

**COVENANT UNIVERSITY
NIGERIA**

*TUTORIAL KIT
OMEGA SEMESTER*

**PROGRAMME:
DEMOGRAPHY AND SOCIAL STATISTICS**

COURSE: DSS 429

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DSS 429
POPULATION, HEALTH AND DEVELOPMENT
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QUESTIONS

Q1. Explain the effects of health on population

Ensures impressive human capital, guarantees healthy population , Reduces health spending and accelerate saving, Better living standards, Ensures optimum productivity in the home and labour force leading to personal, household and societal economic benefits/ economic growth, Fosters sustainable economic development ,Reduces disability-adjusted life years (DALYs) and increase in life expectancy at birth.

1. Explain the sources of health statistics
2. Explain Vision 20:2020 and its core areas

Discuss the core areas of Vision 20:2020- the 6 areas - Power, Transport, Agriculture, Manufacturing, Education and Health.

3. Discuss the health systems in Nigeria.
4. What are the targets of National health Policy of Nigeria?

i.Reduce by two-thirds, between 1990 and 2015, the under-5 mortality rate.
ii.Reduce by three-quarters, between 1990 and 2015, the maternal mortality rate. iii.To have halted, by 2015, and begun to reverse the spread of HIV/AIDS.
iv.To have halted, by 2015, and begun to reverse the incidence of malaria and other major disease.

5. Discuss the determinants of child mortality in Africa.
6. Discuss cultural practices influencing HIV/AIDS disease proliferation

FGM/C, low status of women, male dominance, widow inheritance, gender inequality, child marriage, practice of entertaining guests with one's wife, polygamy and other cultural inhibitions.

7. State the concept of Health and differentiate between medical care and health care
8. What are the objectives and constraints of National Health Insurance Scheme?

National Health Insurance Scheme (NHIS) are one of the developmental initiatives to make health care services available, affordable, and accessible especially to the people at the grass roots. The Objectives of the Scheme include: Ensure that every Nigerian has access to good health care services, Protect Families from the financial hardship of huge medical bills, Limit the rise in the cost of healthcare services, Ensure equitable distribution of healthcare costs among different income groups, Ensure high standard of healthcare delivery to Nigerians, Ensure efficiency in healthcare services, Improve and harness private sector participation in the provision of healthcare services, Ensure equitable distribution of health facilities within

the federation, Ensure appropriate patronage of levels of healthcare, Ensure the availability of funds to the health sector for improved services.

Constraints: Poor funding remain a major problem to the scheme, the percentage of government allocation to health sector has always been about 2% to 3.5% of the national budget. Apart from poor funding, inadequate medical equipment, brazen corruption, lack of adequate personnel, poor remuneration, cultural and religious practices, low status of women, inequality in the distribution of healthcare facilities between urban and rural areas, low/ineffective public awareness, inconsistency in policies, poor implementation and high level of poverty affect the effectiveness of NHIS.

9. Examine the health financing in Nigeria.

10. Discuss the challenges of Primary health care services in Nigeria.

Poor funding, shortage of manpower, dilapidated infrastructure, low motivation and welfare of staff, lack of trained personnel, poor logistics, lack of essential drugs, lack of equipment, poor facilities, low community participation, etc.

11. What is Millennium Development Goals (MDGs)?

12. What are the Causes of poor access to health care delivery services in Developing countries?

poverty, illiteracy, gender inequality, income inequality, unemployment, corruption, crime and insecurity, collapse of infrastructures, working conditions, cultural inhibitions, state of economy, weak policy on health care cost of healthcare services, lack of essential supplies, low morale of health personnel, etc.

13. Explain the principles of PHC.

14. Explain the principal contributing factors to high maternal mortality.

Haemorrhage, obstructed labour, unsafe abortion, eclampsia, malaria, sepsis, HIV/AIDS, cardiovascular disease, poor nutrition, Illiteracy (low literacy), lack of income, lack of employment opportunities, poor conditions, inadequate health and family planning service. low status of women, harmful cultural practices, etc.

15. Explain the principles of PHC.

16. Explain the importance of health statistics.

To measure progress toward state and national health objectives, To provide assessment of the state of health in the community and to determine met and unmet health needs, To determine the success or failure of specific health programmes, Promote health legislation, Provide the basis for developing and implementing public health strategies for disease prevention and health promotion, For medical intelligence systems or research and diagnostic study, Used for local and international comparisons, thereby gauge disparities among countries and populations or groups.

17. Explain the principles of PHC.

18. Explain measures to overcome the challenges of health care services

Overcoming the present health care services challenge

- 1) Improvement in the quality of services. Acceptance and utilization of services have direct bearing on the quality of services rendered in these PHCS.
- 2) Training Manpower development & motivation of staff, infrastructure, periodic training and retraining and conducive working environment will generate patronage for services and improve utilization of the network of health services created.
- 3) Strengthening of information, education and communication by the grassroots level workers on issues like food& water related diseases, HIV/AIDS, cholera, malaria, yellow fever, e.tc
- 4) Strengthening Ante-natal, Natal and Post-natal services. These services are necessary for the healthier reproduction. Mother in her pregnant stage requires services for her own health as well as for healthier infant which she bears. These services draw high patronage from the low income group.
- 5) Enabling community? Communities to share in decision making. The end beneficiaries should be involved at some stage of planning, decision-making and implementation to maximize the sustainability factor.
- 6) Render Doctor on 24/7 basis
- 7) Effective grassroots poverty alleviation schemes poverty alleviation schemes can develop affordable & accessible attitudes to people below poverty line and enhance their acceptance & utilization of health services at this level.
- 8) Functioning of Health Care: Health Care financing at the PHC level should be increased to a meaningful level and anti-misappropriation measures built into prevent fraud of any kind.

19. Explain the national health interventions.