

SBE101



OFFICE OF THE DEPUTY PRINCIPAL  
ACADEMIC, STUDENT AFFAIRS AND RESEARCH

---

## UNIVERSITY EXAMINATIONS

### 2022/2023 ACADEMIC YEAR

#### FIRST YEAR FIRST SEMESTER MAIN REGULAR EXAMINATION FOR THE DEGREE OF BACHELOR BUSINESS MANAGEMENT

COURSE CODE: SBE 101

COURSE TITLE: HEALTH AWARENESS

DATE: 07/12/2022

TIME: 9:00 AM

---

#### INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 5 PRINTED PAGES

PLEASE TURN OVER

**INSTRUCTIONS TO CANDIDATES**

- i. *Answers all question in section A, B and C*
- ii. *Do not write on the question paper.*

**SECTION A: MULTIPLE CHOICE QUESTIONS - MCQs (20 MARKS)**

1. The main goal of the Health Awareness course is \_\_\_\_\_
  - a. Identify common diseases and their symptoms
  - b. To inculcate health seeking behavior and values of good health
  - c. Enable learners gain knowledge and skills for the identification, prevention and management of health issues
  - d. To build awareness and public control on health matters
  
2. Which one is the functional definition of health?
  - a. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
  - b. Health is the ability of individuals or communities to adapt and self –manage when facing physical, mental, psychological and social challenges within their environments.
  - c. Health refers to preventing diseases, prolonging life and promoting human health
  - d. Health involves improving quality of life through promotion of health behaviors and disease Surveillance.
  
3. Which combination of personal habits reflect good personal hygiene practices?
  - a. Bathing once in a week; brushing teeth once a day and washing hands before eating food.
  - b. Brushing teeth especially before going to bed; washing hair at least once a week and washing hands with soap after using toilet
  - c. Hanging clothes in the sun; using detergents or soap to clean the vagina and hanging panties in the bathroom for privacy
  - d. Washing hair with shampoo at least once a month; changing clothes from work and brushing teeth once a day
  
4. Universal Health Coverage (UHC) focuses on \_\_\_\_\_
  - a. Physical accessibility and sociocultural acceptability of services
  - b. Income and financial accessibility of services
  - c. Access and coverage of services
  - d. Population resilience and adaptability
  
5. Which one was not a UHC pilot county in Kenya?
  - a. Kisumu
  - b. Mombasa
  - c. Nyeri
  - d. Machakos
  
6. Which combination of foods reflects a balanced diet?
  - a. Fruits; vegetables; potatoes; milk; nuts; meat
  - b. Vegetables; rice; milk; sugar; beans; liver
  - c. Fruits; pasta; chees; eggs; liver; dried fish;
  - d. Fresh fish; pee-nut butter; yogurt; Irish potatoes; boiled bananas and ugali

**SBE101**

7. Which is not an outcome of eating junk food?
- Heart disease
  - Poor concentration
  - High cholesterol
  - High level of performance
8. Substance abuse is best defined as \_\_\_\_\_
- Repeated use of substances in situations that are physically hazardous such as piloting a plane
  - A recurrence of substance abuse related legal problems
  - Repetitive use of substances resulting in recurrent and significant adverse consequences
  - Failure to fulfil obligations at work, school or home
9. Which substance of abuse has the most addictive properties?
- Alcohol
  - Opium
  - Cocaine
  - Tobacco
10. A small amount of drugs of addiction acts as \_\_\_\_\_, a greater amount acts as \_\_\_\_\_, and an even larger amount may \_\_\_\_\_
- Stimulant; sedative; kill
  - Sedative; stimulant; poison
  - Poison, stimulant; kill
  - Stimulant; poison; kill
11. How many carcinogens in tobacco smoke?
- 23
  - 33
  - 43
  - 53
12. The most important acute and fast acting pharmaceutical agent responsible for addiction is \_\_\_\_\_
- Tar
  - Nicotine
  - Carbon monoxide
  - Nitrogen Oxide
13. What do you understand by the term "Halitosis" as used in public health?
- Loss of appetite
  - Yellowing of teeth and facial hair
  - Low sperm count
  - Bad breath
14. The main aim of Tertiary Prevention in public health practice is to \_\_\_\_\_
- Prevent onset of disease or occurrence of injury
  - Reduce the impact of a disease or injury as soon as possible to halt or slow progression
  - Ameliorate the impact of an on-going illness or injury that has long-lasting effects
  - Reduce population exposure to global pandemics such as Ebola
15. Which combination of interventions is an example of Tertiary prevention?
- Legislation and enforcement

## SBE101

- b. Regular examination and screening
  - c. Diet and exercise
  - d. Vocational rehabilitation and support groups
16. For a communicable disease to occur and be transmitted, a combination of three critical elements must exist:-
- a. Virulence; genetic susceptibility and exposure
  - b. Disease agent; host and environment
  - c. Immunological status; anatomic structure and exposure
  - d. Social context; physical location and sanitary conditions
17. Which combination of diseases presents the four main types of Non-Communicable Diseases?
- a. Cancers; tuberculosis; heart attack; asthma
  - b. Diabetes; asthma; Cancers; heart attack
  - c. Measles; Diphtheria; Poliomyelitis; Bronchitis
  - d. Onchocerciasis; Schistosomiasis; Leptospirosis; Leprosy
18. Which is not a risk factor associated with Non-Communicable Diseases?
- a. Harmful use of alcohol
  - b. Tobacco use
  - c. Sedentary life
  - d. Athletics
19. Which is not a contributing factor for marginalization of Neglected Tropical Diseases (NTDs)?
- a. Diseases are not of commercial interest to the pharmaceutical industry
  - b. They mainly affect the poorest countries of the world
  - c. Funding of intervention programmes by developing country governments
  - d. Donors have concentrated on a cluster of diseases for funding, e.g. – Malaria, TB and HIV/AIDS
20. A method of choice for legitimate community participation in public health programmes.
- a. Cooperation
  - b. Legitimizing decisions already made
  - c. Cooperation; planning and joint decision-making
  - d. Contribution of labor and materials such as stones, bricks and sand

**SBE101**

**SECTION B: SHORT ANSWER QUESTIONS SAQs (40 MARKS)**

1. Define the following terms (5 marks)
  - a. Public health
  - b. Environmental health
  - c. Hygiene
  - d. Basic Sanitation
  - e. Stress
  
2. Explain what you understand by the terms below: (5 marks)
  - a. Gender
  - b. Sex
  - c. Gender equality
  - d. Poverty-
  - e. Gender based violence (GBV)
  
3. What is Tobacco and why is it important in the study of health? (5 marks)
  
4. Outline Five (5) key models/theories of health commonly used in the solution of Public health problems. (5 marks)
  
5. Poor people have often been categorized as those living below US\$ 2 or less per day. From a social development perspective, outline five (5) characteristics of what it means to be poor (5 marks)
  
6. Are gender roles assigned by society to males and females protective or damaging to health? Explain your answer giving examples (5 marks)
  
7. Outline five roles of the County Health Management Team in the delivery of Health services in Kenya. (5 marks)
  
8. Define and make brief notes on health equity. (5 marks)

**SECTION C: LONG ANSWER QUESTIONS-LAQs (40 MARKS)**

9. Outline the Principles of Primary Health Care. How can you use multi-sectoral collaboration to improve sanitation in your community? (20 marks)
  
10. Due to life style changes in the last three decades in Kenya, there has been a corresponding shift in disease patterns from predominantly communicable to Non-Communicable diseases (NCDs). (20 marks)
  - a. Identify four (4) main types of NCDs, (4 marks)
  
  - b. Choose one of these diseases and discuss in detail the causes and prevention measures you will apply to control its occurrence (16 marks)