



UNIVERSITY EXAMINATIONS 2022/2023

FIRST YEAR, SECOND SEMESTER EXAMINATION FOR BACHELOR OF SCIENCE IN
HEALTH SYSTEMS MANAGEMENT

NNH 3153: HEALTH PROMOTION AND EDUCATION

DATE: APRIL 2023

TIME: 2 HOURS

INSTRUCTIONS: Answer question one and any other two questions

Question One-Short Answer Questions

- a) Define the following terms (1 mark each)
 - i. Good health
 - ii. Health promotion
 - iii. Physical health
 - iv. Mental Health
 - v. Social health
- b) State five objectives of health education and promotion (5 marks)
- c) State five principles of health education and promotion (5 marks)
- d) Describe four health promotion models (8 marks)
- e) State two types of change (2 marks)
- f) State five settings for health education (5 marks)

Question Two

Imagine you are the health systems manager of Lapogi County Referral Hospital. You have been tasked with the responsibility of carrying out a health education program in the community. Discuss how you will design and implement the program. (20 marks)

QUESTION THREE

Discuss the theories of health education and their application in different health settings and populations. (20 marks)

QUESTION FOUR

Training of health educators is important for the success of any health education program.

- a) State four assessment methods that can be used while training health educators (4 marks)
- b) Describe four methods that health educators can use while teaching groups in a community. Include two advantages and two disadvantages for each method (16 marks)