

## Level 1 Award in Health Improvement

### Specimen Examination Paper

#### INSTRUCTIONS TO CANDIDATES

1. Attempt to answer every question.
2. Enter your answers on the accompanying answer sheet. Each question has only **ONE** correct answer
3. You have **45 MINUTES** to complete the examination. When you have finished give your answer paper and answer sheet to the person in charge.
4. The pass mark for this examination is 17/25.

- 1 Which of the following is the WHO definition of health?
- A** Health is a state of financial security and freedom from all forms of illness.
  - B** Health is a state of mind and dependent on having a positive outlook as well as good physical and mental health.
  - C** Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity
  - D** Health is the absence of disease and infirmity with the freedom to visit your GP regularly
- 2 The WHO definition of health is important because it:
- A** Includes a reference to exercise
  - B** Excludes younger people
  - C** Includes all types of health
  - D** Excludes older people
- 3 Which of the following is NOT an example of a public health advance that has resulted in a large scale improvement in public health?
- A** Improved sanitation
  - B** Discovery of antibiotics
  - C** Increased life span
  - D** Effective vaccinations
- 4 Improvements to which of the following have improved health?
- A** Broadband speed and access to social media
  - B** Nutrition and higher education levels
  - C** Recycling and measuring car emissions
  - D** Mobile phones and the use of social media
- 5 Deaths from bacterial infections have been cut by the discovery of:
- A** Vitamins
  - B** X-rays
  - C** Antibiotics
  - D** Insulin

- 6 Which of the following has resulted in a large scale improvement in public health?
- A** Consumer choice
  - B** Cheaper clothing for children
  - C** Consumption of red meat
  - D** Food safety and hygiene
- 7 People could be at risk of type 2 diabetes if they: :
- A** Include organic food in their diet
  - B** Run for an hour everyday
  - C** Do not eat a healthy diet
  - D** Always cycle on the road
- 8 Our health can be affected by lifestyle choices. Which of the following can have a negative effect on health?
- A** Socialising with friends
  - B** Drinking water
  - C** Being inactive
  - D** Eating well
- 9 You can be at risk of disease and early death if you:
- A** Drink more than the safe limits of alcohol
  - B** Only drink when you are out with friends
  - C** Drink sugar free food and beverages
  - D** Significantly decrease your alcohol intake
- 10 We now know the harm from tobacco use, yet many people still smoke. What might be a reason for them to continue smoking?
- A** Cigarettes are cheap
  - B** Most of their friends smoke
  - C** Smoking is good for their health
  - D** It's easy to get cigarettes
- 11 The person who can help someone with an unhealthy lifestyle to fully understand the benefits of a healthy lifestyle is:
- A** A negative role model
  - B** A positive role model
  - C** Their former work colleague
  - D** Their next door neighbour

- 12 Which ONE of the following is NOT a positive effect of exercise?
- A Improving the quality of sleep
  - B Helping to manage stress
  - C Maintaining a healthy weight
  - D Allowing people to eat more than they need
- 13 To become healthier you could:
- A Increase your alcohol intake
  - B Eat less fatty foods
  - C Keep your sugar intake the same
  - D Increase fat consumption
- 14 Eating WHICH of the following would be the least positive for health?
- A More than five fruit and vegetables per day
  - B Less red meat and salt
  - C Lots of takeaway food
  - D Two portions of oily fish
- 15 Reducing the amount of alcohol that you drink to the recommended limits:
- A Is still bad for you as drinking any amount of alcohol is harmful
  - B Has no positive effect on health.
  - C Lessens the chances of long term physical health problems
  - D Affects your ability to sleep well at night.
- 16 Making a positive lifestyle choice can come about from all of the following **EXCEPT**:
- A Attending a course about healthy eating on a budget
  - B Having 10 free sessions at your local gym
  - C Using excuses to put off any identified changes
  - D Seeing others who have made decisions to change which have had positive effects
- 17 Sportsmen and sportswomen help people make healthy lifestyle choices by:
- A Appearing in adverts for sports clothing
  - B Having sponsorship from big companies
  - C Having plenty of money to spend
  - D Being positive role models for fitness

**Questions 18 – 21 are based on the following scenario**

You have just left college and started a job in a call centre. This is your first full time job. The office is two miles from home and you drive to work every day. Your job requires you to be on the phone all day and you sit at your desk for up to 8 hours a day. Although you enjoy your work, you are struggling with the long hours which you are required to work. Lunch is always a shop-bought sandwich and a Coke/fruit juice. As you are always tired when you get home, dinner is usually a ready-made meal cooked in the microwave. The long hours also means you no longer go to the gym and you're seriously considering cancelling the membership. As you're not overweight and still young, you don't think these are problems until your friend commented how tired you look. You confessed that you haven't been sleeping well for the past few months. She urged you to think about making some changes for the sake of your health

- 18 Instead of driving to work, you could:
- A** Take the bus
  - B** Accept a lift
  - C** Walk or cycle
  - D** Get a scooter
- 19 One lifestyle change you could make which might improve your sleep pattern is to:
- A** Eat fewer sandwiches at work
  - B** Swap coke for tea
  - C** Be more physically active
  - D** Stop drinking fruit juice
- 20 One main benefit of exercise is that you:
- A** Gain more energy
  - B** Have a reason to eat more
  - C** Can buy some new trainers
  - D** Don't have to eat vegetables
- 21 In order for you to make the necessary lifestyle change, you need support. The best way to make sure you succeed is to:
- A** Ask your manager for a pay rise and more holidays
  - B** Tell your friends and colleagues of your plans
  - C** Join an online forum and use this every day
  - D** Read lifestyle change books and magazines

**Questions 22-25 are based on the following scenario**

Molly has worked all her life. She has recently retired. She lives alone and has a few close friends. She eats quite well and keeps herself active. She likes to go out with her friends at weekend for a few drinks but keeps within her limits. Molly has smoked since she was 16. When she worked, she was a light smoker but since she stopped working she has noticed how much more she is smoking. Molly has two grandchildren and she loves taking them to the park. However she has noticed how out of breath she is becoming when she tries to push the pram.

- 22 The most important lifestyle change for Molly to make is to:
- A Give up drinking
  - B Stop smoking
  - C Reduce her physical activity
  - D Reduce her smoking
- 23 One way for Molly make this lifestyle change is for her to:
- A Go to a self-help group
  - B Stop seeing her grandchildren
  - C Stop seeing her friends
  - D Not leave the house
- 24 One benefit of the lifestyle change will be that Molly feels fitter. Another benefit is:
- A Saving time
  - B Feeling guilty
  - C Not being bored
  - D Saving money
- 25 To make her lifestyle change, Molly can best get help from:
- A Shop assistants
  - B Her neighbours
  - C Health workers
  - D Her grandchildren

**END OF PAPER**