



*“Investing in Africa’s Future”*

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

**NSPH 507: HEALTH PROMOTION**

**END OF SECOND SEMESTER EXAMINATIONS**

**NOVEMBER 2021 EXAMINATIONS**

**LECTURER: DR JULITA MARADZIKA**

**DURATION: 5 HOURS**

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## **INSTRUCTIONS**

**ANSWER ANY ONE QUESTION**

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**PLEASE STICK TO THE STANDARD HOUSE STYLE i.e.**

- TIMES NEW ROMAN
  - FONT SIZE 12
  - DOUBLE SPACING
  - APA REFERENCING
  - SEND YOUR ANSWER AS A MICROSOFT WORD DOCUMENT
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**THE MARK ALLOCATION FOR EACH QUESTION IS INDICATED AT THE END OF THE QUESTION**

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

- e) Outline how you would apply epidemiology to benefit the planning of health promotion 15 marks

## QUESTION 2

a) Use an example to discuss the challenges you are likely to encounter in the application of the Ottawa charter action areas and indicate how you would reduce these challenges 25 Marks

b) Define the word "*health literacy*" 5 marks

c) Use examples to discuss the benefits of health literacy to health care outcomes 20 marks

d) Describe the health literacy intervention for pregnant women 25 marks

e) Describe in detail how you would put in place a wellness programme for senior citizens (old people.) 25 marks

### QUESTION 3

#### Health behaviour theories

- a) Describe the information you would collect in evaluating behaviour change in a youth reproductive health programme using the theory of Planned Behaviour  
30 marks
- b) Use examples to describe how you would advise an adolescent on how to maintain wellness based on the Health Belief model  
30 marks
- c) Describe in detail how you would put in place a wellness programme for senior citizens (old people.)  
20 marks
- f) Use examples to describe challenges people often face in maintaining wellness  
20 marks