



**RAJARATA UNIVERSITY OF SRI LANKA  
FACULTY OF APPLIED SCIENCES, MIHINTALE**

**B.Sc. (General) Degree in Health Promotion  
First Year – Semester II Examination – February/March, 2013**

**HPT 1108 - PRINCIPLES, STRATEGIES AND PRACTICES  
IN HEALTH PROMOTION**

**Time: 1 ½ hours**

**Answer all three (03) questions**

**Illustrate your answers with labeled diagrams where appropriate.**

1. Using examples, explain the major principles of health promotion described in Ottawa Charter by World Health Organization in 1986. (100 marks)
  
2. a) List five important determinants for each of the following health issues.
  - i. Alcohol consumption among youth
  - ii. Suicidal behavior of teenagers
  - iii. Obesity among women (30 marks)
- b) Outline the methodology to address one of the health issues mentioned above (2.a.) in a given community. (50 marks)
- c) Explain the importance of addressing determinants in health promotion approaches. (20 marks)
  
3. a) List five health promotion strategies. (10 marks)
- b) Briefly explain two of the strategies mentioned above (3.a.). (20 marks)
- c) Describe the major steps of a process to design a policy to create a 'healthy canteen' in the faculty premises. (70 marks)

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