

**The National University of Lesotho**  
**FACULTY OF HEALTH SCIENCES SUPPLEMENTARY EXAMINATIONS**  
**FHS 3307 Health Promotion**  
**July 2023                      MARKS: 100                      TIME: 3HOURS**

**Instructions:**

**Read instructions very carefully**

**Edit and align your work properly**

**Answer all questions**

**Number your questions properly and do not create your own numbering**

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## Question One

Read the passage below and answer the questions that follow:

*I have heard of people with snakes in their body, how they got in there I don't know. And they take them some place to a witch doctor and snakes come out. My sister, she had something, a snake that was in her arm. She was a young woman. I can remember her being sick, and someone told her about this healer in another village. And I do know they taken her there. This thing was just running up her arm, whatever it was, just running up her arm. You could actually see it moving inside there!*

- (i) How do the people in this community define health? (2)
- (ii) What is the health knowledge of the people in this community? (2)
- (iii) What are the beliefs of the people in this community? Give one example. (5)
- (iv) What are the attitudes of the people in this community? Give one example (5)
- (v) What are the practices of the people in this community? Give one example. (5)
- (vi) What is the role of the health promoter in improving the health of this community? (6)

[25]

## Question two

- (a) Promoting healthy eating is one of the strategies you would use to assist people to adopt healthier eating behaviour. List the points that you would include in your advice? (14)
- (b) State any other 5 types of intervention activities in health promotion (10)

[24]

### Question three

Consider each of the following statements, and decide whether they are examples of primary, secondary or tertiary health education:

1. Education about adequate and balanced food providing enough nutrients, fibre and energy.
2. Rehabilitation training to maximize potential for healthy living following accident causing permanent disability, such as a loss of a limb or paralysis.
3. How to give first aid after an accident to maximize chances of full recovery.
4. How to adjust habits in cases of overweight or other reversible health problems, such as alcohol abuse.
5. Educating primary school kids about passive smoking
6. Accident prevention, including campaigning for safer roads and vehicles, as well as educating individuals about safe practices.
7. How to adjust eating habits to ensure maximum health and minimum complications in chronic incurable conditions such as juvenile-onset diabetes or food allergies.

[21]

### Question four

- (i) Identify any five social determinants of health (10)
- (ii) In one sentence each, explain how the factors you identified in (i) influence health (20)

[30]