



**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**FACULTY OF ENVIRONMENTAL SCIENCES**

**DEPARTMENT OF ENVIRONMENTAL HEALTH**

**BACHELOR OF ENVIRONMENTAL SCIENCE HONOURS DEGREE IN PUBLIC  
HEALTH**

**HEALTH PROMOTION**

**EPH 1101**

**Examination Paper**

**October 2024**

This examination paper consists of 2 pages

**Time Allowed: 3 hours**

**Total Marks: 100**

**Special Requirements: None**

**Examiner's Name: Mrs V. Ndlovu**

**INSTRUCTIONS**

1. Answer any **FOUR** questions
2. Each question carries 25 marks

**MARK ALLOCATION**

<b>QUESTION</b>	<b>MARKS</b>
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
<b>TOTAL</b>	<b>100</b>

### Question 1

- a) Differentiate between health education and health promotion (5 marks).
- b) Give a detailed account of the principles of Health Promotion as determined by the World Health Organisation (WHO) (20 marks).

### Question 2

You have been tasked to develop a health promotion program to address risky sexual behaviour and substance abuse among adolescents and young adults in urban areas. With the aid of the PRECEDE-PROCEED model, describe the activities that will take place at each phase of your plan. (25 marks)

### Question 3

Using your knowledge of the epidemiology of Mpox (monkeypox), design an appropriate health education campaign for a rural community in Zimbabwe. Justifying your strategic choices, describe your campaign using the subheadings given below:

- a) The selected health education approach (5 marks)
- b) Targeted population group (5 marks)
- c) Health education settings (5 marks)
- d) Educational methods and materials (5 marks)
- e) Health educators (5 marks)

### Question 4

The evolving challenge of misinformation and disinformation poses a significant risk to effective public health communication. Briefly outline the strategies you would recommend to ensure health promotion efforts are not compromised in Zimbabwe. (25 marks)

### Question 5

Demonstrate how the Health Belief Model (HBM) can be applied to a smoking cessation program. (25 marks)

### Question 6

Explain how Public Health Practitioners can engage in 'Healthy Public Policy' to further strengthen health promotion activities in Zimbabwe. (25 marks)