



“Investing in Africa’s future”

COLLEGE OF HEALTH, AGRICULTURE AND NATURAL SCIENCES

DEPARTMENT OF PUBLIC HEALTH AND NURSING

NSPH 507: HEALTH PROMOTION

END OF SECOND SEMESTER FINAL EXAMINATIONS

APRIL/MAY 2025

LECTURER: Dr. S CHITUKU

DURATION: 3 HRS

INSTRUCTIONS

Answer **all** question in section A and 3 questions in section B

Each question carries equal marks (20).

DO NOT repeat material.

SECTION A ANSWER ALL QUESTIONS (40 marks)

QUESTION 1

Explain the stages of change in the Transtheoretical Model (TTM) and how it can be applied to smoking cessation programs. (5 Marks)

b) Discuss the importance of tailoring interventions to individuals' stages of change according to the TTM. (5 Marks)

c) Provide an example of a health promotion program that successfully implemented the TTM. (5 Marks)

d) Analyse the strengths and limitations of the TTM in promoting long-term behaviour change. (5 Marks)

QUESTION 2

a) Describe the key components of an effective evaluation plan for evidence-based health promotion strategies. (5 Marks)

b) Discuss the challenges in evaluating the effectiveness of health promotion strategies and suggest ways to address these challenges. (5 Marks)

c) Explain the significance of using both qualitative and quantitative methods in the evaluation process. (5 Marks)

d) Provide an example of an evaluation study of a health promotion program and discuss its findings and implications. (5 Marks)

SECTION B ANSWER ANY THREE (3) QUESTIONS (60 Marks)

QUESTION 3

a) Define health inequities and explain how they differ from health disparities. (10 marks)

b) Discuss the importance of culturally competent health promotion strategies in addressing health inequities. (5 Marks)

c) Provide an example of a targeted health promotion initiative that successfully reduced health inequities and evaluate its key components. (5 Marks)

QUESTION 4

a) Describe the key principles of community engagement in health promotion initiatives. Provide examples of successful community engagement strategies. (10 Marks)

b) Discuss the challenges of engaging diverse communities in health promotion efforts and suggest strategies to overcome these challenges. (10 Marks)

QUESTION 5

Discuss how the integration of behavioural, social, environmental, and policy-level interventions can enhance health outcomes in a community. In your response, provide examples of specific interventions at each level and explain how they interact to produce a synergistic effect on public health.

(20 marks)

QUESTION 6

Analyse the common barriers to effective communication in public health and infectious disease contexts. Discuss strategies to overcome these barriers, including the use of technology, cultural competence, and plain language. Provide examples of successful communication campaigns that addressed these challenges.

(20 marks)