COURSE CODE: GNS 217
COURSE TITLE: HEALTH PROMOTION
TIME ALLOWED: 2 HOURS
MARKS: 75

INSTRUCTIONS:
There are 3 questions in this paper
Answer all three questions
Each question is allocated 25 marks
Write legibly

THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS GRANTED PERMISSION
QUESTION 1

Instructions: answer all questions and for all the questions only write the correct response on the answer sheet e.g. 11. E

1. One of the following global conferences is responsible for drawing up the Health Promotion response?
   A. Primary Health Care
   B. Health For All Strategy
   C. Ottawa Charter
   D. Social Hygiene Period

2. When setting ground rules for group work the following are necessary except:
   A. Group leader
   B. Rules
   C. Compassion
   D. Behaviour

3. Which of the following are fundamental conditions and resources for health are applicable to healthy public policies?
   A. Peace
   B. Food
   C. Social justice, and quality working conditions
   D. All of the above

4. The ethical principle focusing on the obligation to act fairly when dealing with competing claims for resources use in health promotion is the principle of:
   A. Beneficence
   B. Justice and equity
   C. Telling the truth
   D. Non-maleficence

5. All of the following are genetic/biological determinants of health except:
   A. Sex
   B. Substance abuse
   C. Age
   D. Inherited conditions such as Haemophilia

6. Self efficacy is a concept that is applicable in which models below:
   A. Health Belief Model and Social Cognitive theory
   B. Social Cognitive Theory and Ecological approach
   C. Ecological approach and Stages of Change
   D. Stages of Change and Health belief model

7. _________ is human behavior that expresses understanding other people's perspectives
   A. Sympathy
   B. Support
   C. Empathy
   D. Willingness
8. Which amongst the following is not related to non-verbal communication?
   A. Direction of gaze and eye contact
   B. Proximity
   C. Story-telling
   D. Facial expression

9. Which among the following types of groups would be ideal for a recovering
   substance abuse?
   A. Problem solving groups
   B. Teaching/learning groups
   C. Community based groups
   D. Self help groups

10. The following are mechanisms that can be used to make a group work well
    EXCEPT:
    A. Agree at the beginning on finishing time
    B. Welcome any new members and invite them to introduce themselves
    C. Provide some refreshments (if people have come a long way)
    D. Allow use of cell phones

True or False: Question 11-17

For the following statements write the question number and then write True or False in the answer sheet e.g. 10. True

11. A health need can be denoted as an objective and universal concept which is a fundamental right. True or False

12. Health inequities arise from the societal conditions in which people are born,
    grow, live, work and age, referred to as social determinants of health. True or False

13. Persuasion approach is the deliberate attempt to influence the other person to
    do what we want them to do. True or False

14. Outcomes and impact evaluations are measured to determine the effects of the
    intervention. True or False

15. Perceived severity refers to one's opinion of the tangible and psychological costs of the advised action. True or False

16. The social categorisation of people as men or women, the social meaning and
    beliefs about sexual differences are determinants of health. True or False
17. Social support networks means having family or friends available in times of need.  
   True or false

Fill-in the blanks:

For the following questions (18-25), write only the question number and  
missing word on your answer sheet. Do not write the whole sentence – e.g.  
22. Communication.

18. _______ is the subjective state of being unwell and unable to function normally.  
   It may or may not coexist with disease

19. _______ is an objective malfunctioning of some part of the body detectable  
   through medical testing and monitoring

20. _______ is the optimal state of health of individual and groups

21. _______ Health means the ability to think clearly and coherently. We  
   distinguish this from emotional and social health, although there is a close  
   association between the three.

22. _______ Health means the ability to recognize emotions such as anger, fear,  
   joy, grief and to express such emotions appropriately.

23. _______ is the type of health care concerned with people helping themselves

24. _______ is the information supplied by individuals about their health related  
   practices, health habits, demographic characteristics, personal & family medical  
   history

25. _______ involves activities directed at policy makers to influence laws and  
   policies concerning the allocation of resources, priorities for expenditure,  
   direction of services and enforcement of law.
QUESTION 2

Health Promotion is defined as the process of enabling people to increase control over and to improve their health. In order to achieve better health it is important to identify and address the factors that influence the health status of the people.

Using the sub-headings below discuss how the following relate to Health Promotion:

a) Individual and lifestyle health determinant (5 marks)
b) Housing and health social determinant (5 marks)
c) Employment and health (8 marks)
d) Consequences/outcomes of barriers to accessing health services (7 marks)

Total = 25 marks

QUESTION 3

Health Education sessions are routinely offered in health facilities before the business of the day starts especially in Public Health Units, clinics and Hospital outpatients departments. You are assigned to deliver a health talk to a group of adult clients about how they can prevent HIV infections.

Answer the question under the following:

a) Define Health education (1 mark)
b) Describe Four components of communication (6 marks)
c) Discuss the Eight Principles of learning (10 marks)

Total = 25 marks