



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

**B.Sc. (General) Degree in Health Promotion
Second Year – Semester II Examination – April/May 2012**

**HPT 2207
Health Improvement**

Answer all four questions

Time duration : 2 hours

1)

- 1.1 Explain the principles for initiating a successful process to improve health of an individual or members of a selected age group. (40 marks)
- 1.2 Discuss how you will address the obstacles you are likely to face in trying to improve health of a group of alcohol users who meet daily to consume alcohol. (60 marks.)

2)

- 2.1 Explain what you mean by a 'healthy lifestyle'. (50 marks)
- 2.1 Explain the main factors to address to 'improve the lifestyle' of given individuals. (50 marks)

3)

- 3.1 Explain why certain obstacles to improvement in health are not readily visible. (50 marks)
- 3.2 You have been asked to reduce the risk of HIV transmission among staff of a factory.
 - a) List 3 hidden obstacles and 3 evident obstacles each, which may arise. (20 marks)
 - b) Explain how you prepare yourself to deal with one of the above obstacles. (30 marks)

4)

- 4.1 What are the obstacles you are likely to face when you try to address malnutrition among children in a given MOH area?
- 4.2 How will you address these obstacles?