

National University of Ireland, Galway

Evening B.A.(Economic and Social Studies)

Summer Examination 2000

**Concepts and Principles of Health Promotion**

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Duration: 3 hours

Answer *four* questions

- Q 1. Define both the biomedical and biopsychosocial models of health. Give an outline of the advantages and disadvantages of each. What are the applications of each for health promotion?
- Q 2. The settings approach to health promotion is said to be "the Ottawa Charter in action". Enlarge on this statement, addressing each component of the Ottawa Charter in the case of (a) Schools  
*or*  
(b) Workplace  
*or*  
(c) Cities
- Q 3. Describe the components of Prochaska's "Stages of Change" model of behaviour. Apply each component to the development of anti-smoking health promotion strategies.
- Q 4. Define, outline the process of and discuss the importance of:  
(a) Evaluation  
*or*  
(b) Needs assessment  
in the case of a cardiovascular health promotion programme.
- Q 5. "The only thing we have to fear on this planet is man". Carl Jung (1875-1961). Discuss this with particular reference to man-made environmental hazards.
- Q 6. What do you consider to be the biggest environmental hazards to health in the 21st century? Explain your answer.
- Q 7. Imagine that you are an independent advisor to Government on environmental policy. What are the issues in which you feel action should be taken to maintain environmental health and what are the barriers to an effective environmental health policy?
- Q 8. What health promotion interventions might be effective in reducing childhood accidents? Include intersectoral considerations in your answer.