

Health Promotion Exam 2

1. Physical activity does all the following except
 - A. Promotes a positive energy balance
 - B. Increases metabolism rate for extended period of time
 - C. Increases metabolism efficiency for burning calories
 - D. Helps to counteract the decrease in metabolic rate

2. One of the following is the most appropriate response to improve access to health care
 - A. Reduce costs in health services
 - B. Training of health workers
 - C. Community based care approach
 - D. Giving health information

3. An ethical theory that justifies actions based on results is
 - A. deontology
 - B. Ontology
 - C. Teleology
 - D. Telepathy

4. A tool or mechanism for health related learning resulting in increased knowledge , skill development and change in behaviour is
 - A. Health protection
 - B. Health promotion
 - C. Training
 - D. Health education

5. Which of the following is an ideal step to solving health problems for all people
 - A. Many hospitals
 - B. Affordable health
 - C. Awareness on health matters
 - D. Access to health services

6. The fundamental objective of the Kenya Vision 2030 is to
 - A. Guide the health of people by 2030
 - B. Help transform Kenya into a middle income country by 2030
 - C. Harmonize the wide gap of levels of income by 2030
 - D. Decentralize health to all citizens by the year 2030

7. A suitable way to address new ideas and concepts in health should be to
 - A. Include in curriculum for teaching
 - B. Offer a continuing education
 - C. Integrate in teaching
 - D. Offer as common course

8. Who are the most vulnerable to health diseases in the society

- A. Women
 - B. Unemployed men
 - C. Children and the aged
 - D. Adolescents
9. The purpose of preventing illness is
- A. Reduce costs for health and improve employment
 - B. Promote health directed behavior
 - C. Promote awareness on health matters
 - D. Promote good health
10. The main barriers to health care services include
- A. Lack of services, high cost and lack of insurance
 - B. Lack of awareness, low income
 - C. Poor attitude of health care providers
 - D. Low income, poor infrastructure
11. The goal of health promotion is based on the Ottawa Conference of 1986 is
- A. Healthy people by 2010
 - B. Healthy people by 2020
 - C. Health for all by 2000 and beyond
 - D. overall wellness
12. Substance abuse is a leading health problem which falls under the
- A. Biomedical model
 - B. Clinical model
 - C. Socio - environmental model
 - D. Behavioral model
13. Health belief model is
- A. A training tool in health
 - B. For prevention and curative purposes
 - C. A tool developed to predict health behaviors
 - D. A theory for health education
14. Veracity is an important ethical issue in health promotion. Which of the following statements correctly explains it
- A. The obligation to tell the truth
 - B. Allowing people to reign over themselves
 - C. The priority to do good for the benefit of others
 - D. The obligation to avoid causing harm
15. The following are components of health promotion EXCEPT
- A. Nutrition and advocacy
 - B. Physical activity
 - C. Rehabilitative care of chronic diseases
 - D. Stress management
16. The following are components of moral reasoning EXCEPT

- A. Contemplation
 - B. Virtue based
 - C. Consequential
 - D. Non-consequential
17. The main aim of health promotion according to Ottawa charter was
- A. Re-emphasize determinants of health
 - B. Achieve health for all by the year 2000 and beyond
 - C. Emphasis on primary health care
 - D. Create supportive environment for health
18. Immunizations to prevent diphtheria, polio and tetanus are considered
- A. Initial intervention
 - B. Primary prevention
 - C. Secondary prevention
 - D. Tertiary prevention
19. WHO was formed in the year..... and has its headquarters in
- A. 1979, Geneva
 - B. 1947, Geneva
 - C. 1968, Zurich
 - D. 1952, Zurich
20. The following include various methods of touch therapy except
- A. Reflexology
 - B. Massage
 - C. Acupuncture
 - D. Acupressure

SECTION B: SHORT ANSWER QUESTIONS

1. Explain at least 4 principles and components of health promotion (8 marks)
2. Discuss the following ethical terms as pertains to health promotion (6 marks)
3. Explain the significance of Bangkok charter (10 marks)
4. Outline 8 rights of a health care consumer (8 marks)
5. Explain the four approaches to health promotion (8 marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

1. Discuss the core principles of health promotion according to the World Health Organisation(20 marks)
2. Discuss at least 10 strategies that a community health nurse can use in health promotion (20marks)