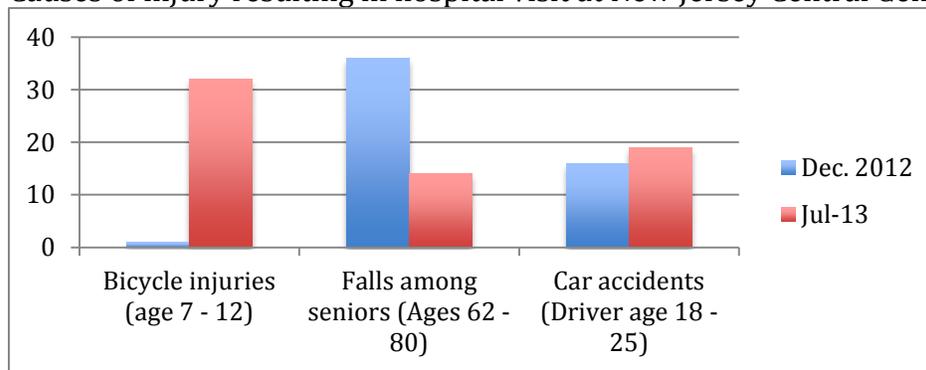**Sample CHES Test Questions. The questions are divided into each of the seven Areas of Responsibility. Answers are on the last page.**

Area 1

1. Providing self care, coping, medication compliance, and participation in prevention activities are all factors that influence a person's health, and are known as
       a. Individual factors
       b. Genetic factors
       c. Behavioral factors
       d. Environmental factors

2. To assess the cause of frequent car accidents at a particular intersection, standing at the intersection for direct surveillance is what method of primary data collection?
       a. Surveys
       b. Observation
       c. Secondary analysis
       d. Focus group

3. When identifying needs for a community health education initiative, the first step in the effort should be
       a. Define the evaluation process
       b. Establish the goals of the program
       c. Review unemployment data
       d. Conduct a comprehensive analysis of the community

Use the graph below to answer the next two questions.

Causes of injury resulting in hospital visit at New Jersey Central General Hospital.

4. According to this graph, which population and time frame indicates the highest incidence of injury resulting in hospital visit?
       a. Bicycle injuries, children, December 2012
       b. Car accidents, young drivers, July 2013
       c. Falls, seniors, December 2012
       d. Car accidents, young drivers, December 2012

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5. As a health educator who needs to select one primary area for intervention, based on the information in this graph, what type of injury prevention program may be best to implement?
> a. A bike safety session for 5-year-old children in December
> b. A falls prevention program for young men
> c. A bike safety program for 70-year-old women
> d. A falls prevention effort for local seniors before winter

Area 2

6. When thinking about where people live or work, which of the following factors are impacted by health engineering?
   a. Behavioral
   b. Environmental
   c. Emotional
   d. Ecological

7. By July of 2015, there will be a 15% decrease in the number diabetes-related ER visits at Memorial Hospital. This is an example of what type of a:
   a. Program objective
   b. Learning objective
   c. Goal
   d. Financial objective

8. The first step in program planning is
> a. An assessment of existing resources
> b. Development of objectives
> c. Assessment of the population's needs
> d. Goal-setting

9. The likely short-term impact of a Health education initiative would be
   a. Decreased rates of heart disease in a community
   b. Increase in infant immunization rates
   c. Change in participant knowledge or skill set
   d. Reduction in emergency room usage for routine illnesses

10. An important guideline to apply when selecting the most appropriate educational process is:
   a. If participants want to learn, the method does not matter
   b. The health literacy level of the audience does not matter
   c. The program site and its available resources do not matter
   d. The nature of the audience and the purpose of the program should be considered

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Area 3

11. According to the Diffusion of Innovation, which group is generally the most difficult to reach?
     a. Innovators
     b. Early adopters
     c. Laggards
     d. Late majority

12. During health education activities, communication strategies are most often used to
     a. Conduct a needs assessment
     b. Identify the target audience
     c. Reinforce messages about health related behaviors
     d. Conduct the evaluation process

13. In a Logic Model, a Zumba class to help improve cardio health would be an
     a. Outcome
     b. Input
     c. Output
     d. Resource

14. The Health Educator at a local Community Health Center for low-income residents was asked to develop a brochure to help teach patients about flu prevention techniques. The brochure should
     a. Have few polysyllabic words
     b. Provide few examples for readers
     c. Utilize information from professional medical journals
     d. Have multiple messages for greater variety

15. Documenting expected dates for implementation or completion of an objective is an activity usually associated with what phase of program implementation?
     a. Developing an evaluation process
     b. Establishing a system for program management
     c. Effective marketing of a program
     d. Allocation of program resources

Area 4

16. When data analysis is conducted to assure the results are generalizable to a larger population, it is known as what type of analysis?
     a. Process
     b. Intrinsic
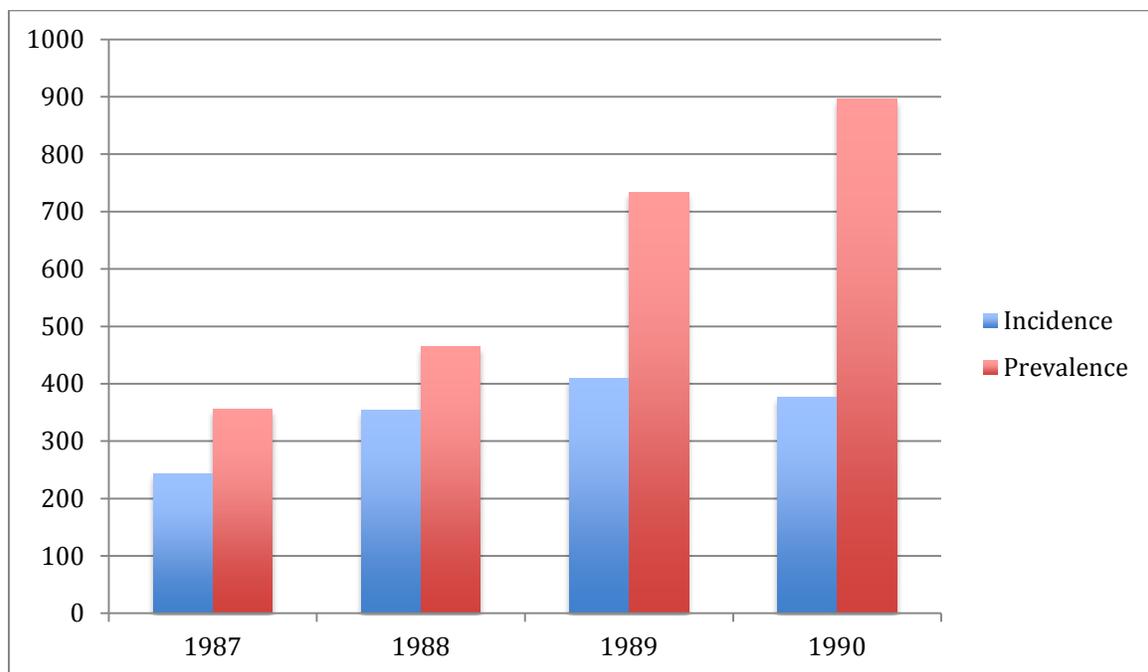   c. Qualitative
     d. Inferential

17. You are asked to review the results of an initiative that is described in a peer-reviewed, professional research journal. Which section of the report describes the details of the steps taken to implement the initiative?
    a. Outcome
    b. Literature review
    c. Conclusion
    d. Methodology

18. Before your program can be funded for further implementation, you must validate that the program resulted in the desired outcomes for the target audience. That type of evaluation is this?
    a. Process evaluation
    b. Formative evaluation
    c. Summative evaluation
    d. Clinical evaluation

Use this graph to answer the next two questions.

19. A health educator in New Jersey used the above graph to display the incidence and prevalence of HIV infection in the late 1980s. Which is the best description of what is displayed on the graph?
    a. The incidence of HIV infection increased in each year
    b. The prevalence of HIV infection decreased annually
    c. The number of new cases continually decreased
    d. The prevalence of HIV infection increased each year

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20. The Health educator was asked to develop a new education effort to help address the increasing prevalence of HIV infection. What would be the best <u>initial</u> approach to the request?
      a. Develop a budget to implement an outreach campaign
      b. Create new brochures
      c. Gather data to identify the existence of a behavioral component that can be addressed with education
      d. Consider funding sources

Area 5

21. A/An _____ is conducted to manage the constant change that affects most organizations.
    a. Focus group
    b. Evaluation
    c. Assessment
    d. Strategic planning session

22. When a health education specialist is working in a foreign country, cross-culturally, one of the most important keys to understanding different health beliefs/practices and culturally competent health promotion is their understanding of that population's:
    a. Food choices
    b. Value system
    c. Style of dress
    d. Health department organizational structure

23. Which element of organization culture is taking place when policies have been implemented to ensure that a program will continue and be maintained over a number of years?
    a. Values
    b. Cultural norms
    c. Peer support
    d. Sustainability

24. Who should be included when health agency personnel are ready to review and adopt their new program's strategic plan?
    a. The entire community in the geographic area covered by the agency
    b. No one, just agency representatives
    c. Key stakeholders of the agency
    d. Local health education specialists

25. When a health education specialist administers strategies, interventions and programs, these all improve the factors:
      a. Within the organization/environment
      b. Within and outside the organization/environment
      c. Outside of the organization/environment
      d. Relative to the process, impact and outcome of the organization/environment

Area 6

26. A health education specialist should use _____ when presenting statistical health information to adults with less than a high school education.
      a. Graphs
      b. Tables
      c. Handouts
      d. Technical discussions

27. Which of these is a government website where consumers will find information and tools to help them and those they care about stay healthy?
      a. MEDLINE
      b. Healthfinder.gov
      c. Wikipedia.com
      d. Webmd.com

28. A list of article summaries on the effects of vaccination as a preventative measure for the spread of the flu virus would be considered a _____ source.
      a. Primary
      b. Secondary
      c. Tertiary
      d. Null hypothesis

29. When a health education specialist assists an organization, but doesn't ultimately make direct changes creates this helping relationship:
      a. Advisory
      b. Adversarial
      c. Technical
      d. Consultative

30. A health education specialist is using _____ when they use a deck of cards to help people visualize a serving of meat in a weight loss program.
      a. Oral literacy
      b. Conceptual knowledge
      c. Numeracy
      d. Print literacy

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31. When developing print materials, which readability test is <u>most</u> effective?
      a. CRISP
      b. FLASH
      c. SMOG
      d. Log-Gunning Index

32. While evaluating the impact of a tobacco prevention policy, the health education specialist should focus on the policy development_____
      a. Outcomes
      b. Content
      c. Processes
      d. Action plan

33. A needs assessment indicates that your target audience is proactive but wants to acquire information at their own pace. This group also wants to receive instant updates to the information they seek. What is the best health communication channel the health education specialist can use?
      a. Internet
      b. Radio
      c. Newspapers
      d. Television

34. As a health education specialist, you will try to initiate societal changes using various tools. What tool would lobbying, educational activities, coalition building and media communication be categorized as?
      a. Health literacy
      b. Cultural competency
      c. Consumer driven healthcare
      d. Advocacy

35. As a health education specialist, it is important to keep the patient feeling comfortable. When engaged in discussion it is most important for you to:
      a. Be firm and demanding so they know you are in charge
      b. Use technical and professional terminology
      c. Not seek input from patient about their treatment
      d. Understand the patient may have fears, possible embarrassment and even resentment about their situation

Answers

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

Area 3	Area 4
11. C	16. D
12. C	17. D
13. C	18. C
14. A	19. D
15. B	20. C

Area 5	Area 6
21. D	26. A
22. B	27. B
23. D	28. B
24. C	29. D
25. B	30. C

Area 7
31. C
32. A
33. A
34. D
35. D