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Certified Health Education Specialist (CHES) exam



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Question: 1

The health education specialist must work with the IT consultant to ensure that the information system used for a health promotion program protects both the data and system. An inherent weakness in a system design resulting from inadequate risk management and testing is categorized as a(n):

- A. threat.
- B. vulnerability.
- C. attack.
- D. deficit.

Answer: B

Explanation:

An inherent weakness in a system design resulting from inadequate risk management and testing is categorized as a vulnerability. An attack occurs when someone tries to gain access in order to steal information. Risks also include malicious software, which can include viruses, worms, scareware, malware, Trojan horses, spyware, and root kits. People may use phishing to attempt to get individuals to divulge private information or spam, which is bulk messages flooding a site and sometimes introducing malware or viruses.

Question: 2

Kirkpatrick's four-level training evaluation method comprises the levels of:

- A. input, manipulation, output, and outcomes.
- B. question, view, monitor, and evaluate.
- C. reason, learn, monitor, and assess.
- D. reaction, learning, behavior, and results.

Answer: D

Explanation:

Kirkpatrick's four-level training evaluation method comprises the levels of:

Reaction: This assesses the participant's favorable opinion regarding training.

Learning: This evaluates the degree to which participants achieved the goals of learning (knowledge, skills, mindset) set out by the program.

Behavior: This assesses the participants' ability to apply skills/knowledge learned in training to the real world outside of the training.

Results: This assesses whether targeted outcomes are achieved because of the training and follow-up.

Question: 3

When the health education specialist is assessing the need for health-related information, the initial step is to:

- A. identify the needs.
- B. organize materials.
- C. match need to source material.
- D. assess the quality of materials.

Answer: A

Explanation:

When assessing the need for health-related information, the initial step is to identify the specific needs so that the information gathered and disseminated is appropriate. Once needs are identified, the need must be matched to the source material and leads pursued to find the necessary information. After information is located, it should be assessed to determine the quality of the information and organized in a manner that it is accessible for the priority population.

Question: 4

According to the American School Health Association, all of the following are aspects of school health except:

- A. nutritious foods.
- B. advanced placement classes.
- C. programs of physical activity.
- D. health education.

Answer: B

Explanation:

According to the American School Health Association, advanced placement classes are not an aspect of school health (although they may represent quality education). Aspects of school health include nutritious foods, programs of physical activity, adequate and appropriate health education, programs to promote staff health, and student services, such as counseling or psychological and social services. The best practices in school health include active administrative leadership, coordinated and collaborative approach, safe and nurturing learning environment, and adequate commitment of time, staff, and resources.

Question: 5

If the health education specialist chooses a software option for instructional purposes that is the easiest for participants to use but the most difficult for educators because of a complex interface for entering content, the health education specialist is applying the ethical principle of:

- A. equity.
- B. beneficence.
- C. autonomy.
- D. non-maleficence.

Answer: B

Explanation:

If the health specialist chooses a software option for instructional purposes that is the easiest for participants to use but the most difficult for educators because of a complex interface for entering content, the health education specialist is applying the ethical principle of beneficence because the health education specialist has given priority to the participants' needs. Beneficence is applied when someone acts for the benefit of another. Beneficence should apply to all aspects of a program.

Question: 6

According to the principle standard of the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care, health care providers should be respectful of and responsive to "diverse cultural health beliefs and practices, preferred languages, health literacy and:

- A. individual needs."
- B. socioeconomic status."
- C. conflicts and complaints."
- D. other communication needs."

Answer: D

Explanation:

According to the principle standard of the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care, health care providers should be responsive to "diverse health beliefs and practices, preferred language, health literacy, and other communication needs." Standards 5 through 8 address communication and language assistance and include the need to offer language assistance by trained professionals to those with limited English proficiency at no cost and to inform individuals of the availability of language assistance. Multimedia materials and signage should be in the languages in common use within the community.

Question: 7

If collaboration among a priority population, partners, and other stakeholders is important for success of an education program, the health education specialist should:

- A. explain the importance of collaboration.

- B. outline the steps in collaboration.
- C. elicit input during planning.
- D. elicit responses to the plan before implementation.

Answer: C

Explanation:

If collaboration among a priority population, partners, and other stakeholders is important for the success of an education program, the health education specialist should elicit input during the planning phase from these three groups so that they can begin working together early in the process. When people are part of planning, they are more likely to be engaged, and cooperative efforts that occur during plan development can foster further collaboration once the program is implemented.

Question: 8

When considering the impact of delivered messages to a priority population, reach refers to:

- A. the number of individuals who see/hear the message.
- B. the area in which the message is broadcast.
- C. how well individuals recall hearing/seeing the message.
- D. the costs entailed in producing the message.

Answer: A

Explanation:

When considering the impact of delivered messages to a priority population, reach refers to the number of individuals who see/hear the message and recall to the number who remember seeing or hearing the message. If the reach is extensive but the recall is poor (or vice versa), then the communication strategy should be reviewed. The impact can also be evaluated according to outcomes (such as increased immunizations after a campaign to increase immunizations) and the number of retweets or "likes" on social media.

Question: 9

An example of a primary prevention study is:

- A. review of 5 years of demographic data regarding rates of influenza.
- B. assessing rates of influenza in two different age groups.
- C. assessing rates of influenza prior to implementation of a campaign to increase immunizations.
- D. assessing decreased rates of influenza after a campaign to increase immunizations.

Answer: D

Explanation:

An example of a primary prevention study is assessing decreased rates of influenza after a campaign to increase immunizations. A primary prevention study includes a cause (primary prevention campaign to increase immunizations) and an effect that does not occur (influenza). The change in the community (the indicator) can be inferred indirectly by a decrease in cases of influenza. In some cases, multiple indicators must be selected to determine the effectiveness of primary prevention.

Question: 10

The primary focus of the Elaboration Likelihood Model of communication is:

- A. persuasion.
- B. avoidance of tension.
- C. compromise.
- D. dominance.

Answer: A

Explanation:

The primary focus of the Elaboration Likelihood Model of communication is persuasion. Persuasion can be carried out through reasoning or through other means. If a person uses reasoning to come to a conclusion, this is referred to as the process of persuasion through the central route (essentially the use of brain power), but if decisions are made on the basis of less considered thought, such as if influenced by advertising, then this is persuasion through the peripheral route.

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