



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR MASTERS IN PUBLIC HEALTH
2ND YEAR 1ST SEMESTER 2024 ACADEMIC YEAR
KISUMU CAMPUS

COURSE CODE: HMP 5139

COURSE TITLE: HUMAN BEHAVIOR AND HEALTH

EXAM VENUE:

DATE: TIME: 3 HOURS

Instructions:

- 1. Answer question 1(Compulsory) and any other three questions**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

ANSWER QUESTION 1(COMPULSORY) AND ANY OTHER THREE QUESTIONS- 15 MARKS EACH

QUESTION 1 (COMPULSARY, 15 Marks)

You have been appointed as the Health Promotion Specialist in county B to spearhead the health promotion activities. The key health challenge facing the county is drug abuse among the youth; the governor has requested that you identify 5 health promotion approaches/methods which you will use to promote health among the youth in order to reduce this menace. Using examples, discuss FIVE Health Promotion approaches/methods that you will put in place to change the situation (15 marks).

QUESTION 2 (15 Marks)

Several studies have linked stress to many chronic conditions that affect human beings.

- a) Define stress and describe its causes, signs and symptoms (5 marks)
- b) Explain the effect of stress on the heart function and describe related health problems (10 marks)
- c) Discuss ways of preventing and managing stress. (5 marks)

QUESTION 3 (15 Marks)

- a) Discuss how attitudes, values and belief system are related to health behavior (10 marks)
- b) Explain how you can solve attitude related health problems (5marks)

QUESTION 4 (15 Marks)

You have been hired by a large company as a health promotion manager to design a program for prevention, control and management of obesity among employees which is on the rise. Using ecological model, with relevant examples for illustration, discuss how you will perform this task based on FIVE Ecological model levels of influence (15 marks)

QUESTION 5 (15 Marks)

Discuss any FIVE socio-cultural determinants of non-communicable diseases in Kenya. (15 marks)

QUESTION 6 (15 Marks)

- a) Differentiate health promotion and health education (5 marks)
- b) Discuss the relevance of health promotion in prevention and control of diseases in Kenya (10 marks)