
Level 2 Award in Understanding Health Improvement

INSTRUCTIONS TO CANDIDATES

1. Attempt to answer every question.
2. Enter your answers on the accompanying answer sheet.
3. Each question has only **ONE** correct answer
4. You have **45 MINUTES** to complete the examination. When you have finished give your answer paper and answer sheet to the person in charge.
5. The pass mark for this examination is 20/30.

Examination Paper 0000

1. Inequalities in health in Britain have been shown for most diseases from:

- A. North to South
- B. West to East
- C. South to West
- D. North to East

2. Which factor is probably responsible for differences in death rates across the country from cancer?

- A. Difference in time taken to diagnose symptoms
- B. Poor access to health services
- C. Delay in getting test results
- D. Lack of employment

3. Compared to men, studies suggest that women:

- A. Have longer life expectancy
- B. Are less likely to visit their GP
- C. Are genetically prone to disease
- D. Have higher blood sugar level

4. Which of the following could explain the difference for certain diseases in mortality rates between different ethnic groups in the UK?

- A. Genetic factors
- B. Types of job
- C. Housing materials
- D. Types of clothing

5. A key requirement of the Health and Social Care Act 2012 was the creation of:

- A. Public Health England
- B. Private hospitals
- C. National Institute for Health and Care Excellence
- D. Free childcare

6. Eating five portions of vegetables and fruit a day is a part of a government objective to:

- A. Increase profits for fruit producers
- B. Reduce children's intake of sugar
- C. Improve the nation's health
- D. Cut down the consumption of carbohydrate

7. When communicating health messages to individuals, which of the following skills are important?

- A. Talking loudly
- B. Talking quietly
- C. Active listening
- D. Using jargon

8. Facial expression when communicating is known as:

- A. Verbal communication
- B. Eye contact
- C. Non-verbal communication
- D. Active listening

9. When communicating with an individual who does not understand English very well it is important to:

- A. Talk very quickly
- B. Record the conversation
- C. Keep language simple
- D. Learn their language

10. The client's message can be better understood by:

- A. Ignoring what the client is saying
- B. Copying their body language
- C. Observing their non-verbal communication
- D. Ignoring the body language

11. Brief interventions are designed to:

- A. Encourage simple health behaviour change
- B. Reinforce poor behaviour
- C. Have a general conversation about health
- D. Protect the client from harm

12. A brief intervention takes place:

- A. Only with a client
- B. During a formal interview
- C. When the opportunity presents itself
- D. Only by phone

13. The message of the World Health Organisation is that health should be seen as:

- A. A resource for everyday life
- B. For everyone to be at the peak of fitness
- C. An object of living
- D. Removal of all illness

14. Health and wellbeing can be described as individuals showing:

- A. No evidence of physical illness, disease and mental distress
- B. Understanding of illness, disease and mental distress
- C. Some evidence of illness, disease and mental distress
- D. Indications of inherited illness, disease and mental distress

15. A person is MOST likely to decide to participate in a particular behaviour if it seems:

- A. Beneficial
- B. Challenging
- C. Repetitive
- D. Compulsory

16. For general health benefits adults should, at least five times a week, perform a minimum of:

- A. 60 minutes of intense exercise
- B. 30 minutes of moderate activity
- C. 120 minutes of brisk walking
- D. 15 minutes of sprinting

17. The aim of an educational approach to improving health is to:

- A. Tell people what to eat
- B. Help students to pass their exams
- C. Pass on government policy
- D. Enable people to make informed choices

18. A behavioural change approach to improving health is MAINLY aimed at:

- A. Groups
- B. Individuals
- C. Populations
- D. Communities

19. When tackling inequalities in health, communities are strengthened by:

- A. Making sure they are well informed and able to make healthier choices
- B. Telling them they have to accept what they have
- C. Restricting access to services
- D. Reducing their ability to make change

20. Which of the following is a reliable source of health information?

- A. Business centre
- B. Garden centre
- C. Leisure centre
- D. Shopping centre

21. A disadvantage of information concerning health issues found in your local community could be:

- A. There is no referral pathway
- B. The information might be out of date
- C. The information is clearly written
- D. There is no access to the internet

22. The MAIN role of the Health Champion is to:

- A. Signpost
- B. Set goals
- C. Lecture on health
- D. Measure health

23. Which ONE of the following is a method used by Health Trainers to support individuals in making health behaviour change?

- A. Help them to set achievable goals
- B. Tell them what they need to change
- C. Give them a set plan
- D. Teach them the error of their ways

24. Why is confidentiality so important?

- A. Your line manager said so
- B. The paperwork is essential
- C. To comply with the law
- D. To share information

25. In order to improve our diet we should eat MORE:

- A. Fat
- B. Fibre
- C. Salt
- D. Sugar

26. Why is it recommended that people stop smoking?

- A. Because they will eat more
- B. Money saved can buy healthier food
- C. Because they are likely to live longer
- D. It helps weight loss

27. Which of these would be MOST likely to help somebody change their behaviour in order to improve their health?

- A. Reinforcing poor habits
- B. Threats if they do not keep up their behaviour
- C. encouragement from their friends or family
- D. Quiz nights at the pub

28. Setting goals will:

- A. Support an individual's poor habits
- B. Keep individuals engaged and focused
- C. Encourage dependency
- D. Make change difficult

29. When working with individuals to create changed behaviours, it is MOST important to focus on the needs of the:

- A. Individual
- B. Health Champion
- C. Employer
- D. Government

30. Peer pressure is best described as the influence of:

- A. The family
- B. Social groups
- C. Teachers
- D. Employers

END OF PAPER