



**COLLEGE OF HEALTH, AGRICULTURE AND NATURAL SCIENCES
DEPARTMENT OF PUBLIC HEALTH AND NURSING**

**NSHS 209: PREVENTION AND CONTROL OF COMMUNICABLE
AND NON-COMMUNICABLE DISEASES (BHSM)**

END OF FIRST SEMESTER EXAMINATIONS

NOVEMBER/DECEMBER 2025

LECTURER: DR A KAPFUNDE

DURATION: 3 HRS

INSTRUCTIONS

You are required to answer questions as instructed in each section

Start **each** question on a new page in your answer booklet

Answer all questions in **Section A (40 MARKS)**

Answer any **THREE (3)** questions from **Section B (60MARKS)**

Credit will be awarded for logical, systematic and neat presentations

SECTION A: ANSWER ALL QUESTIONS (40 MARKS)

Question 1: What type of disease prevention involves regular screenings?

- a) Primary prevention
 - b) Secondary prevention
 - c) Tertiary prevention
 - d) Quaternary prevention
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Question 2: Which of the following is a common barrier to accessing healthcare?

- a) High income
 - b) Transportation issues
 - c) Knowledge of services
 - d) Government support
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Question 3: What role does nutrition play in disease prevention?

- a) It has no impact.
 - b) It can help prevent many chronic diseases.
 - c) It only affects weight.
 - d) It is only important for athletes.
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Question 4: Which vaccine is recommended for the prevention of cervical cancer?

- a) MMR
 - b) HPV
 - c) BCG
 - d) Influenza
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Question 5: What is the primary cause of respiratory diseases like asthma?

- a) Genetic factors
- b) Environmental pollutants
- c) Lack of exercise
- d) Viral infections

Question 6: Which of the following is an example of a vector-borne disease?

- a) Cholera
 - b) Zika virus
 - c) Diabetes
 - d) Tuberculosis
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Question 7: What is the role of the CDC in public health?

- a) To provide clinical care
- b) To conduct research and provide health guidelines

- c) To manage healthcare facilities
 - d) To develop medications
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Question 8: Which health promotion strategy focuses on changing behaviors?

- a) Policy development
 - b) Education and awareness campaigns
 - c) Environmental changes
 - d) All of the above
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Question 9: What is the primary purpose of health screenings?

- a) To treat diseases
 - b) To detect diseases early
 - c) To promote health education
 - d) To manage chronic conditions
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Question 10: Which of the following is a consequence of health disparities?

- a) Equal access to healthcare
 - b) Increased disease prevalence in marginalized groups
 - c) Universal health outcomes
 - d) Improved health literacy
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Question 11: What is the main purpose of the Healthy People initiative?

- a) To provide funding for healthcare
 - b) To set national health objectives
 - c) To regulate healthcare insurance
 - d) To promote alternative medicine
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Question 12: Which of the following is NOT a common symptom of diabetes?

- a) Increased thirst
 - b) Frequent urination
 - c) High energy levels
 - d) Unexplained weight loss
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Question 13: What is a significant environmental risk factor for respiratory diseases?

- a) Sunlight exposure
- b) Indoor air pollution
- c) Clean water access
- d) Healthy diets

Question 14: Which of the following is considered a non-modifiable risk factor?

- a) Physical activity level
 - b) Family history of disease
 - c) Dietary habits
 - d) Tobacco use
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Question 15: What is the primary focus of epidemiology?

- a) Treatment of diseases
 - b) Study of disease distribution and determinants
 - c) Development of new medications
 - d) Management of healthcare facilities
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Question 16: Which of the following is a key component of effective disease surveillance?

- a) Infrequent data collection
 - b) Timely reporting and response
 - c) Limited public access to data
 - d) Focus on only major diseases
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Question 17: What is the impact of urbanization on public health?

- a) Decreased access to healthcare
 - b) Improved health outcomes
 - c) Increased risk of communicable diseases
 - d) None of the above
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Question 18: Which of the following is a primary prevention strategy for cardiovascular disease?

- a) Angioplasty
 - b) Lifestyle modifications
 - c) Medication management
 - d) Bypass surgery
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Question 19: What is the main goal of disaster preparedness in public health?

- a) To treat affected individuals
 - b) To prevent health emergencies
 - c) To provide financial support
 - d) To increase disease prevalence
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Question 20: What is an important factor in the success of vaccination campaigns?

- a) High cost of vaccines
- b) Public trust and education
- c) Limited availability
- d) Focus on only one age group

Question 21: Which of the following best describes a chronic disease?

- a) Short duration and sudden onset
 - b) Long-lasting and often progressive
 - c) Only caused by infectious agents
 - d) Easily treated with antibiotics
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Question 22: What is the primary purpose of community health assessments?

- a) To evaluate individual health
 - b) To identify health needs and resources
 - c) To increase healthcare costs
 - d) To limit access to services
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Question 23: Which of the following is a method for controlling the spread of sexually transmitted infections?

- a) Increased alcohol consumption
 - b) Regular testing and treatment
 - c) Ignoring symptoms
 - d) High-risk behaviors
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Question 24: What is the significance of health literacy in disease prevention?

- a) It has no impact on health outcomes.
 - b) It empowers individuals to make informed health decisions.
 - c) It only affects older adults.
 - d) It is only relevant for healthcare providers.
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Question 25: Which of the following is an example of a health policy intervention?

- a) Community gardening
 - b) Smoke-free air laws
 - c) Individual counseling
 - d) Recreational programs
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Question 26: What is the primary risk factor for lung cancer?

- a) Alcohol consumption
 - b) Smoking tobacco
 - c) High-fat diet
 - d) Sedentary lifestyle
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Question 27: Which of the following is a primary method for preventing maternal and child health issues?

- a) Prenatal care
- b) Ignoring health screenings
- c) Avoiding healthcare providers
- d) High-stress environments

Question 28: What is the role of telehealth in modern healthcare?

- a) To provide in-person consultations only
 - b) To improve access to healthcare services
 - c) To eliminate the need for healthcare
 - d) To reduce patient engagement
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Question 29: Which of the following is a common cause of health disparities?

- a) Equal access to education
 - b) Socioeconomic status
 - c) Universal healthcare coverage
 - d) Community engagement
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Question 30: What is the primary focus of the Global Fund to Fight AIDS, Tuberculosis, and Malaria?

- a) To provide funding for clinical trials
 - b) To ensure access to treatment and prevention
 - c) To develop new vaccines
 - d) To increase disease prevalence
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Question 31: What is the impact of air pollution on public health?

- a) No significant impact
 - b) Increased respiratory and cardiovascular diseases
 - c) Improved health outcomes
 - d) Only affects outdoor workers
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Question 32: Which of the following is a key feature of a successful vaccination program?

- a) Limited public awareness
 - b) Accessibility and affordability
 - c) High costs
 - d) Focus on urban areas only
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Question 33: What is the role of genetic factors in non-communicable diseases?

- a) They have no influence.
 - b) They play a significant role in susceptibility.
 - c) They are only relevant for infectious diseases.
 - d) They can be completely altered by lifestyle changes.
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Question 34: What is the main objective of maternal and child health programs?

- a) To treat chronic diseases
 - b) To improve health outcomes for mothers and children
 - c) To increase healthcare costs
 - d) To limit access to prenatal care
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Question 35: Which of the following is an effective strategy for promoting mental health?

- a) Isolation from social activities
- b) Community support and resources
- c) Ignoring mental health issues
- d) Avoiding therapy

Question 36: What is the primary focus of injury prevention programs?

- a) To reduce healthcare costs
 - b) To prevent accidents and injuries
 - c) To promote emergency services
 - d) To increase hospital visits
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Question 37: Which of the following is a significant barrier to mental health care?

- a) High availability of services
 - b) Stigma and discrimination
 - c) Public awareness campaigns
 - d) Low demand for services
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Question 38: What is the main benefit of regular physical activity?

- a) Increased risk of chronic diseases
 - b) Improved physical and mental health
 - c) Decreased energy levels
 - d) Limited social interactions
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Question 39: Which of the following is a common symptom of heart disease?

- a) Fever
 - b) Chest pain
 - c) Rash
 - d) Nausea
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Question 40: What is the primary cause of hepatitis B infection?

- a) Airborne transmission
- b) Contaminated food
- c) Blood and bodily fluids
- d) Waterborne pathogen

SECTION B: ANSWER ANY THREE (3) QUESTIONS (60MARKS)

Question 1: (20 marks)

Discuss the role of environmental factors in the prevention and control of communicable and non-communicable diseases.

Question 2: (20 marks)

Examine the impact of health disparities on the prevention and control of communicable and non-communicable diseases. Propose strategies to address these disparities.

Question 3: (20 marks)

Discuss both benefits and challenges of technology in the prevention and management of communicable and non-communicable diseases

Question 4: (20 marks)

Discuss challenges faced in vaccination uptake and strategies to overcome them.

*****GOOD LUCK*****