



**AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH PRACTICE
HIGHER DIPLOMA IN COMMUNITY HEALTH PRACTICE
END OF SEMESTER EXAMINATION (SEPTEMBER-DECEMBER) 2022**

HDCH 124: Health Promotion

DATE: 2nd December 2022.

TIME: 2 Hours **Start:** 4.00 PM **Stop:** 6.00 PM

Instructions

- 1) Answer ALL questions in Section A
- 2) For Section B, Answer any TWO questions of your choice
- 3) Use the University answer SHEET provided /Space provided
- 4) Write your student Registration Number on all the answer sheets used

SECTION A: ANSWER ALL QUESTIONS (20 MARKS)

1. Outline the WHO definition of health **(2 Marks)**
2. List six (6) prerequisites for health described in the Ottawa Charter? **(6 marks)**
3. Highlight the 5 principles of health promotion **(5 Marks)**
4. Highlight four key priority areas outlined in the Alma Ata Conference of 1974. **(4 Marks)**
5. List the 3 most common types of Communication **(3 Marks)**

SECTION B: LONG ANSWER QUESTIONS. ANSWER ANY TWO QUESTIONS (40 MARKS)

6. Discuss how each of the five action areas of health promotion is essential for improving health promotion interventions. **(20 Marks)**
7. The Biomedical Model approach dominates in the organisation and delivery of health services.
 - a. Discuss the three (3) advantages and two (2) disadvantages of the biomedical model in the organisation and delivery of community-based health promotion services. **(10 Marks)**
 - b. Explain five (5) advantages of combining Biomedical and Behavioural Health promotion approaches in addressing cancer in your area of work. **(10 Marks)**
8. Mwenja has noticed an increased rate of cases of diabetes in his community. He would like to launch a health promotion project to reverse the trends. Discuss the 10 steps of the project planning model **(20 Marks)**