

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 1108 - Principles, Strategies and Practices in Health Promotion

Time: 1 1/2 hours

Answer all questions.

Illustrate your answers with labeled diagrams where appropriate.

- 1. (1.1) Briefly explain the term "Health Promotion" with reference to Ottawa charter (1986), World Health Organization. (30 marks)
 - (1.2) Describe the importance of applying health promotion principles to improve the community wellbeing. (70 marks)
- 2. Roshani is an active member of the Health Promotion Society in her school. She planned to have a health promotion intervention through the society. The outline of her plan is as follows.
 - a) Provide a questionnaire to collect information related to communicable diseases, non-communicable diseases, obesity, tobacco use, alcohol use, exercise, food habits etc.
 - b) Measure the awareness level on above health aspects.
 - c) Identify the health aspects with low level of awareness.
 - d) Educate the students to improve awareness on the identified health aspects in (c).
 - (2.1) Discuss the strengths and weakness of the above plan. Briefly explain your suggestions to improve the plan further. (100 marks)

- 3. Underweight condition among the children below five years of age is one of the major health issues in rural communities in Sri Lanka.
- (3.1) Briefly describe the term "Determinant" using above issue as an example. (30 marks)
- (3.2) List five types of Health Promotion Strategies. (20 marks)
- (3.3) Describe the use of **two** types of health promotion strategies mentioned in (3.2) to address the underweight condition among the children below five years of age.

(60 marks)