

AIU Exam – Family Health & Personal Hygiene

School: Human & Social Studies

Major: Public Health

Course title: **Family Health & Personal Hygiene**

Credits for course: 3 credits

Description of course:

- Family
- Family Health
- Hygiene

Book & chapter: Introduction to Public Health by Gebrezgi Gidey, M.D., M.Sc., Sadik Taju, M.D., Ato Seifu Hagos, B.Sc., Chapters 5 and 6

Link to book:

http://aiustudev.aiu.edu/submissions/profiles/resources/onlineBook/W8e5d5_intro_to_public_health.pdf

Bibliography of book:

Gebrezgi Gidey, M.D., M.Sc., Sadik Taju, M.D., Ato Seifu Hagos, B.Sc. *Introduction to Public Health*. Ethiopia Public Health Training Initiative, 2006.

Format of the assignment: Assignment must have an AIU cover page, introduction to the topics of the chapter, answers to the questions below, conclusion about the exam and the bibliography of any source material at end of the exam.

Other source material may be used in answering the questions.

Questions of exam. (Answer with 4 to 8 paragraphs for each question. You may also give examples from your own experience and community to answer the questions.)

1. What is family health and why is there a focus on family health in the health system?
2. List the components of family health activities.
3. How does family planning contribute to family health?
4. Describe with as much depth as you can the family health in your community.
5. Who in a family is responsible for family health? How do they guide their family to better health?
6. Discuss the role of hygiene in the prevention of diseases.
7. Mention and discuss some of diseases that can be prevented by certain aspects or practices of personal hygiene.
8. Discuss the practices of hygiene in your own community. What problems do you see?
9. Have you ever seen a cultural change in hygiene that improved life in your community? What happened?
10. What are the differences between family hygiene and community hygiene? Are they at all connected? How?

Further Reading...

Public Health in Africa

http://aiustudev.aiu.edu/submissions/profiles/resources/onlineBook/H9P8P6_public_healthcare_africa.pdf