



***“Investing in Africa’s future”***

**COLLEGE OF HEALTH AGRICULTURE AND NATURAL SCIENCES  
(CHANS)**

**NSHS 117: HEALTH PROMOTION AND CARE OF THE VULNERABLE**

**END OF SECOND SEMESTER FINAL EXAMINATIONS**

**APRIL/MAY 2019**

**LECTURER: ...Dr. Iris Shiripinda.....**

**DURATION: 3 HRS**

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**INSTRUCTIONS**

Answer any **THREE** questions

All questions carry equal marks (20).

DO NOT repeat material.

Write legibly.

## **Answer any 3 questions (Each question is 20 marks)**

### **Question 1**

Different people came together in Ottawa in 1986 for the first ever Health Promotion Conference. This was really exceptional.

- i) What does health promotion mean? Explain [3 marks}
- ii) Explain why these people who attended the conference wanted a Health Promotions' approach compared to what was there before. [7marks]
- iii) What was proposed by the Ottawa Charter? Explain fully. [10 marks]

### **Question 2**

The standard of living has an impact on one's life expectancy. Health Promotion tries to make sure that inequalities in the standard of living is narrowed among people.

- i) Choose two (2) groups of people from your country and explain the drivers /reasons behind their different standards of living [6 marks]
- ii) Choose 5 determinants of health and explain how they impact on one's life expectancy and standard of living [8 marks]
- iii) What actions can be taken to contribute to greater health equity? [6 marks]

### Question 3

Vulnerability is an issue that is very fluid; it can happen to anyone anytime.

With the help of an example of a group of persons you know very well,

- i) Describe who that group is and why you think they are a vulnerable group  
[6 marks]
- ii) Explain how their environment has made them vulnerable  
[8 marks]
- iii) Describe any efforts being made to reduce the vulnerability.  
[6 marks]

### Question 4

The Health Belief Model (HBM) was born out of the frustrations of a team of public health scientists who wanted to improve the health well -being of some citizens and had failed dismally.

- i) Describe the project that was undertaken that did not yield the results that had been expected  
[6 marks]
- ii) Using the Health Belief model, explain how programmers can best make their program so it is acceptable to the persons they will be targeting  
[8 marks]
- iii) What are the weaknesses of the Health belief model?  
[6 marks]

### Question 5

A health promoting behavior is in some cases the opposite of a health risk behavior. Increasing the practice of health promoting behaviors can be viewed as an action taken to enhance health or provide protection.

Using examples from a University community

- i) Describe some 5 behaviours that can put students' lives at risk. [6 marks]
- ii) Explain how you propose to reduce the risks by promoting health [8 marks]
- iii) Choose any one health related risk and explain how you can change it using the health belief model. [6 marks]

**End of Paper**