

Assignment-I: (Modules 1-4) Session (2012-13)

(Attempt 4 questions in all, question 1 is compulsory. Attempt any three questions of your choice from question 2 to 7. Each question carries 25 marks)

Maximum marks: 100

- 1.** You are a district health officer and have been asked to develop a plan for health promotion programme for the selected group? (Answer in 1000-1200 words-Compulsory question)

Give answers to the following:

- i. **Health situation analysis**
 - a. List common problems in a selected group (adolescent/school children/pregnant women) in the area.
 - b. List the knowledge level, attitude and indigenous practices related to these common problems in the area.
 - c. List local health institutions and resources which are involved in the health programme of the selected group.
 - d. List relevant statistical data or local surveys or annual reports available in the district.
- ii. **List and prioritise the health problems in the above selected group.**
 - a. List of common health problems in the selected group.
 - b. Prioritize these health problems.
- iii. **Consider any one of the first three health problems in selected group which you have prioritised and list actions which would be required to solve the identified health problem in that group.**
 - a. Name of the health problems and actions which would be required to solve this problem.
 - b. Out of the actions, list what actions fall under the category of health promotion.
- iv. **Draw detailed implementation plan on health promotion programme by writing:**
 - a. Objectives which would be achieved in the year.
 - b. Inputs resources required.
 - c. Time-frame—specify the activities/tasks and time required for each of these tasks.
 - d. Outputs in terms of number of health promotion activities/services.
- v. **Develop a monitoring plan and built in feedback indicators for the health promotion programme among identified group in the district.**
 - a. Who will monitor?
 - b. What health promotion activities/services will be monitored/supervised?

- c. How will these be monitored based on reporting mechanism or filed visits?
 - d. What would be monitoring indicators?
 - e. How interpretation of indicators will be made and corrective action taken?
 - vi. How the final evaluation would be carried out, who would carry out this evaluation and how?
2. Explain the importance of social determinants in the health. Select any major health problem of your state/district (Anemia, Tobacco Use, CVDs, Cancers, HIV/VBD etc.). Explain with example how the social determinants affect the outcome in the selected major health problems.
 3. You have to develop a strategy to promote personal hygiene under School Health Programme. Suggest monitoring and evaluation strategy of the intervention also.
 4. Shyam is a 12 years old boy and studying in School. He is obese and does not perform physical activity.
 - a. What advice would you provide with respect to his physical activity and dietary pattern?
 - b. Suggest some supportive measures which could be initiated in the school.
 5. List some strategies which can be adopted to promote healthy diet and physical activity among
 - a. Adolescents in the School
 - b. Pregnant women at the Community level
 - c. Sedentary workers at the Workplace
 6. Suggest few strategies that can be initiated by Village Health and Sanitation Committee (VHSC) for healthy villages for health promotion.
 7. How can the health promotion strategies work in prevention and control of communicable diseases? Elaborate on any one of them.