



***"Investing in Africa's Future"***

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

**DEPARTMENT OF PUBLIC HEALTH AND NURSING (DPHN)**

**NSPH 507: HEALTH PROMOTION (MPH)**

**END OF SECOND SEMESTER EXAMINATIONS**

**NOVEMBER-DECEMBER 2023**

**LECTURER: DR JULITA MARADZIKA**

**DURATION: 3 HOURS**

**INSTRUCTIONS**

**ANSWER ANY 5 QUESTIONS**

**EACH QUESTION CARRIES A TOTAL OF 20 MARKS**

**THE MARK ALLOCATION IS INDICATED AT THE END OF EACH QUESTION**

**CREDIT WILL BE GIVEN FOR LOGICAL SYSTEMATIC AND NEAT  
PRESENTATION**



## QUESTION 1

### SOCIAL DETERMINANTS OF HEALTH

Social determinants of health are factors that can positively /negatively influence health care outcomes

- a) Outline how ANY SIX of social determinants of health factor related to public health outcomes **3 marks**
- b) Use an example to explain the concept of the Upstream, Midstream and Downstream approach in promoting the health of communities. **7 marks**
- c) Describe the public health interventions you would put in place with focus on the upstream midstream and downstream approach in public health intervention to reduce the impact of these social determinants on health outcomes. **10 marks**

**Total 20 marks**

## QUESTION 2 HEALTH PROMOTION CHARTERS

- a) Outline the relevance of the Ottawa charter in Health Promotion practice
- b) What are the three arms that defines health promotion? **3 marks**
- c) Outline factors that limit the successful implementation of health promotion in your setting. **7 marks**
- d) Use examples to discuss how you would reduce these limitations to support successful health promotion outcomes. **10 marks**

**Total marks 20**

## QUESTION 3 HEALTH BEHAVIOUR THEORIES

Health behavior Theories: Describe how you would apply EITHER: the Stages of **change model** OR the **Theory of Planned Behaviour**) to predict the likelihood of preventive health behaviour performance,



- a) Describe how you would develop a health promotion intervention for a specific target group based on ANY ONE of the above health behaviour theories.

14 marks

- b) Based on the theory you have selected above, outline the information you would collect for evaluating this health promotion intervention

6 marks

Total Marks 20

#### QUESTION 4 SELF CARE PRACTICE

- a) Define the concept of self-care practice

5 marks

- b) Describe the concept, benefits and process of self-care practice to a group first time pregnancy mothers

10 marks

- c) Outline the barriers and to self-care practice for first time pregnant women

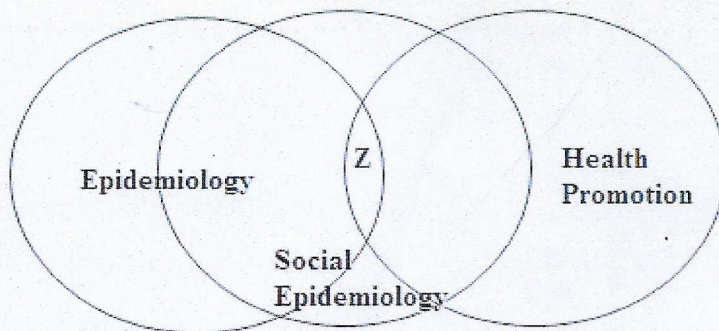
5 marks

Total Marks 20

#### QUESTION 5

##### HEALTH PROMOTION AND EPIDEMIOLOGY

Social Epidemiology As the Purported Overlap Area  
Between Health Promotion and Epidemiology



Z = zone of overlap between traditional epidemiology and health promotion



a) What does the area Z imply in public health promotion planning?

**4 marks**

b) Explain how you should work in the Z zone to ensure integration of social and epidemiologic data in public health planning **8 marks**

c) Describe how you would apply epidemiological data to plan an adolescent sexual reproductive health promotion intervention **8 marks**

**Total 20 marks**



### Question 6

#### Question 6

- a) Describe how you would apply the *Health Belief Model* to plan and implement a sexual reproductive health literacy programme for the adolescents in secondary school.  
**12 marks**
- b) Outline the indicators you would use to assess the outcome of your intervention **8 marks**

**Total 20 marks**