



UNIVERSITY OF SWAZILAND  
Faculty of Health Sciences  
Department of Environmental Health Science

**FINAL EXAMINATION PAPER 2016**

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : EHM311

DURATION : 2 HOURS

MARKS : 100

INSTRUCTIONS :

- READ THE QUESTIONS & INSTRUCTIONS CAREFULLY
- QUESTION ONE IS COMPULSORY THEN ANSWER ANY OTHERTHREE QUESTIONS
- EACH QUESTION CARRIES 25 MARKS.
- WRITE NEATLY & CLEARLY
- BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR.

**QUESTION 1**

Write short notes on the following: (**hint**: each point is worth 1 mark)

- a) Health education [5]
- b) Health promotion [5]
- c) Health literacy [5]
- d) Health field concept [5]
- e) Human health behaviour [5]

[25 marks]

**QUESTION 2**

- a) Discuss in depth the overriding aim of health promotion. [5]
- b) In the quest to meet the goals stated in (a), health promoters have come up with different approaches. Giving appropriate examples, discuss the five approaches used in health promotion. [20]

[25 marks]

**QUESTION 3**

According to a study recently conducted, among high school going pupils by the health promotion department of the Ministry of Health, binge drinking has been reported to be the mostly practiced in the urban areas. The aim of the study was to identify common risky behaviours currently being in trend among teenagers. The study target population was school going males in form 4 and 5. It was conducted in the capital city of the country. A total of 78% of the respondents stated that on average they practiced this kind of behaviour on a weekly basis more especially on weekends where they take turns in hosting parties. Some of the respondents (95%) were aware of the dangers of the behaviour and of course some wanted to quit immediately while others felt with time they will. Some respondents (5%) said they were already in a process of doing something to drop the behaviour and 30% were happy with the practice. Studies have provided sufficient evidence that this kind of behaviour is associated with an increased risk of contracting infectious diseases such as HIV. It was therefore incumbent for the department to set up a programme to address such issues. As part of the requirements to be hired as the programme manager, one has to be knowledgeable of

trans-theoretical model. As a former student of health promotion, you are the best candidate for this job.

Discuss this model i.e. trans-theoretical model in depth and explain all the concepts involved. Explain how and why this model is the best model to be used for the success of this programme. [25]

[25 marks]

#### QUESTION 4

Health promoters are expected to help enable individuals and communities to adopt healthy lifestyle in order to maximize their quality of life. However, there are a number of factors and influences that shape the health and health behaviour of individuals and communities

Discuss these factors and influences using the five domains and also state what health promoters need to do to counteract such factors and influences to the advantage of the individuals and communities i.e. ensuring quality of life. [25]

[25 marks]

#### QUESTION 5

a) The greatest and fulfilling job of an environmentalist or public health officer is to improve the life of communities. This involves implementing interventions that benefit communities and enable them to gain control of their health. These interventions are successfully implemented through community action for health which refers to the collective efforts of communities which are directed towards increasing community control over the determinants of health and thereby improving their health. In order to ensure that communities are in control of their health, health promoters utilize a number of tools which amongst them is community coalitions. Discuss community coalitions in terms of the following:

- i. Definition [2]
- ii. Functions [3]
- iii. Purposes [5]
- iv. Characteristic [5]
- v. Sustainability [5]

- b) What are the five interrelated elements that are involved in the process of collaborative empowerment in community partnerships for health and development  
[5]

**[25 marks]**