



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

BSc. ENVIRONMENTAL HEALTH SCIENCES  
**MAIN EXAMINATION PAPER 2018**

TITLE OF PAPER : HEALTH PROMOTION  
COURSE CODE : EHM311  
DURATION : 2 HOURS  
MARKS : 100

INSTRUCTIONS : READ THE QUESTIONS & INSTRUCTIONS CAREFULLY  
: ANSWER FOUR QUESTIONS  
: **QUESTION ONE IS COMPULSORY**  
: EACH QUESTION **CARRIES 25** MARKS.  
: WRITE NEATLY & CLEARLY  
: NO PAPER SHOULD BE BROUGHT INTO THE EXAMINATION ROOM.  
: BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

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

### QUESTION 1

Health promotion aims at empowering population to take control of their own health. However, the World Health Organization defines health as a multi dimensional status which is based on past theories which were derived to assist in defining health. These are the salutogenic and pathogenic theories.

- a) Discuss the importance of the pathogenic theory in public health stating its principles or features and how it is integrated in health promotion using appropriate examples. [15]
- b) Discuss the 5 dimensions of health. [10]

**Total [25]**

### QUESTION 2

Malaria is killing children in the world especially Sub-Saharan countries. As a health promoter, you are expected to ensure that people's health is protected.

- a) What are the over-riding goals of health promotion? [5]
- b) Using the 5 types of health behaviour, explain the possible interventions for preventing deaths due to malaria in your area of jurisdiction [20]

**Total [25]**

### QUESTION 3

You are hired at eHhukwini to promote a program aimed at Tuberculosis (TB) prevention and control. This was instigated by the latest health reports revealing that the incidence rate of TB is increasing in the area especially among the young people.

- a) In Swaziland, research has revealed that TB is a co-infection with HIV, i.e. 80% of TB patients are also living with HIV. Using the social cognitive theory, discuss how your intervention will work around decreasing the incidence rate of this disease. [20]

- b) This intervention has to be multi-strategic as per the principles of health promotion.  
Discuss multi-strategy as a principle of health promotion. [5]

**Total [25]**

#### **QUESTION 4**

Community participation is the backbone of successful health intervention thus positive health behaviour adoption. However, above all, these interventions are also successful if and when addressing the needs of the community.

- a) Explain why needs assessment is important in health promotion interventions. [5]  
b) Discuss any 4 strategic approaches needed in community participation using appropriate examples. [20]

**Total [25]**

#### **QUESTION 5**

Food-borne diseases, especially Staphylococcal food poisoning, have been noted to be the leading cause of outpatient department visit in clinics around Matsapa. This has led to the Matsapa Municipal council being blamed for not ensuring that food standards are in place in all the food outlets in the area. The escalating problem has created a need for educating the food handlers and general public on the issue.

You were therefore hired to conduct the sensitizing meetings whilst the council is working on a permanent solution to avoid future occurrences of such a problem.

- a) Using the health belief model, discuss how you will sensitize the public and food handlers to a point where they take action towards taking control of their health status. [20]  
b) The municipal council has also assigned you to lead an intervention on promoting healthy setting as Matsapa is also known as the industrial area of the country. This therefore means that a majority of the sick people are workers in local firms in the area. Explain the importance of this initiative by the municipal council. [5]

**Total [25]**