



W1-2-60-1-6

**JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2023/2024**

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE IN  
PUBLIC HEALTH**

**PPH 3101: PRINCIPLES OF HEALTH, HEALTH EDUCATION AND PROMOTION**

**DATE: AUGUST 2024**

**TIME: 3 HOURS**

**INSTRUCTIONS:**

**This paper has six (6) questions, and each question is 25 marks. You should answer any four (4) questions.**

1. Health promotion is, as stated in the 1986 World Health Organization Ottawa Charter for Health Promotion, the "process of enabling people to increase control over and to improve their health". Discuss (25marks).
2. a) Explain the historical background and evolution of public health (10marks).  
b) Discuss some of the major achievement of public health in disease prevention and control in the 21<sup>st</sup> Century (15 marks).
3. a) Discuss the importance of effective waste management in public health (10marks).  
b) Identify challenges of waste management in your country and propose strategies to promote sustainable waste management practices (15 marks).
4. a) Discuss the interlinkages between different SDGs and their impact on public health (15marks).  
b) Provide examples of how addressing one SDG can have positive effects on other related goals (10 marks).
5. Unwanted pregnancies are common among university students in developing countries. Demonstrate how you would use health education and health promotion approach to prevent these unwanted pregnancies (25 marks).
6. Septic arthritis (SA) is infection of the joints and commonly affects the hip and knee joints and more common in children than adults. It is preventable disease with early diagnosis and treatment. However, despite it being a highly preventable disease, its sequelae continue to rise in developing countries due to misdiagnosis and poor management. Discuss how you would use health education and health promotion approaches to improve the outcome of pediatric septic arthritis (25marks).