



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2023/2024 ACADEMIC YEAR

FOURTH YEAR SECOND SEMESTER EXAMINATION

**FOR THE DEGREE OF BACHELORS OF SCIENCE IN EPIDEMIOLOGY AND
BIOSTATISTICS**

COURSE CODE: CHD 316

COURSE TITLE: HEALTH PROMOTION

DATE: 6TH /12 / 2023

TIME: 2 - 4PM

INSTRUCTIONS TO CANDIDATES:

Answer section A ALL QUESTIONS AND SECTION TWO QUESTIONS

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

Paper Consists of 2 Printed Pages. Please Turn Over

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SECTION A: MULTIPLE CHOICES QUESTIONS (MCQS) (20 MARKS)

Instructions

★ *The section has a total of twenty multiple choices questions (MCQs), carrying a maximum of twenty (20) marks total.*

★ *Answer all questions in this section.*

1. Health promotion is also called
 - A. Health education
 - B. Public health
 - C. New public health
2. The WHO has identified health as which of the following dimensions?
 - A. Physical, vocational, ethnic
 - B. Emotional, social, spiritual
 - C. Physical, mental, social
 - D. Spiritual, vocational, gender related
3. Which dimension of health relates to how individuals feel about themselves and how they express their emotions?
 - A. Physical
 - B. Social
 - C. Spiritual
 - D. Emotional
4. High level of social support is noted when there is which of the following in classroom instruction?
 - A. Mutual respect
 - B. Little expectations for all students
 - C. Encouragement to take risks
 - D. Encouragement of voluntary participation
5. Students learn best when
 - A. There's Little interaction among themselves
 - B. Learning expectations are unorganized
 - C. They're involved in the learning process
 - D. They're provided with the conclusions to the concept under consideration
6. Which of the following doesn't encompass culture?
 - A. Dynamic and evolving
 - B. Not complex in nature
 - C. Learned and passed on through generations
 - D. Shared among those who agree on the way they name and understand reality

7. Research has shown that regular physical activity among school-age children have all the following except?
 - A. Improves muscular strength
 - B. Reduces risks for cardiovascular diseases
 - C. Decreases chances of overweight and obesity
 - D. Decreases bone mass density
8. The term "sexuality" implies all but which of the following?
 - A. The ability to participate in warm and loving relationships
 - B. Practicing responsible decision making regarding sexual health
 - C. Activity linked with the act of intercourse
 - D. Celebrating self-esteem and self-identity of individuals
9. Health promotion approaches has the following components except?
 - A. Mobilization
 - B. Advocacy
 - C. Behavior change
 - D. Songs
10. The state of well-being is dynamic
 - A. Almost always
 - B. From time to time
 - C. Sometime
 - D. At all times
11. Health education is defined as the following except?
 - A. A tool
 - B. A process
 - C. A service
 - D. Education
12. One of the following is the aim of health education
 - A. Disability limitation
 - B. Prompt treatment
 - C. Rehabilitation
 - D. Prevention of diseases
13. Which of the following is not true about health education and promotion?
 - A. Influence the public agenda
 - B. Allocate resources to the public
 - C. Advocate for policies and programs
 - D. Promote positive

14. The following is a scope of health promotion except?
- A. Personal social services
 - B. Health counseling
 - C. Promote health care
 - D. Tertiary healthcare
15. Health believe model was developed by
- A. Rosenstock
 - B. Orem
 - C. Tones
 - D. Tilford
16. Which of the following is not a health challenge in Kenya?
- A. Corruption
 - B. Diversity
 - C. Political influence
 - D. Unequal distribution of resources
17. The following are the components of health promotion models except?
- A. Perceived control
 - B. Primary prevention
 - C. Self-esteem
 - D. Definition of health
18. The following are behavior change models at individual level except?
- A. Precautions adaption process model
 - B. Health believe model
 - C. Social cognitive theory
 - D. Theory of reasoned action
19. Health education and promotion is all about the following except
- A. Occurs with the aim of preventing people from falling ill
 - B. Prevention dialogue in communities
 - C. Aim to delete disease early so that treatment can be started before irreversible damage occurs
 - D. Involves tertiary prevention and health care
20. Anything that interferes with the communication process is generally referred to as?
- A. Feedback
 - B. Semantics
 - C. Noise
 - D. Context

SECTION B: SHORT ANSWER QUESTIONS (20 MRKS)- answer all questions in this section

1. Outline four roles of health promotion officer at community level (4 marks)
2. Highlight any 4 principles of health education (4 marks)
3. Explain why work place health education and promotion is important (4 marks)
4. Highlight 4 individual- based practices to be observed in the primary level of disease prevention (4 marks)
5. Differentiate between health education and health promotion (4 marks)

SECTION C: LONG ANSWER QUESTIONS (30 MRKS)- answer only two questions in this section

1. a. Highlight the advantages of community participation/involvement in any health promotion and education program (10 marks)
b. Identify different structures that must be identified during community outreach program (5 marks)
2. Discuss the factors that affect the health of an individual in a community (15 marks)
3. Elaborate on the steps of carrying out health education and promotion program in a community (15 marks)

