

**UNIVERSITY OF KABIANGA**

**UNIVERSITY EXAMINATIONS**

 **2014/2015 ACADEMIC YEAR**

**SUPPLIMENTARY/SPECIAL EXAMINATION**

**FIRST YEAR FIRST SEMESTER EXAMINATION**

**FOR THE DEGREE OF BACHELOR OF BUSINESS MANAGEMENT**

**COURSE CODE: BBM 107**

**COURSE TITLE: HEALTH AWRENESS**

**INSTRUCTIONS TO CANDIDATES:**

**ANSWER QUESTION ONE AND ANY OTHER THREE QUESTIONS**

**QUESTION ONE**

1. Provision of good health services remains a challenge to Kenya. In your opinion, what problems does the health sector face and what solutions would you suggest. (10 marks)
2. Discuss **FIVE** measures that can be undertaken to prevent Malaria infection. (10 marks)
3. State the roles of Hospital Management Team towards the provision of holistic care to the patients. (5 marks)

**QUESTION TWO**

1. Immunization among children is important. Please explain why this is so. (10 marks)
2. Describe **FIVE** strategies of Primary Health Care according to World Health Organization. (5 marks)

**QUESTION THREE**

1. Obesity contributes to several lifestyle diseases. In order to categorize a person as an obese, body mass index is done. Describe how this is carried out and the categories of these indices. (10 marks)
2. List **FIVE** preventable causes of diseases. (5 marks)

**QUESTION FOUR**

1. In life, stress is encountered quite often. We cannot eliminate stress from our lives, but we can learn how to manage it and how to use it to our advantage. Describe **FIVE** mechanisms to manage stress. (10 marks)
2. Write short notes on management of integrated health programs. (5 marks)

**QUESTION FIVE**

1. What do you understand by the term lifestyle diseases? (2 marks)
2. High blood pressure is a disease that is increasing in frequency in Kenya. Define Blood pressure and state **FIVE** commonest symptoms. (7 marks)
3. Write short notes on ways of preventing high blood pressure. (6 marks)