Community Medicine MCQ Bank – CM1: Concept of Health & Disease

Each question has four options, correct answer, and a brief explanation.

1. Q1. Which of the following is NOT a dimension of health as per WHO?

a) Spiritual

b) Mental

c) Social

d) Genetic

✅ Answer: Genetic

💡 Explanation: WHO includes physical, mental, and social dimensions (later spiritual/emotional/vocational considered). Genetic is a determinant, not a dimension.

1. Q2. The concept of 'positive health' includes:

a) Absence of disease only

b) Physical fitness, mental efficiency, social well-being

c) Ability to earn livelihood only

d) Presence of risk factors but no symptoms

✅ Answer: Physical fitness, mental efficiency, social well-being

💡 Explanation: Positive health implies wellbeing beyond absence of disease, covering fitness and psychosocial harmony.

1. Q3. Which of the following is an example of primordial prevention?

a) Immunization

b) Health education against smoking

c) Screening for hypertension

d) Rehabilitation of stroke patients

✅ Answer: Health education against smoking

💡 Explanation: Primordial prevention prevents emergence of risk factors in the first place, e.g., preventing smoking habits in youth.

1. Q4. Iceberg phenomenon is best demonstrated in:

a) Hypertension

b) Rabies

c) Smallpox

d) Accidents

✅ Answer: Hypertension

💡 Explanation: Many subclinical cases remain undiagnosed in chronic diseases like hypertension, diabetes.

1. Q5. DALY (Disability Adjusted Life Year) combines:

a) Mortality only

b) Morbidity only

c) Years of life lost + years lived with disability

d) Incidence + prevalence

✅ Answer: Years of life lost + years lived with disability

💡 Explanation: DALY is a summary measure of disease burden combining premature death and disability.

1. Q6. Which of the following is NOT a health indicator?

a) IMR

b) MMR

c) TFR

d) HDL level

✅ Answer: HDL level

💡 Explanation: HDL is a lab parameter, not a population-level health indicator. Indicators reflect health status of community.

1. Q7. The term ‘Health Promotion’ was emphasized in:

a) Alma Ata Declaration

b) Ottawa Charter

c) Beveridge Report

d) Bhore Committee

✅ Answer: Ottawa Charter

💡 Explanation: WHO Ottawa Charter (1986) emphasized health promotion through supportive environment, community action, policy.

1. Q8. Natural history of disease is best modified by:

a) Secondary prevention

b) Tertiary prevention

c) Primary prevention

d) Primordial prevention

✅ Answer: Primary prevention

💡 Explanation: Primary prevention intervenes before disease occurs, modifying the natural history (e.g., vaccination, chemoprophylaxis).