

25U2121

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Name :

Reg. No :

SECOND SEMESTER B.Voc. DEGREE EXAMINATION, APRIL 2026

(FYUGP)

CC25FPT2FM106 - LIFESTYLE DISEASE AND SOCIAL HEALTH PROBLEMS

(B.Voc. FPT - MDC)

(2025 Admission - Regular)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Describe how Obesity contributes to the development of other chronic diseases. [Level:2] [CO1]
2. Describe how an imbalanced diet can lead to deficiencies and long-term health problems. [Level:2] [CO1]
3. Examine how genetic and lifestyle factors interact in the development of Diabetes mellitus. [Level:4] [CO2]
4. Examine the relationship between high salt intake and increased blood pressure. [Level:4] [CO2]
5. Compare the effectiveness of dietary control and exercise in preventing obesity. [Level:4] [CO2]
6. Apply your understanding to explain how practicing safe habits can reduce the risk of HIV infection. [Level:3] [CO3]
7. Apply your understanding to explain the difference between physical and psychological addiction. [Level:3] [CO3]
8. Apply knowledge to describe how combining yoga, meditation, and counseling supports overall mental and emotional well-being. [Level:5] [CO4]
9. Give an example showing how public awareness campaigns can change unhealthy habits. [Level:5] [CO4]
10. Give an example of a nutrient that supports immunity and explain its role. [Level:5] [CO4]

(Ceiling: 16 Marks)

Part B (Paragraph questions/Problem)

Answer **all** questions. Each question carries 6 marks.

11. Explain the relationship between stress and unhealthy coping behaviors that contribute to lifestyle diseases. [Level:2] [CO1]
12. Give an example of a community-based activity that promotes healthy living. [Level:2] [CO1]
13. Describe the main causes and risk factors of obesity, including lifestyle, genetic, and environmental influences. [Level:2] [CO2]
14. Apply knowledge to suggest practical measures an individual can take to reduce the risks of smoking and protect others from passive smoking. [Level:3] [CO3]
15. Apply knowledge to explain how avoiding harmful substances like tobacco and alcohol helps in maintaining long-term health. [Level:3] [CO4]

(Ceiling: 24 Marks)

Part C (Essay questions)

Answer any **one** question. The question carries 10 marks.

16. Analyze the role of diet, exercise, and medication in the effective management of diabetes mellitus. [Level:4] [CO2]
17. Explain the health effects of alcoholism and describe its social impact on families and communities. [Level:3] [CO3]

(1 × 10 = 10 Marks)
