

National University of Ireland, Galway
Ollscoil na hEireann, Gaillimh

Summer Examination 2001

Diploma in Health Promotion

Paper 6

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Professor Cecily Kelleher
Ms. Geraldine Nolan
Dr. Margaret Hodgins
Professor Michael Hynes

Time allowed for each section is 45 minutes

Answer **one** question in each section
Use a separate answer book for each section

Section A: Nutrition, Diet and Health

- Q. 1. Write an essay on obesity, and discuss the public health implications of increasing levels of obesity in Ireland.
(Ms. G. Nolan)
- Q. 2. Write an essay on the dietary habits of the Irish population based on the SLÁN findings. How do these compare with recommended healthy eating guidelines ?
(Ms. G. Nolan)

Section B: Health Promotion in Primary Care

- Q. 3. Appraise the Community Mothers Programme as a health promotion intervention in a primary health care setting.
(Dr. M. Hodgins)
- Q. 4. "Many GPs would argue that their particular expertise is in diagnosis and treatment, not health promotion" (Naidoo and Wills, 1998, p. 143).
Discuss this statement, referring to the opportunities for, and the limitations to, health promotion within general practice in Ireland.
(Dr. M. Hodgins)

Section C: Environmental Health Promotion

- Q. 5. Strategies for population control include family planning, women's education, socio-cultural reform and socio-economic change. Give examples of what each of these might entail and discuss the advantages and disadvantages in each case.
(Prof. C. Kelleher)
- Q. 6. There is an increasing awareness of the unique susceptibility of children to environmental toxicants such as lead and synthetic pesticide residues in food. Discuss this statement and outline some of the implications for agencies concerned with public health.
(Prof. M. Hynes)

Section D: Health Promotion in the Workplace

- Q. 7. Consider how the demographic characteristics of employees, including age, gender and social class, are important in planning and implementing a health promoting workplace environment. *(Prof. C. Kelleher)*
- Q. 8. Ethical dilemmas in the workplace include issues of conflicting loyalties on the part of health professionals and the possibilities of "victim blaming" of employees. Outline with examples, what these particular dilemmas might be and indicate how they might be handled or avoided. *(Prof. C. Kelleher)*