



"Investing in Africa's future"

COLLEGE OF HEALTH AGRICULTURE & NATURAL SCIENCE

SPH 516: NON COMMUNICABLE DISEASES

END OF SECOND SEMESTER FINAL EXAMINATIONS

APRIL/MAY 2019

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DURATION: 3 HRS

INSTRUCTIONS

Answer **any 4 (four)** questions

All questions carry equal marks (25).

DO NOT repeat material.

Write legibly.

Question 1

1. Concerning the 'Global strategy to reduce the harmful use of alcohol',
 - a) Outline the ten (10) areas of intervention proposed for country governments and communities to take up in order to prevent and control the alcohol abuse epidemic. [5]
 - b) Highlighting the possible facilitators and barriers, argue on the applicability of these recommendations and some of the suggested activities in the local context. [20]

Question 2

Discuss the global, national and household impact of NCDs on impoverishment. [25]

Question 3

- a) Define the term 'self-management' in the context of chronic disease tertiary prevention & control. [2]
- b) With the aid of examples, discuss the role of self-management in the control of the social, economic and health burden associated with NCDs. [18]
- c) Outline at least five (5) challenges to effective delivery of a chronic disease self-management program. [5]

Question 4

Surveillance is one of the strategies proposed in the WHO Action plan on NCDs, 2013-2020.

- a) Outline the 3 steps of the WHO STEP wise approach for NCD Risk factor surveillance. [1]
- b) Define the following parameters for estimation of behavioral & metabolic risk factors for NCDs:
 - i. Current daily tobacco smoking
 - ii. Physical inactivity
 - iii. Raised blood pressure
 - iv. Raised blood glucose
 - v. Overweight [5]
- c) The Global Monitoring Framework supports the Global Action Plan on the prevention & Control of NCDs, 2013-2020. Outline the nine targets set in this framework to guide country efforts. [9]
- d) Highlighting the case of Zimbabwe, discuss the extent to which countries are implementing their commitments to develop national responses to the global burden of NCDs. (Based on the results presented in the latest NCD Progress Monitor; September, 2017) [10]

Question 5

Injuries have become an important public health and development priority.

- a) Discuss the causes of high incidence of trauma related disease in Africa. [10]
- b) In some African countries, RTA deaths come only second to HIV among men aged 15-44. Outline the mitigating strategies in public health programming which you would put in place in a region with a high incidence of road traffic accidents and a high mortality rate among victims of RTAs. [15]

End of Paper