
Final Exam

Subject: Health promotion

Version 1

Open Question - 1 point, Total: 15 points; Closed Question (MSQ) - 0.5 point, Total: 20 points; True / False - 0.25 point, Total: 5 points; Total score - 40 points.

Open Questions 1 point, Total: 15 points

1) What does it mean new Public Health and explain main directions of Ottawa Charter;?

Third era of evolution of health promotion, Ottawa charter found, more focus on empowerment of citizens. Ottawa charter focuses on how to achieve health through health promotion.

2) What is a difference between health promotion and diseases prevention, please explain;

a) Health promotion sees health as not just medical and focus on participation of public

b) Diseases prevention targets disease and risk factors, and train professionals with technical language.

3) Please define term enabling by Ottawa Charter and please give example;

a) Enabling people to achieve their fullest health potential by achieving health equity and ensuring equal opportunities for everyone.

Example: using community development approaches to develop local communities.

4) Please define health promotion by Ottawa Charter;

a) Health is defined as the fundamental resource which permits people to lead an individually,

socially and economically productive life

5) Please explain prerequisites for health;

a) Peace

- b) Shelter
 - c) Education
 - d) Food
 - e) Income
 - f) Stable Ecosystem
 - g) Sustainable resources
 - h) Social Justice n equity
- 6) Please describe three era of health care development since second world war;
- a) Post war medicalization-treatment (mid 50-60)
 - b) Lifestyle-Prevention (mid 60-80)
 - c) New Public Health Promotion (-mid 80)
- 7) Please give an example of “cost of equity”;
- a) Cost of equity refers to a shareholder’s required rate of return on an equity investment.It is the rate of return that could have been earned by putting the same money in a different investment with equal risk.
Example : The cost of equity is the rate of return required to persuade an investor to make a given investment
- 8) What does it means the term “reorient health services”;
- 9) Please explain health promotion action areas and describe what does it means “healthy public policy”;
- i) Healthy public policy
 - ii) Supportive environment
 - iii) Community action
 - iv) Personal skills
 - v) Health service

10) What does it mean healthy public policy, please give example;

a) Healthy public policy is characterized by an explicit concern for health and equity in all areas of policy and by an accountability for health impact. The main aim of health public policy is to create a supportive environment to enable people to lead healthy lives

Example : i) Road Safety

ii) Tobacco regulation

iii) Drink-Driving Laws

iv) Anti-Bullying Policy in Schools

11) Please describe advocacy methods and give examples of Mobilizing;

a) Advocacy is an activity by an individual or group that aims to influence decisions within political, economic and social institutions.

Lobbying is a type of advocacy

Advocacy methods

- a. Identifying the issue
- b. Developing solutions
- c. Building support
- d. Monitoring
- e. Evaluating

Example of Mobilizing : The government can mobilize the army at the time of war or under stressful conditions

12) Please explain smoking harm globally and locally (in your country), give example;

13) Please define term Mediation by Ottawa charter and please give example;

Mediation is the process where different interests of individuals' communities, even public and private sectors are reconciled in ways that protect and promote health

14) Please describe what does it mean Advocate for Health and list roles of advocate;

i) An Advocate for health is someone who supports and promotes the rights of patients, helps build capacity to improve community health and enhance health policy

ii) Roles of an Advocate

a) Protect autonomy

b) Legal Counselling for an individual or a group

c) Empowering the patient

15) Please define Empowerment and its levels, also please give example

a) Empowerment is the process of people acquiring more power or control over their lives

Current evidence shows that empowerment works at many different levels – individual, community, society, global – all of which should be considered and supported when possible

Example : The Expert Patient Programme (EPP)

The EPP is a peer-led initiative for people living with long-term conditions.

Closed Question - 0.5 point, Total: 20 points

16) Post war medicalization not characterized by (please underline one correct answer)

A. Developments in clinical medicine B. Growth of hospitals C. Decrease of health budgets

17) Prerequisites for health are (please underline two correct answers):

A. Education B. Unstable eco-system C. Peace

18) Promotion means (please underline two correct answers):

a) Improve B. Control C. Improve

19) What is cost of eradicating poverty from global income (please underline one correct answer):

A. 3% B. 1% C. 7%

20) Advocacy methods are (please underline two correct answers):

A. Networking B. Debriefing C. Lobbying

21) The benefits of “sectorisation” are (please underline two correct answers):

A. Effectiveness B. Continuity C. Empowerment

22) Reasons to collaborate are (please underline two correct answers):

A. Crisis management B. Environment C. Failure of adversarial methods

23) Positive communication is (please underline two correct answers):

A. Purposeful B. Seldom C. Recognizable

24) What are the solid facts of social determinants of health (please underline two correct answers):

A. **Stress** B. Happiness C. **Work**

25) The purpose of health impact assessment is to (please underline two correct answers): A. **inform decision makers** B. **influence decision makers** C. promote enjoined-up working

26) Factors which impact on our health are (please underline two correct answers):

A. **Social environment** B. Educational environment C. **Physical environment**

27) Sense of coherence in salutogenesis is (please underline one correct answer):

A. Educational component B. **Motivational component** C. Social component

28) Health behavior are (please underline two correct answers):

A. **Stopping smoking** B. Having sex; C. **Getting sleep**

29) Smoking cessation technology is (please underline one correct answer):

A. Decrease motivation B. **Cutting down;** C. Friends advise

30) Consensus approach are (please underline two correct answers):

A. **Intention** B. Intervention C. Skills

31) Health education approaches are (please underline two correct answers):

A. **Information** B. Intervention C. **Pledge**

32) Strategies through which innovations pass are (please underline two correct answers): A. **Positive attitude** B. Positive thinking

C. **Trying it**

- 33) Key role in the adoption processes plays (please underline two correct answers):
 A. Change agents B. Nom-governmental organizations C. Opinion leaders
- 34) Participants and environment can be studied at varying levels plays (please underline two correct answers):
 A. Groups B. governmental C. population
- 35) Interpersonal ecologic model contains (please underline two correct answers):
 A. Formal network B. Personal behavior C. Workgroup
36. Lifestyle era characterized by (please underline two correct answers):
 A. Affluence products risk B. Prevention, to control health costs C. Focus on groups' behavior
37. Prerequisites for health are (please underline two correct answers):
 A. Education B. Unstable social conditions C. Peace
38. Prevention means (please underline two correct answers):
 A. Limit B. Improve C. Stop
39. Health promotion covers (please underline two correct answers):
 A. Settings approach B. Improvement C. Empowerment
40. What is cost of eradicating poverty from respective national incomes (please underline one correct answer):
 A. 3% B. 1% C. 7%
41. The benefits of "sectorisation" are (please underline two correct answers):
 A. Efficiency B. Constancy C. Engagement
42. Reasons to collaborate are (please underline two correct answers):
 A. Rise of "indivisible" problems B. Control of environmental turbulence C. Social justice
43. Positive communication is (please underline two correct answers):
 A. Purposeful; b) Seldom; c) Recognizable

44. What are the solid facts of social determinants of health (please underline two correct answers):

A. Work B. Unemployment C. Peace

45. The purpose of health impact assessment is not to (please underline one correct answers):

A. Inform decision makers B. Influence decision makers C. Promote enjoined-up working

46. Sense of coherence in salutogenesis are (please underline two correct answers):

A. Educational component B. Motivational component C. Cognitive component

47. Unplanned health behavior is (please underline one correct answer):

A. Dieting B. Eating another cookie C. Taking medication

48. Smoking cessation technology components are (please underline two correct answers):

A. Establishing motivation B. Relapse C. Friends advise

49. Consensus approach are (please underline two correct answers):

A. Norms B. Incomes C. Intention

50. Health education approaches are (please underline two correct answers):

A. Information B. Intervention C. Self-esteem

51. Strategies through which innovations pass are (please underline two correct answers):

A. Knowledge of existence B. Sustainability C. Decision to adopt

52. Key role in the adoption processes plays (please underline two correct answers):

A. Change aides B. Non-governmental organizations C. Opinion leaders

53. Social ecology contains plays (please underline two correct answers):

A. Ecology B. Economy C. Social ecology

54. Participants and environment can be studied at varying levels plays (please underline two correct answers):

A. Individual B. Governmental C. Population

55. Interpersonal ecologic model contains (please underline two correct answers):

A. Formal network B. Personal behavior C. Formal network

True / False - 0.25 point, Total: 5 points

56. New public health not contains settings approach to health:

A. True B. False

57. Income is not a prerequisites for health:

A. True B. False

58. Greening to detect elevated risk factors is a diseases prevention tool:

A. True B. False

59. Health promotion is a ecological orientation:

A. True B. False

60. Community action is a health promotion action area:

A. True B. False

61. Break away from sectorial policy making is a part of healthy public policy:

A. True B. False

62. Create movement for change is a advocacy tool:

A. True B. False

63. Poor communication reduces capacity for exchange and synergy:

A. True B. False

64. Health impact assessment (HIA) is a combination of procedures, methods and tools by which a policy may judged as to its potential effects on the health of population:

A. True B. False

65. The function of HIA is to help address equalities in health:

A. True B. False

66. New public health not contains emphasis on citizens' priorities:

A. True B. false

67. Shelter is not a prerequisites for health:

A. True B. false

68. Structural interventions to control risky behavior is a disease prevention tool

A. True B. false

69. Health services are health promotion action area:

A. True B. false

70. Capacity building of future leaders in health promotion is a part of healthy public policy:

A. True B. False

71. Building alliances is not a advocacy tool:

A. True B. false

72. Poor communication without hearing of progress, partners can become encouraged:

A. True B. false

73. Health impact assessment (HIA) is a combination of procedures, methods and tools by which a program/project may judge as to its potential effects on the health of population:

A. True B. false

74. The purpose of HIA is to place public health on the agenda:

A. True B. false

75. The physical environment is not impact on your health:

A. True B. false