the taste of food
- D) Preserve food for longer periods


Answer: B) Add essential nutrients to commonly consumed foods

 *Explanation: Food fortification adds vital nutrients, such as iron or vitamins, to common foods like salt or flour to prevent nutrient deficiencies in populations.*

Q83. Vitamin A is essential for:

- A) Bone health
- B) Eye health and vision
- C) Skin elasticity
- D) Immune system support


Answer: B) Eye health and vision

 *Explanation: Vitamin A is crucial for maintaining good vision, especially in low-light conditions, and supports immune function.*

Q84. The main source of Vitamin C is:

- A) Meat
- B) Citrus fruits
- C) Dairy products
- D) Whole grains


Answer: B) Citrus fruits

 *Explanation: Citrus fruits like oranges, lemons, and grapefruits are rich in Vitamin C, which supports immune health and collagen production.*

Q85. Iron deficiency can lead to:

- A) Scurvy
- B) Rickets
- C) Anemia
- D) Goiter

Answer: C) Anemia


 *Explanation: Iron is vital for red blood cell production, and a lack of iron leads to anemia, which causes fatigue and weakness.*

30. Environmental Health

Q86. *Environmental health* aims to:


- A) Treat diseases caused by environmental factors
- B) Create policies for economic growth
- C) Minimize the harmful effects of the environment on human health
- D) Promote urban development


 **Answer:** C) Minimize the harmful effects of the environment on human health

 *Explanation: Environmental health focuses on reducing the risk of diseases caused by environmental factors like pollution, poor sanitation, and contaminated water.*

Q87. *Solid waste disposal* should be managed to:

- A) Maximize waste generation
- B) Reduce environmental pollution and health risks
- C) Increase waste accumulation in urban areas
- D) Focus only on recycling


 **Answer:** B) Reduce environmental pollution and health risks

 *Explanation: Proper waste disposal reduces the risk of environmental pollution and prevents diseases caused by improper waste management.*

Q88. Which of the following is a *biological pollutant* in the environment?


- A) Carbon dioxide
- B) Heavy metals
- C) Bacteria
- D) Pesticides


 **Answer:** C) Bacteria

 *Explanation: Biological pollutants include organisms like bacteria, viruses, and fungi that can cause diseases when they contaminate food or water.*

Q89. The *main health risk* associated with *poor sanitation* is:


- A) Increased risk of respiratory diseases
- B) Transmission of infectious diseases through contaminated water and food
- C) Chronic diseases like diabetes
- D) Increased cases of stress and anxiety


 **Answer:** B) Transmission of infectious diseases through contaminated water and food

 *Explanation: Poor sanitation is a major contributor to the spread of waterborne diseases, including cholera, dysentery, and typhoid.*

Q90. *Insecticides* should be used safely to:

- A) Completely eliminate insects
- B) Prevent resistance and environmental damage
- C) Increase insect populations
- D) Protect only crops

 **Answer:** B) Prevent resistance and environmental damage


 *Explanation: Safe use of insecticides is important to prevent insects from becoming resistant to chemicals and to minimize their harmful effects on the environment and human health.*

Q91. In *epidemiology*, the term *incidence* refers to:

- A) The total number of existing cases of a disease
- B) The number of new and old cases in a population

- C) The number of new cases of a disease occurring in a specified period
 D) The duration of time a person is affected by a disease


✔ **Answer:** C) The number of new cases of a disease occurring in a specified period

 *Explanation: Incidence refers to the number of new cases of a disease that develop in a specific period of time.*

Q92. The primary goal of disease control is to:

- A) Prevent all diseases from occurring
 B) Reduce the prevalence and impact of a disease
 C) Treat the disease once it has spread
 D) Increase healthcare costs for prevention


✔ **Answer:** B) Reduce the prevalence and impact of a disease

 *Explanation: Disease control aims to reduce the spread, impact, and prevalence of diseases through prevention, treatment, and public health interventions.*

Q93. Eradication of a disease refers to:

- A) Reducing its incidence to zero in a population
 B) Making treatments for the disease more accessible
 C) The complete and permanent worldwide reduction of the disease
 D) Eliminating it only in certain countries


✔ **Answer:** C) The complete and permanent worldwide reduction of the disease

 *Explanation: Eradication involves completely eliminating the disease globally, such as in the case of smallpox.*

Q94. The R_0 (basic reproductive rate) of a disease refers to:

- A) The severity of symptoms caused by the disease
 B) The number of secondary cases produced from one infected individual
 C) The time it takes for the disease to manifest in a population
 D) The effectiveness of treatment for the disease


✔ **Answer:** B) The number of secondary cases produced from one infected individual

 *Explanation: R_0 is a measure of how contagious a disease is, representing the average number of secondary infections caused by one infected individual.*

Q95. A case-control study is most useful for:

- A) Studying new diseases in large populations
 B) Identifying risk factors by comparing people with and without a disease
 C) Assessing the effectiveness of vaccines
 D) Determining the average duration of a disease

✔ **Answer:** B) Identifying risk factors by comparing people with and without a disease

 *Explanation: Case-control studies compare individuals with a disease (cases) to those without it (controls) to identify potential risk factors.*


36. Food and Nutrition

Q96. Food fortification is designed to:

- A) Remove nutrients from food
 B) Add essential nutrients to commonly consumed foods
 C) Improve the taste of food

D) Increase the cost of food


✓ **Answer:** B) Add essential nutrients to commonly consumed foods

 *Explanation: Food fortification involves adding vitamins and minerals to staple foods to help prevent deficiencies in the population.*

Q97. *The major role of carbohydrates in the body is to:*

- A) Build and repair tissues
- B) Provide energy
- C) Aid in digestion
- D) Regulate immune functions


✓ **Answer:** B) Provide energy

 *Explanation: Carbohydrates are the body's primary source of energy, fueling physical activities and bodily functions.*

Q98. *Vitamin A deficiency can lead to:*

- A) Night blindness
- B) Rickets
- C) Scurvy
- D) Beriberi


✓ **Answer:** A) Night blindness

 *Explanation: Vitamin A is essential for vision, and its deficiency can cause night blindness, a condition that impairs the ability to see in low-light conditions.*

Q99. *The main source of vitamin C is:*

- A) Citrus fruits
- B) Meat
- C) Dairy products
- D) Grains

✓ **Answer:** A) Citrus fruits


 *Explanation: Citrus fruits like oranges, lemons, and grapefruits are rich in Vitamin*

C, which supports the immune system and collagen formation.

Q100. *Iron deficiency in the diet can result in:*

- A) Scurvy
- B) Anemia
- C) Osteoporosis
- D) Goiter

✓ **Answer:** B) Anemia

 *Explanation: Iron is crucial for the production of hemoglobin in red blood cells, and a deficiency leads to anemia, characterized by fatigue and weakness.*