



**AMREF INTERNATIONAL UNIVERSITY**

**SCHOOL OF PUBLIC HEALTH**

**DEPARTMENT OF COMMUNITY HEALTH**

**BSc IN COMMUNITY HEALTH PRACTICE/HEALTH SYSTEMS MANAGEMENT**

**END OF SEMESTER EXAMINATION MAY / AUGUST 2023**

**UNIT CODE: CHP 222**

**UNIT NAME: HEALTH PROMOTION**

**Date: 9<sup>th</sup> AUGUST 2023**

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

**INSTRUCTIONS**

- 1. This exam is marked out of 70 marks**
- 2. Do not write on the question paper**

**SECTION A – ANSWER ALL QUESTIONS IN THIS SECTION (30 MARKS)**

1. Explain the following priority action areas as identified in the Ottawa Charter. (4 marks)

- i. Create supportive environments
- ii. Strengthen community actions
- iii. Develop personal skills
- iv. Re-orient health services

2. Explain the following terminologies that are used in health promotion (4 Marks):

- i. Health Promotion
- ii. Health Education
- iii. Health in all policies
- iv. Advocacy

3. Explain the following approaches used in promoting health (5 marks):

- i. Medical or preventative approach
- ii. Behavior change approach
- iii. Educational approach
- iv. Empowerment or Client-centered approach
- v. Social change approach

4. Describe any five social determinants of health and wellbeing in Kenya (5 marks)

5. Highlight any six approaches that can be applied to ensure safe working environments in Kenya (6 marks)

6. Outline any six health promotion activities to control the harmful use of tobacco in Kenya (6 marks)

**SECTION B – ANSWER ANY TWO QUESTIONS IN THIS SECTION (40 MARKS)**

7. Ministry of Health reports indicate that up to March 2023 Kenya had reported 7800 cases of cholera with 122 deaths, occurring in the counties of Kiambu, Nairobi, Muranga, Kajiado, Nakuru, Uasin Gishu, Tana River, Homa Bay and other counties. Cholera is transmitted in communities using unsafe water sources and having limited access to proper sanitation and hygiene services, and also having poor water, sanitation, and hygiene (WASH) practices in affected communities. Many of the counties affected by cholera still report a high percent of their populations are defecating in the open.

Using your knowledge of health promotion: develop and explain a comprehensive health promotion plan to address the cholera and poor WASH situation in Kenya.

Organize your answer using the following headings:

- goals, priorities and objectives of the plan
- strategies and activities
- partners and resources
- indicators and monitoring

*(20 marks)*

8. The Republic of Stobana has identified non-communicable diseases (NCDs) such as cancers, cardiovascular diseases, diabetes, and chronic respiratory diseases a serious public health problem in the county. A recent situation analysis conducted in the county has identified cigarette smoking, unhealthy alcohol consumption, poor diet, and the lack of physical exercise as the common risk factors contributing to this high prevalence of NCDs in Stobana.

Develop, describe and explain a comprehensive multi-sectoral health promotion strategic plan with related activities to address this growing problem of NCDs in Stobana.

Organize your answer using the following headings:

- goals, priorities and objectives of the plan
- strategies and activities
- partners and resources
- indicators and monitoring

(20 arks)

9.

- a) It is necessary to conduct a health needs assessment of a community before a health promotion strategy is implemented. Explain all the steps of conducting a community health needs assessment. (10 marks)
  
- b) Identify any five harmful behaviors of public health concern among communities in Kenya and explain how you would try to change each of them through health promotion (10 marks)

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