



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2025_1 EXAMINATION**

COURSE CODE: PHS819

COURSE TITLE: HEALTH PROMOTION AND EDUCATION

CREDIT UNIT: 2

TIME ALLOWED: 1 Hour 30 Minutes

INSTRUCTION: ANSWER ALL QUESTIONS

TOTAL MARKS: 70

1. Briefly write on each of the following:
 - a. Using health promotion theories in practice (5 marks)
 - b. Health Belief Model (5 marks)
 - c. The Stages of Change (Trans-theoretical) Model (5 marks)
 - d. Social Cognitive Theory (5 marks)

- 2a. Fully explain the concept of a community (10 marks).
- 2b. Briefly discuss on the following:
 - i. Empowerment (5 marks)
 - ii. Community participation and ways of working with communities (5 marks).

- 3a. In assessing the needs for planning health promotion intervention, **list 5 range of sources** that can be used (5 marks).
- 3b. Enumerate the steps for planning health promotion intervention (7 marks).
- 3c. Fully discuss HEBS Evaluation Framework for Health Promotion under the following headings: **Planning stage**, **Design and Pilot Stage**, **Implementation Stage (Early Start-up)**, **Implementation Stage (Establishment)**, **Implementation Stage (Fully Operational)** and **Dissemination Stage** (18 marks).