

The
Management
University
of Africa



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UNDERGRADUATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

DEGREE OF BACHELOR OF ARTS IN DEVELOPMENT STUDIES

BDS 208: HEALTH AND DEVELOPMENT

DATE: 30TH MARCH 2026

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **THREE** questions.
6. Question **ONE** carries **25 MARKS** and the rest carry **15 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

BASIC NEEDS MODEL IN NEPAL

A common case study application of the "basic needs theory," which is often associated with Abraham Maslow's hierarchy of needs, involves examining how an individual's motivation and behavior are influenced by unmet physiological (like food, water) and safety needs, even if they later attempt to pursue higher-level needs like love, belonging, and esteem.

Based on the Basic Needs Theory, health is a product of more than just healthcare services and is profoundly shaped by the broader social, economic, and environmental factors in which people live. A case study applying this theory in health development would focus on how interventions to address needs like income, housing, and sanitation directly improve community well-being. Derived from human development and motivational concepts like Maslow's hierarchy, the Basic Needs Theory posits that for health to flourish, fundamental needs must be met. These needs can be categorized as follows: Physiological needs, including safe drinking water, food, and housing. Economic needs: Income-generating opportunities and financial security. Social and community needs include access to education, recreational facilities, and social support. Environmental needs: Proper sanitation and waste disposal.

Interventions that address these upstream determinants of health are often more effective and sustainable than those focused solely on providing medical care. A notable example is the "BasicNeeds Mental Health and Development Model" implemented by the BasicNeeds organization in Nepal. The case study demonstrates how satisfying basic needs can lead to positive health outcomes, even in resource-poor settings.

Context: The program focused on improving the lives of socially disadvantaged individuals with mental illness or epilepsy who were isolated and impoverished. Traditional medical-only interventions often failed to produce lasting results for this population.

Application of Basic Needs Theory: The program was designed around five core components based on the Basic Needs model: Community mental health: Providing access to decentralized mental health services through local clinics and "Mental Health Camps". Livelihoods: Empowering individuals to generate income through vocational training and supporting small businesses. Capacity building: Training local community volunteers and health workers to provide sustainable support. User empowerment: Involving individuals and their families in self-help groups, giving them a voice and fostering a sense of relatedness and competence. Strategic management and policy influencing: Engaging with government to integrate the model into the existing health system.

Health development outcomes: The case study illustrated several positive outcomes that demonstrate the successful application of the Basic Needs Theory: Clinical improvement: Participants experienced improvements in their mental health symptoms. Economic empowerment: There was a significant improvement in the median monthly family income of participants. Social integration: Formerly isolated individuals became productive members of their communities, working, attending school, and participating in daily home routines. Sustainability: The program's reliance on local capacity building and engagement with the government helped integrate services into the existing health system, ensuring long-term viability.

The Nepal case study highlights that addressing the holistic needs of an individual—going beyond medical treatment to include economic stability, social integration, and empowerment—is crucial for sustainable health development. It serves as a compelling example of how a Basic Needs approach can lead to more effective and lasting positive change than a narrow, health-service-centric model.

Required:

- a) In relation to the case study, the basic needs theory posits that for health to flourish, fundamental needs must be met. Describe three of the needs to be met. **(10 Marks)**
- b) Describe three ways that shaped healthcare services in relation to the case above. **(9 Marks)**
- c) Summarize any six concerns highlighted in the Nepal case above. **(6 Marks)**

QUESTION TWO

- a) With use of examples, expound on the discussion of the Rio declarations and relate it further to health and development. **(12 Marks)**
- b) As a health and development adviser in your surveillance report, you indicated a lack of awareness as one of the issues to be tackled. Provide three inputs of public health in solving the awareness issues. **(3 Marks)**

QUESTION THREE

- a) Discuss the relationship of neo-liberalist theory to the matters of health and development. **(9 Marks)**
- b) Enumerate any three services provided at the community level. **(6 Marks)**

QUESTION FOUR

- a) Advise the health sector of your government on four ways to be considered in achieving the following goals: reducing child mortality rates and improving maternal health. **(8 Marks)**
- b) Summarize the following areas in relation to health and development:
- i. Poor health and economic inequality **(1 Mark)**
 - ii. Wealth is Health **(2 Marks)**
 - iii. Use of traditional birth attendants and health **(1 Mark)**
 - iv. Health Equity and Development **(1 Mark)**
 - v. Socioeconomic status and health **(1 Mark)**
 - vi. Education and health **(1 Mark)**

QUESTION FIVE

- a) Propose three ways the government of Kenya can apply to sustain and strengthen its health systems. **(9 Marks)**
- b) You have been appointed as the Chief Executive in the Ministry of Health. Using examples, discuss three ways used to develop and implement a code of conduct in the Social Health Authority (SHA) and Social Health Insurance Fund (SHIF). **(6 Marks)**

QUESTION SIX

- a) Analyse the elements of epidemiological studies. **(9 Marks)**
- b) The subject of public health should be given priority in health and development. Determine three measures of public health in the development field. **(6 Marks)**