



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF PUBLIC HEALTH**

**DEPARTMENT OF COMMUNITY HEALTH  
&  
DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT AND  
DEVELOPMENT**

**BACHELOR OF SCIENCE IN COMMUNITY HEALTH PRACTICE  
&  
BACHELOR OF SCIENCE IN HEALTH SYSTEMS  
MANAGEMENT AND DEVELOPMENT**

**JAN-APRIL 2026 END OF SEMESTER EXAM**

**UNIT CODE: HRI 107/CHP 115**

**UNIT NAME: PRINCIPLES OF COMMUNITY HEALTH I**

**TIME: TWO Hours                      Start:                      Finish**

**INSTRUCTIONS**

- 1) This exam is marked out of 70 marks**
- 2) This exam comprises of two sections**
  - ✓ Section A: Compulsory questions (30marks)
  - ✓ Section B: Choose Two questions (each question is 20marks)

## SECTION A: ANSWER ALL QUESTIONS

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- 1) Explain **FIVE** reasons why community health approaches are important in addressing health challenges at the grassroots level (**5 marks**)
- 2) Outline **FIVE** key principles of Primary Health Care (PHC) that contributes to improved equity and access to health services (**5 marks**)
- 3) A community health programme is being planned in collaboration with local residents.
  - a) Explain the concept of community participation (**2marks**)
  - b) ~~and~~ highlight **THREE** reasons why community participation is important in the planning and implementation of community health programmes (**3 marks**)
- 4) Successful community health programmes often rely on trusted individuals within the community. Explain **FIVE** roles played by opinion leaders and gatekeepers in the effective implementation of community health programmes (**5 marks**)
- 5) Outline **FIVE** reasons that justify the need for community health programmes in addressing emerging diseases, lifestyle-related illnesses, and climate-related health risks (**5 marks**)
- 6)
  - a) Define 'community diagnosis' and
  - b) State **THREE** main purposes of community diagnosis in community health practice (**3 marks**)

## SECTION B

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Answer any **two** questions from this section

### QUESTION 7

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- a) Describe **FIVE** dimensions of health and explain how each dimension contributes to overall well-being at the community level, using relevant examples where appropriate (**10 marks**)
- b) Explain **FIVE** key components of the community health structure in Kenya that strengthens PHC and contributes to the attainment of Universal Health Coverage (**10 marks**)

### QUESTION 8

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- a) Discuss **FIVE** key roles played by community health in the formulation and implementation of national health policies, illustrating how community-level evidence and participation influence policy decisions and outcomes (**10 marks**)
- b) Describe **FIVE** key steps involved in the community mobilization process that contributes to effective, inclusive, and sustained community action (**10 marks**)

### QUESTION 9

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- a) Discuss **FIVE** major determinants of health that shapes health outcomes at the community level, using relevant examples (**10 marks**)
- b) Examine **FIVE** key challenges that have influenced the evolution, implementation, and sustainability of PHC and CBHC programmes in Africa (**10 marks**)