



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

**B.Sc. (General) Degree in Health Promotion  
First Year- Semester II Examination – November /December 2016**

**HPT 1211 – EARLY CHILDHOOD CARE AND DEVELOPMENT & MATERNAL AND  
CHILD HEALTH**

**Time: Two (02) hours**

**Answer all four (04) questions.**

1. a) Describe three (03) indicators of nutritional status of children under 5 years old.  
(30 marks)
- b) Analyze the determinants that affect nutritional status of preschool children in rural settings in Sri Lanka.  
(30 marks)
- c) Discuss possible actions to address the most powerful determinants according to the above given analysis.  
(40 marks)
2. a) Explain the growth and development of a child, providing examples.  
(30 marks)
- b) “The first 1000 days are considered the most critical period for child growth and development”, justify this statement to a group of pregnant mothers.  
Describe how the success of your performance could be judged.  
(70 marks)

3. "Hapana Calendar" and "Mood Calendar" are tools which have been designed by community groups in order to improve child wellbeing.

a) Explain the determinants that can be addressed by these tools.

(50 marks)

b) Discuss how these tools can be used to initiate and maintain interventions with groups of mothers in different communities.

(50 marks)

4. a) Explain the idea of the six pillars of safe motherhood.

(40 marks)

b) Outline a health promotion program to promote wellbeing of pregnant mothers, using the concept of safe motherhood.

(60 marks)

END