



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH
END-OF-SEMESTER EXAMINATIONS**

UNIT CODE: MSH 717
UNIT NAME: HEALTH PROMOTION AND PRACTICE
DATE: 27th April 2023
TIME: THREE HOURS
START: 4:00 PM **FINISH:** 7:00 PM

INSTRUCTIONS

1. This exam is marked out of 100 marks
2. This Examination comprises TWO Sections
3. This online exam shall take THREE Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the Head of Department on Tel 0720573449
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION A: COMPULSORY (25 Marks)

- a. Define the following concepts (5 Marks)
 - i. Health Education
 - ii. Health promotion
 - iii. Determinants of Health
 - iv. Community Action for Health
 - v. Advocacy for Health

- b. Participation of the people is a core principle of health promotion. Discuss how you will use this principle to improve menstrual hygiene and sanitation practices in schools in Kibra Sub-County in Langata Constituency. (10 Marks)

- c. Access to Reproductive Health Services especially use of contractive devices and termination of pregnancy among primary and secondary school girls has been a controversial and hotly contested issue. Discuss how you will use health promotion strategies of enablement, mediation and advocacy to address this matter. (10 Marks)

SECTION B: ANSWER ANY THREE (3) QUESTIONS (75 Marks)

2. In 2015 the World Health Organization (WHO) and the United Nations Educational, Scientific and Cultural Organization (UNESCO) developed Global Standards for Health Promoting Schools (HPS) to serve as a common framework for health and education sectors to facilitate establishment of HPS in countries.
 - i. Outline five principles guiding implementation of the Global Standards for Health Promoting Schools (5 Marks)

- ii. Discuss the steps you will take to ensure that the Ministry of Health and the Ministry of Education adopt and implement the HPS initiative at the County level. (20 Marks)

3. Proponents of evidence based health policy formulation and implementation have argued that “Evaluation of Health Promotion interventions is not a straight task”. Discuss the statement pointing out the dilemmas of evaluating health promotion interventions. (25 Marks)

4. Tackling inequalities in health through broad-based Healthy Public Policy was identified in the Ottawa Charter of Health Promotion. Discuss how you will use the key action areas articulated in the charter to address the ever increasing problem of alcohol and drug abuse among the youth in institutions of higher learning. (25 Marks)

5. a. Compare and Discuss the following health promotion planning models (20 Marks)

- i. Precede-Proceed
- ii. PABCAR
- iii. Community Empowerment model

b. Which model will you choose for planning a comprehensive health promotion intervention? Explain your answer. (5 Marks)

6. The Alma-Ata Declaration on Primary Health Care (1978) and the Ottawa Charter (1986) are acknowledged as key historical events contributing to the development of Health promotion. Discuss the contribution of each of these historic events to health promotion theory and practice. (25 Marks)