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

Specimen paper Level 2 Award in Understanding Health Improvement (603/0655/5)
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