



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

**B.Sc. (General) Degree in Health Promotion
First Year – Semester II Examination – March/April, 2014**

HPT 2107 – HEALTH IMPROVEMENT

Time: 1 1/2 hours

Answer all questions.

1. Imagine that you have been asked to conduct a one year health promotion project to reduce teenage pregnancies among a rural community in Mihintale MOH area.
 - (1.1) Draw your work plan for the initial three month period, mentioning expected progress using relevant indicators.

(40 marks)
 - (1.2) List three hidden and three evident obstacles that might negatively influence your expected progress.

(30 marks)
 - (1.3) Describe the measures that you would take to overcome one of the above obstacles which you have listed in the part (1.2) above.

(30 marks)

2. Following table shows information on three smokers.

Piyasena	35 years old famer who smokes 20 cigarettes a day. He has two children who are still schooling.
Kamal	25 years old, newly married bus conductor who smokes 10 cigarettes a day.
Ruwan	18 years old school boy who smokes occasionally.

(2.1) List two possible explanations that each smoker would provide to convince and continue smoking behavior.

(30 marks)

(2.2) As a Health Promoter, describe how you would improve self-confidence of each smoker to quit or reduce smoking. Support your answer with appropriate examples.

(70 marks)

3. Imagine that your field work group has been requested to submit a proposal to improve attendance of students of a given school.

(3.1) List five elements of wellbeing that you would like to focus in this proposal in order to improve their attendance.

(30 marks)

(3.2) Briefly describe your plan to improve one element you listed in part (3.1) above.

(40 marks)

(3.3) List five major obstacles you would likely to face when implementing this plan.

(30 marks)