



*"Investing in Africa's future"*

**COLLEGE OF HEALTH, AGRICULTURE & NATURAL SCIENCES**

**NSP 507: HEALTH PROMOTION**

**END OF SECOND SEMESTER FINAL EXAMINATIONS**

**APRIL/MAY 2022**

**LECTURERS: Dr Julita Maradzika**

**DURATION: 3 HRS**

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**INSTRUCTIONS**

You are required to answer questions as instructed below

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Answer any **five (5)** questions in this paper

Each question carries 20 marks

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### QUESTION 1

- a) Outline activities that you would put in place to maintain wellness among groups of adolescents in secondary schools **8 marks**
- b) Use an example to describe the framework and activities for implementation of any health promotion intervention in Zimbabwe.  
**8 marks**
- c) Outline how you would assess health literacy levels among health care users **4 marks**

### QUESTION 2

- a) Briefly outline the relationship of health literacy to health care outcomes **5 marks**
- d) Describe the relationship of literacy levels and adoption of COVID 19 preventive behaviour along the progression of COVID 19 and indicate some of the obstacles and solutions to this process.  
**15 marks**

### QUESTION 3

- a) Use an example to describe how you would apply the theory of Planned Behaviour for youths to adopt preventive reproductive health recommendations  
**10 marks**
- b) Use an example to describe how you would apply the Health Belief model to the uptake of family planning at family level (men women)  
**10 marks**

#### **QUESTION 4**

Describe in detail how you would put in place a wellness programme for senior citizens (old people and outline the challenges the elderly face in maintaining health

**20 marks**

#### **QUESTION 5**

Use an example to describe the stages through which people go through the process of behaviour change with reference to the Trans-theoretical model or (Stages of Change Theory)

**20 marks**

#### **QUESTION 6**

Use an example to briefly describe each of the action areas of the Ottawa charter

- a) Creating supportive environment      5 marks
- b) Strengthening community action      5 marks
- c) Developing personal skills      5 marks
- d) Reorientation of health care services 5 marks

**20 marks**

**Total 100 marks**