

HMP 5138: THEORY AND PRINCIPLES OF HEALTH PROMOTION

This paper has six (6) questions.

Each question is 15 marks

Answer any four questions.

1. The aim of the Ottawa conference was to continue to identify action to achieve the objectives of the World Health Organization (WHO) *Health for all by the year 2000* initiative, launched in 1981.
 - a) Briefly explain three basic strategies for health promotion at Ottawa charter **(6 marks)**
 - b) Outline health promotion priority action areas identified in the Ottawa Charter **(9 marks)**

2. The PRECEDE-PROCEED model help experts in health promotion plan programs that exemplify an ecological perspective. Briefly describe the **Nine (9)** steps that are involved in executing this strategy.

(15 marks)

3. Discuss the **Five (5)** Priorities for health promotion in the 21st Century as declared in Jakarta conference on Health Promotion **(15 marks)**

4. Discuss in details the positive and negative health implications of the lifestyle changes that come as a result of positive changes on economic level of an individual **(15 marks)**

5. Discuss the major factors in the community that influence the success of health promotion interventions **(15 marks)**

6. Describe the self-empowerment model and explain how it can be used to influence positive behaviour change in the community **(15 marks)**