



“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

INSTRUCTIONS

ANSWER ANY ONE QUESTION

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

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