

**NATIONAL UNIVERSITY OF LESOTHO**

**FACULTY OF HEALTH SCIENCES**

**DEPARTMENT OF NUTRITION**

**FIRST SEMESTER EXAMINATIONS**

**FHS 3307: HEALTH PROMOTION**

**JANUARY 2024**

**MARKS: 100**

**TIME: 3 HOURS**

**Instructions:**

**Read instructions very carefully**

**Answer all questions**

**Number your questions properly (don't create your own numbering)**

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### Question 1

Fill in the missing words

- a) Health Promotion is defined as..... (5)
  - b) Five main elements/principles of Health Promotion are ..... (5)
  - c) Four main activities of Health Promotion are..... (8)
  - d) Three central concerns of Health Promotion are..... (6)
  - e) State any three main diseases of lifestyle..... (6)
- [30]**

### Question 2

One of the ways in which WHO define lifestyles is:

‘Individual’s patterns of behaviour or personal characteristics, which include coping behaviour and personality issues that come into play in the face of stressful situations’. They suggest that when faced with difficult situations that cause you a lot of stress you should take the following actions:

- a) ..... (5)
- b) ..... (5)
- c) ..... (5)

**[15]**

### Question 3

Before mounting any health promotion programme, in order for it to be appropriate, adequate and cost effective, a needs assessment ought to inform such a programme. Methods of carrying out a needs assessment include research and information collection through:

- a) ..... (3)
- b) ..... (3)

- c) ..... (3)
- d) ..... (3)
- e) ..... (3)

[15]

**Question 4**

You want to design a health promotion intervention for members of a community who are afflicted by a number of health challenges including, nutrition-related challenges and a myriad of environmental hazards. Answer the following questions in one word, one phrase:

- (a) Select one health challenge relating to nutrition or any environmental hazard that would afflict members of a community (2)
- (b) How did you know that this was a challenge? (3)
- (c) What is their age? (1)
- (d) What is their socio-economic status? (2)
- (e) Are they from rural or urban areas? (1)
- (f) What is their knowledge about the health threat? (3)
- (g) What are their attitudes toward the health threat? (3)
- (h) What are their beliefs about the health threat? (3)
- (i) What are their practices regarding the health threat? (3)
- (j) What type of intervention activity would you want to carry out for these people? (3)
- (k) State one objective for your intervention (3)
- (l) State one strategy that you would use for your intervention? (3)
- (m) What resources will you need for your intervention? (5)
- (n) State how you would evaluate your intervention? (5)

[40]

**Total marks**

**[100]**

