



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

DEGREE IN ENVIRONMENTAL HEALTH SCIENCE

RE-SIT EXAMINATION PAPER 2019

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : EHS334

DURATION : 2 HOURS

MARKS : 100

INSTRUCTIONS :

- : READ THE QUESTIONS & INSTRUCTIONS CAREFULLY
- : **QUESTION ONE IS COMPULSORY THEN ANSWER ANY OTHER THREE QUESTIONS**
- : 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.
- : INDICATE YOUR PROGRAM ON YOUR ANSWER SHEET

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

QUESTION 1

The first health promotion conference took place in Ottawa in 1986. The conference's outcome was the five priority areas of health promotion.

- a) Discuss these priority areas stating the role they play in the success of health promoting interventions. [20]
- b) In 2000, the fifth health conference was held in Mexico and it was themed "bridging the equity gap". Discuss this theme stating its role in health promoting interventions. [5]

[25 MARKS]

QUESTION 2

- a) Discuss 5 guiding principles of health promotion. [20]
- b) Health education and health promotion have been used interchangeably by most people. However, these two are related yet different.
 - i) What is the difference between health education and health promotion? [3]
 - ii) How are the above two words related? [2]

[25 MARKS]

QUESTION 3

The social cognitive theory has been used in the implementation of health promoting interventions. Using the example of promoting fruits and vegetables among primary school pupils, discuss how such intervention can be implemented through the social cognitive theory. [25]

[25 MARKS]

QUESTION 4

Health is influenced by a number of factors. One of these factors is health services.

- a) Using appropriate examples, discuss how health services affect health. [10]

- b) Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. This is explained by the ecological model as it has a bearing on the health of communities. Explain the ecological model in relation to health promoting settings. [15]

[25 MARKS]

QUESTION 5

The health belief model is the oldest health behaviour model. It has been used in the implementation of vast health promoting interventions.

- a) Using the example of "prevention of diarrheal diseases among under 5s" intervention, discuss the intervention using the health belief model. [20]
- b) Community development is key in implementing sustainable health interventions. State 5 features of community development. [5]

[25 MARKS]