



(University of Choice)  
**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR**

**THIRD YEAR SECOND TRIMESTER EXAMINATIONS**

**FOR THE DEGREE  
OF  
BACHELOR OF SCIENCE IN MIDWIFERY**

**COURSE CODE: NCN 322**

**COURSE TITLE: HEALTH PROMOTION**

**DATE: TUESDAY, 19<sup>TH</sup> APRIL 2022**

**TIME: 8.AM-11AM**

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**INSTRUCTIONS TO CANDIDATES**

All Questions Are Compulsory

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

## SECTION I:

### MULTIPLE CHOICE QUESTIONS

1. Which of the following statement best describes health
  - a) A relative state of being
  - b) The total state of physical and psychological wellbeing.
  - c) The state of functioning well physically, mentally, socially and spiritually.
  - d) Being free from sickness or infirmity
  
2. The following are ethical issues in public health except
  - a)Beneficence
  - b) non-involment
  - c)non-maleficence
  - d)Autonomy
  
3. Three of the following are Social determinants of health except?
  - a) Early childhood development
  - b) Social exclusion
  - c) Unemployment
  - d) Exposure
  
4. Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health?'
  - a. Charter of the United Nations (1945)
  - b. Tokyo Charter (1946)
  - c. Ottawa Charter (1986)
  - d. None of these
  
5. The level of prevention that occur when a defect/disability is permanent or inevitable is;
  - a) Primary prevention
  - b) Secondary prevention
  - c) Tertiary prevention

- d) Quarterly prevention
6. The type of crisis that occurs as a toddler moves from preschooler and scholar age is;
- a) Situational crisis
  - b) Developmental crisis
  - c) Family crisis
  - d) Sickness crisis
7. Which one of the following conditions can be managed by regular exercise?
- a) Diabetes Type II
  - b) Obesity
  - c) Hypertension
  - d) All the above
8. Which of the following is not a multilateral government agency
- a) WHO
  - b) UNICEF
  - c) Red Cross
  - d) The World Bank
9. The ability of a person to function at optimal level is primarily dependent on
- a) Inner resource of the person
  - b) Considerable expert nursing care
  - c) High quality medical treatment
  - d) A solid treatment system
10. Which exercise would you majorly recommend for adolescence
- a) Competitive sports which improves ability and coordination
  - b) Strengthening exercise which are important to muscles and bone structures
  - c) Aerobic exercise, which lowers cardiovascular function
  - d) Bodybuilding exercise which raise cardiovascular function

11. The health promotion to give to an obese girl is;

- a) Increasing sedentary activity
- b) Being aware of food intake by giving a daily log
- c) Developing external control
- d) Eating high caloric snacks

12. Most persuasive and effective media system for communication is?

- a) Mass media
- b) interpersonal communication
- c) Folk media
- d) printed media

13. Primary level prevention include;

- a) Immunization programs
- b) Rehabilitation measures
- c) Preventing progression of a disability
- d) Treating diseases

14. The type of intervention level that focus on social action and social planning to create new setting (organization, network, partnerships) to produce change in organization redistribute resources that affect health is;

- a) Individual intervention level
- b) Organization intervention level
- c) Community action intervention level
- d) Institutional change intervention level

15. The approach of health promotion that encourage individuals to take responsibility for their own health and choose healthier lifestyles is

- a) Medical approach

- b) Behavior approach
- c) Educational approach
- d) Empowerment approach

16. The model/ theory whose fundamental building blocks are attitudes and subjective norms is.

- a) Theory of Reasoned Action
- b) Social Cognitive theory
- c) Interaction model of client health behavior
- d) Relapse prevention model

17. Which of the following is WHO health promotion movement?

- a) Assist government in strengthening health services
- b) Fosters activities in the field of mental health
- c) Stimulate work on the prevention and control of epidemic and endemic
- d) All of the above

18. Characteristics of health information include all the following except

- a) Realistic
- b) Cheap
- c) Accessible
- d) Measurable

19. The type of law created over years by a series of judicial decisions is

- a) Common law
- b) Constitutional law
- c) Statutory law
- d) Societal law

20. \_\_\_\_\_ refers to the application of consumer-oriented marketing techniques in the design, implementation and evaluation of programmes aimed towards influencing behaviour change.

- a) Health education

- b) Social marketing
- c) Consumer health
- d) All of the above

**SECTION II:**

**SHORT ANSWER QUESTIONS (40 MARKS)**

1. Explain three components of TANNA HILL'S model of health promotion (6 Marks)
2. Explain 3 levels of intervention (6 Marks)
3. State 8 challenges facing health promotion in kenya (8Marks)
4. State 8 roles of promoter in promoting health services in the community (8 Marks)
5. State 5 key themes of health promotion emblem (5 Marks)
6. State 7 services offered in MCH (7 Marks)

**SECTION III:**

**LONG ANSWER QUESTIONS (40 MARKS)**

1. Discuss the health promotion needs of adolescent and its intervention (20 Marks)
2. Describe the activities of school health program (20 Marks)