



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

BSc. ENVIRONMENTAL HEALTH SCIENCES

RE-SIT EXAMINATION PAPER 2018

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : EHS334

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

Swaziland, in a quest to minimize new HIV infections (also known as the Zero infection initiative), has joined the world in opting for the new pre-exposure prophylaxis (PrEP) programme. There are still a lot of questions and uncertainties from the public in relation to this programme. For instance, some people believe it is promoting unprotected sexual behaviours while others believe it is going to help couples, especially the heterogeneous discordant couples. Initially the Ministry of Health when introducing the programme, believed that it was a much awaited and anticipated initiative. However, according to their latest findings, only 2.5% of the sampled population were happy about the initiative. As a student of Health promotion, this is not a surprise; in actual facts it was expected as per known theories in health promotion.

- a) What name is given to the 2.5% of the population stated above? [1]
- b) Name three characteristics of the 2.5% and state their importance in health promotion interventions. [4]
- c) In health promotion, the PrEP is also known as an innovation. Discuss the five characteristics of an innovation stating how they will result in the ultimate adoption or rejection of the initiative. In your discussion use appropriate examples in context. [20]

Total [25]

QUESTION 2

Nsubane High School had their speech and prize giving day the past month as a means to encourage its learners to take their studies seriously. During the proceeding of the event, parents were given updates on the school performances in the country and also the noticed behaviours among their children including the recent drop-out rate. It was revealed that as much as interventions were implemented to keep the girl child in school, the boys were left out and yet they are also facing challenges. Among the so many challenges noted was that of drug and alcohol abuse. The school had invited a psychologist who presented on the results of drug abuse. These results included mental retardedness and reduced academic performances which explained the number of failures in the previous external exams among the boys.

Due to such alarming findings, the school therefore urged you to come and talk with the students about drug abuse and come up with an intervention to solve this problem.

- a) Using the 5 approaches to health promotion, explain how the intervention will work. [20]
- b) It is important that you involve the parents in this intervention. Explain their importance as per the Ottawa Charter. [5]

Total [25]

QUESTION 3

The Epidemiology Department in the Ministry of Health has reported that for the past 5 years, priority interventions were focusing on HIV/AIDS, Diarrhoeal diseases and Tuberculosis. However, their studies have revealed that this has been a losing battle, hence the need for better understanding of the health status of the population. The findings revealed though that these diseases were interlinked and require one to understand the determinants of health other than focusing on only these three areas. It was further proposed that all the non-governmental organization working around these fields should work together to address these issues and all other issues related to the health of the population.

- a) Discuss the 5 domains of the determinants of health. [15]
- b) How can the determinants of health mentioned in (a) be integrated by the Ministry in improving the health status of the population of Swaziland. [5]
- c) It is important that the country uses both strategies of population focus in addressing the determinants of health of the people. These strategies are the direct and indirect, i.e. targeting the influences of the determinants. Explain the importance of the two strategies. [5]

Total [25]

QUESTION 4

Health promoters are tasked with empowering communities to take control of their health status. This task is often associated with advocacy for health interventions to be implemented as a means to improve the health of the populations.

- a) Define advocacy and its importance in health promotion. [5]
- b) Discuss the advocacy framework in detail. [10]
- c) Among the tools for advocacy, framing and formative research are key in ensuring that proper networks and lobbying are achieved.

Describe the two tools (framing and formative research) in detail using an example of your choice. [10]

Total [25]

QUESTION 5

The past few weeks has seen the country struggling with sensitizing its population about Listeriosis as food-borne disease caused by the bacteria, *Listeria monocytogenes*. The reservoir for the bacteria is soil, forage, water, mud and silage. Listeria tends to multiply in refrigerated foods that are contaminated. The problem with this disease is that it has a long incubation period of up to 70 days. Another problem is that with the modern lifestyle, it is impossible to eliminate the infection due to the food consumed as *Listeria* is transmitted through ingestion of raw or contaminated milk, soft cheese, vegetables and ready to eat meats. These foods are found in every home these days, and form the basic meal for most families especially school going children.

As a means of educating the public on the disease, you are expected to use leaflets and posters to send the message to the public. It is important to understand the communication process as this message is expected to reach the population and thus prevent the spread of the disease.

- a) Discuss the communication process stating how it is influenced by the environment.

[15]

- b) Discuss how you will maximize the likelihood that all members of the public are reached by your messages (messages received and thus behaviour change) as you work around sensitizing the public. [10]

Total [25]