

## QUESTIONS FOR WRITTEN TEST

Hygiene of children and youth deals with:

Monitoring of growth and development in children and youth contributes to:

Health protection and promotion of school children is based on:

Anti-epidemic measures in the collective facilities for children include:

Hygienic requirements for the collective facilities for children are aimed at:

A child who is between 12 and 36 months old (1 to 3 years) is defined as:

A child who is between 3 to 6 years old is defined as:

Biological age is determined as:

Dental age is investigated:

The growth of children and youths is:

Secular trend in the growth evaluation means:

Primary prevention in the children's health care includes:

Positive indicators of children's health are:

The biological value of proteins is evaluated by:

Consequences of a severe dietary protein deficit are:

Excess protein intake:

Oleic acid is:

Linoleic acid is:

The highest content of linoleic acid is in:

EPA and DHA are found mainly in:

The peroxide value indicates:

Unsaturated fatty acids oxidation is accelerated by:

Unusable carbohydrates include:

Daily carbohydrates need for a healthy adult is:

Lactose:

Lactose intolerance can be:

In the causal treatment of lactose intolerance is applied:

The source of dietary fiber is:

Dietary fiber:

Liposoluble vitamins:

Hydrosoluble vitamins:

High vitamin A food sources include:

Important food sources of carotenes are:

Most vitamin D is obtained from:

Food sources of vitamin B12 are:

Unwanted chemical contaminants in food include:

Benefits of vegetarian diet include:

Which measurement methods can detect the abdominal (central) obesity?:

InBody (bioimpedance) analysis:

The aim of Slovak National program of Health is:

Major nutrients (macronutrients) are:

Proteins perform important functions in the body:

The largest part of total energy expenditure is:

Essential nutrients are:

Fats have important functions in the body:

Polyunsaturated fatty acids include:

The usable carbohydrates are:

Glycemic index:

The effect of fiber in the body:

Trace elements, which daily need is counted in micrograms, include:

The content of minerals and trace elements in foodstuffs depends on:

Fat-soluble vitamins:

Water-soluble vitamins:

To the principles of healthy eating belong:

The alimentary infections include:

The recommended dietary allowances (RDA):

Contaminants in foodstuffs:

Among micronutrient malnutrition belongs:

Among micronutrient malnutrition does not belong:

Among protein-energy malnutrition does not belong:

To assess the height-weight proportionality is used:

To evaluate the body fat distribution is used:

To assess body composition and body fat content in preventive practice are mostly used:

In which population group is relatively the most frequent occurrence of malnutrition (6-12%) in developed countries?

Detection of global food consumption (balance method) is the best method:

In terms of health protection and adult obesity prevention a longtime energy balance should be:

Optimal ratio of protein to fat to carbs in the diet for university students is:

For estimating of individual's nutrient intake is suitable:

For determining the energy content and biological value of foods can be used:

Improvement of a population's nutrition depends on:

RDA (Recommended dietary allowances) are:

Recommended consumption of milk and dairy products per capita/per year is:

Health effects of fruits and vegetables:

The recommended ratio of unsaturated fatty acids n-6 to n-3 in the diet is:

Eikosanoids n-3 have:

In the goitre, endemic areas for the iodine saturation improvement can be used:

The naturally iodine-rich source of iodine for humans is:

To assess the nutritional status of the population are never used:

Body mass index can be calculated by a formula:

Iron-deficiency anemia due to inadequate dietary iron intake is a health threat in particular for:

Currently, predominant trends in the food consumption in Slovakia are:

The issue of risk factors in healthcare facilities concern:

“Zoning“ of the operating room departments concerns:

Prevention of nosocomial infections:

The principles of nosocomial infections prevention include:

Common hygiene monitoring in health-care facilities is focused on:

Surgical departments:

Hygienic and anti-epidemic regime in hospital wards is influenced by:

Sick Building Syndrome symptoms can reduce:

Noise is defined as:

The most harmful effects to the inner ear (cochlea) has noise:

Vegetative effects of noise appear in the range:

Noise causes hearing impairment:

Extra-auditory effects of noise include:

Negative effects of UV (ultraviolet) radiation include:

Negative effects of IR (infrared) radiation include:

Extremely sensitive to laser radiation is:

The most harmful effect of laser radiation to the retina is caused by emission in the wavelength range:

The most sensitive organs and tissues to ionizing radiation do not include:

Fibrogenic effect has dust containing:

The effect of a toxic substance depends on:

Asbestos is classified as:

Asbestos may cause:

Work organization (working time and rest) during the working process involves:

The highest human performance is:

Hygrothermal microclimate includes the following factors:

Workplace health protection and promotion include:

Physical occupational hazards include:

In prevention of work, related health damage in the hot conditions is applied:

Glare is:

Noise is:

Noise can cause in human organism:

Effects of noise on auditory system are worsen by:

Hearing protection in the workplace is performed by:

Vibration-exposed workers have more frequent:

Among the biologically most significant non-ionizing radiation belong:

Ultraviolet radiation affects mainly:

Protection of workers against infrared radiation consists mainly of:

Main risks associated with working with display screen equipment are mainly:

For health risk assessment of dust is necessary to know:

Workplace chemicals can enter the body through:

Biological exposure tests (biological monitoring) are used:

Smoking in healthcare facilities is prohibited:

Workplace biological agents include:

Occupational health damage can be:

Primary prevention is a set of measures:

Secondary prevention is a set of measures:

Chronic diseases prevalence in a population is not affected by:

The aim of the Framingham Study was:

Seven Countries Study confirmed:

Nutritional factors that contribute to blood pressure lowering include:

To the cancer prevention contribute:

The most common cancers in men in the Slovak Republic include:

The most common cancers in women in Slovak Republic include:

Carcinogenesis is supported by:

In the cancer prevention is applied:

In the gastrointestinal cancer prevention is recommended:

Foodstuffs with a (possible) carcinogenic effect include:

Risk factors for respiratory system malignant tumors include:

Screening tests for the secondary prevention of cancer don't include:

In the diabetic diet it is recommended:

Nutrients with positive effects on bone metabolism include:

Nutrients with negative effects on bone metabolism include:

Risk factors for the development of chronic obstructive pulmonary disease include:

Smoking is not related to the following diseases:

Main contributors to cancer mortality from the mentioned factors are:

The most important modifiable cardiovascular diseases risk factors are:

The most effective method in cardiovascular diseases primary prevention is:

The most effective procedures in cardiovascular diseases primary prevention are:

Primary prevention of hypertension includes:

Primary prevention of oncologic diseases is aimed at:

Tobacco smoking:

Excessive alcohol consumption has adverse effects on:

Food additives include:

To the non-modifiable risk factors of cardiovascular diseases belong:

Cardiovascular diseases in the EU accounts for:

Cardiovascular diseases are the main cause of death:

The highest standardized cardiovascular death rate in the EU is currently in these countries:

The highest decrease in cardiovascular mortality was recorded during the last 40 years in:

Population-based strategy for the cardiovascular diseases prevention is:

Secondary cardiovascular disease prevention is:

The Framingham heart study began:

The WHO CINDI program is:

The MONICA project is:

The North Karelia Project:

Nutritional habits in North Karelia within the North Karelia Project have changed:

According to WHO risk factors elimination can prevent:

Population-based strategy for the cardiovascular diseases prevention is concentrated mostly to risk factors:

Decline in cardiovascular mortality is mostly caused by:

For total cardiovascular risk estimation based on the SCORE 2 model is necessary to know:

For total cardiovascular risk reduction the most important is:

High total cardiovascular risk have persons:

The 3 major risk factors for cardiovascular disease include:

Target blood pressure values in hypertension treatment are:

Hypertension risk factors include:

Hypertension risk factors do not include:

High dietary salt intake can come from:

People have to add salt to the meal:

Optimal blood pressure is:

The normal total blood cholesterol level is:

The normal total blood cholesterol level in adults is:

Effects of smoking on the cardiovascular system are:

Obese persons have:

Regular aerobic physical activity:

Psychosocial risk factors for cardiovascular diseases do not include:

For Type A behavior is typical:

The optimal number of daily meals is:

The worst effect on blood lipids has diet:

Dietary trans-fatty acids can cause:

Trans-fatty acids are:

Trans-fatty acids are found in:

Trans-fatty acids are not found in:

Trans-fatty acids are produced:

Linoleic acid is:

Linoleic acid is mostly found in:

Saturated fatty acids are mostly found in:

Fatty acids EPA and DHA are:

The source of EPA and DHA are:

Alpha-linolenic acid is:

Cholesterol is not found in:

Cholesterol is found in:

The recommended amount of dietary cholesterol daily intake is:

Fiber is important in the atherosclerosis prevention since:

The sources of dietary fiber are:

The role of antioxidants in the atherosclerosis prevention:

The main functions of vitamin C in atherosclerosis prevention are:

Hard drinking water is considered a protective factor in prevention of:

The nutritional risk factors for cardiovascular diseases are:

The nutritional protective factors for cardiovascular diseases are:

The recommended foods in the antisclerotic diet are:

Foods to avoid in the antisclerotic diet:

The definition of metabolic syndrome includes:

The maximum recommended daily salt intake is:



Blood cholesterol level is increased mostly by consumption of:

General recommendations for nutrition cancer prevention:

The maximum amount of bone mass a person reaches in the age:

Climate change related health risks include:

Atmospheric solid aerosol particles include:

High-altitude-related health effects include:

High-altitude sickness prevention consists of:

Adaptation mechanisms for reduced oxygen partial pressure are:

Effects of high frequency electromagnetic radiation:

Health effects of environmental factors depend on:

Health effects of environmental factors does not depend on:

An epidemiological study can be:

For Six's extreme thermometer applies:

To record the air temperature continuously can be used:

To measure the current air temperature can be used:

The Vernon-Jokl ball thermometer evaluates:

Katathermometer:

Particulate matter concentration in the atmospheric air can be expressed:

Water-borne bacterial infections include:

Water-borne viral infections include:

Water-borne parasitic infections include:

Methemoglobinemia can be caused by:

Drinking water treatment includes:

For eutrophication is true:

Hazardous wastes include:

Among global atmospheric consequences of air pollution belong:

Ultraviolet part of solar radiation causes:

Aerosol is:

London smog:

During smog it is recommended:

Higher outdoor air concentration of SO<sub>2</sub> (above 150 µg/m<sup>3</sup>) causes:

Harmful effect of dust in the air:

Clean indoor air is ensured by:

Protection of groundwater source for public supply requires:

Health risks from water can be caused by:

Waterborne diseases may be caused by:

Intestinal infections are caused by:

Alimentary methemoglobinemia arises from:

Microorganisms in the soil:

Aspiration psychrometer by Assmann:

Katathermometer:

Cooling power of katathermometer

Microbiological examination of the indoor air:

Passive air sampling (sedimentation technique) for microbiological monitoring of indoor air:

Aeroscopic method for microbiological monitoring of indoor air:

Health risk assessment in relation to the environment:

Urban green vegetation:

Humidity is measured by:

For optimization of the hygrothermal microclimate we take into account:

Passive smoking:

Strategy of passive smoking prevention includes:

The most important artificial radiation sources are:

The major natural radiation sources are:

Non-stochastic effects of ionizing radiation include:

Stochastic effects of ionizing radiation include:

Identify the organs or tissues with the highest radiosensitivity:

Recommended dose limits for occupational exposure:

Chernobyl radiation accident:

What were the causes of the Chernobyl and Fukushima accidents?:

The most serious loss of control under sources of ionizing radiation is:

The exposure of workers in the occupational environment with sources of ionizing radiation is currently controlled by:

For non-stochastic effects of ionizing radiation applies:

For stochastic effects of ionizing radiation applies:

Effective dose:

Radiation weighting factor  $w_R$ :

Tissue weighting factor  $w_T$ :

General principles of radiation prevention are:

Radon:

The indoor accumulation of radon can come from:

Thermoluminescent dosimeter: