



**AMREF INTERNATIONAL UNIVERSITY  
UNIVERSITY EXAMINATIONS  
SCHOOL OF PUBLIC HEALTH  
DEPARTMENT OF COMMUNITY HEALTH PRACTICE  
HIGHER DIPLOMA IN COMMUNITY HEALTH PRACTICE  
END OF SEMESTER EXAMINATION (SEPTEMBER-DECEMBER) 2022**

**HDCH 122: Family Health and Nutrition**

**DATE: 30<sup>th</sup> November 2022**

**TIME: 2 Hours Start: 4.00 PM Stop: 6.00 PM**

**Instructions**

- 1) Answer ALL questions in Section A
- 2) For Section B, Answer any TWO questions of your choice
- 3) Use the University answer SHEET provided /Space provided
- 4) Write your student Registration Number on all the answer sheets used

**SECTION A: ANSWER ALL QUESTIONS (20 MARKS)**

1. List 6 pillars of the safe motherhood initiative (6 Marks)
2. State the 5 essential elements of post abortion care (5 Marks)
3. Explain what the abbreviation AFASS means in relation to complementary feeding among children aged 6 months and above (5 marks)
4. Explain the four main dimensions of food security (4 marks)

**SECTION B: LONG ANSWER QUESTIONS: ANSWER ANY TWO QUESTIONS (40 MARKS)**

5. a. Discuss 5 direct and 5 indirect causes of maternal mortality (10 Marks)

b. Describe 5 (five) key strategies that can be utilized to prevent maternal mortality in your community (10 marks)

6. You are currently setting up a youth friendly facility to ensure young mothers in their third trimester get the required nutrition support and counselling during antenatal care visits. Discuss the features that you will consider when setting up this facility (20marks)

7. Majani is the youth representative for your Kakamega County. The county has recorded increased transmission rates among the adolescents and young adults in the area. He has been tasked with setting up a HIV AIDS prevention programme targeting the Adolescents and Young Adults. Discuss 5 areas of focus that the programmes will target in order to reduce the transmission rates (20 Marks).