

National University of Ireland, Galway
Ollscoil na hÉireann, Gaillimh

Summer Examination 2000

**Certificate/Diploma in Health Promotion
St. Angela's College, Sligo.**

Paper 3

Dr. Margaret Thorogood
Professor Cecily Kelleher
Dr. Margaret Hodgins
Ms. J. Harrington

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. What nutrients have been implicated in the relationship between diet and cancer and what nutrition messages have been targeted at the general population with regard to cancer prevention?
(Ms. J. Harrington)
- Q. 2. Describe how data on the populations food consumption can provide useful data for the design of nutrition health promotion programmes.
(Ms. J. Harrington)

Section B: Health Promotion in Primary Care

- Q. 3. One approach to providing primary health care is the use of minimally trained community health workers. Give **TWO** examples of such workers within the Irish health care services and discuss in each case, their potential for promoting health.
(Dr. M. Hodgins)
- Q. 4. Describe the key components of the process of community participation in primary health care and identify links with the principles of health promotion.
(Dr. M. Hodgins)

Section C: Health Promotion in the Workplace

- Q. 7. What are the main measures used to assess social class? Outline the principal causal explanations given for the variations seen in health status according to social class.
(Prof. C. Kelleher)
- Q. 8. What are the main advantages and disadvantages to the workplace as a health promotion setting? Outline briefly how a cardiovascular programme might be set up using an Ottawa Charter framework.
(Prof. C. Kelleher)