



SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
DIPLOMA IN COMMUNITY HEALTH
SPECIAL/SUPPLEMENTARY EXAMINATION MARCH 2024

UNIT CODE: DCH 221

UNIT TITLE: COMMUNITY NUTRITION

TIME: 2 HOURS

DATE: Monday 11th March 2024

TIME: TWO Hours Start: 2.00 PM Finish: 4.00 PM

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 marks)
Section B: Long Answer Questions (40 marks)

Answer ALL questions in Section A and any 2 questions in Section B

SECTION A (20Marks)

1. Highlight four reasons why pregnant mothers are encouraged to visit Antenatal Clinic (4marks)
2. State four nutritional requirements during adolescents (4marks)
3. Highlight four interventions measures for dealing with iron deficiency Anaemia (4marks)
4. Recall four purposes of nutrition surveillance (4marks)
5. State four factors that influence food Accessibility (4marks)

SECTION B (40Marks)

6. You have been hired by the Ministry of Health to assess the food security situation at a community in the Northern part of Kenya. There has been food shortage in the community which has led to suffering of the community members and hence this has hindered the development of the area.
- a) Describe four components that will determine food security in the community (8mks)
 - b) Describe six ways that you will present to the ministry in order to improve the food security situation in the community (10mks)
7. A community is made up of different people who share common characteristics and goals. Food is a basic need and plays a major role ensuring good health. Different people have different nutrition requirements for sustaining good health.
- a) Describe five groups of people who are classified as vulnerable (10mks)
 - b) Explain five factors that influence energy requirements of people (10mks)
8. Mr. X is a village elder who has a chronic disease for the past ten years. His weight is 80Kg and height is 160 Cm. He attends the nearest community clinic for nutrition assessment. He complains of having excessive fatigue, excessive thirst and excessive hunger. He wants to know what he needs to do to improve his health in order to continue serving the community.
- a) Suggest the name of the condition that Mr. X could be suffering from (2mks)
 - b) Describe four stages of Nutrition Care Process that you will use to manage the condition of Mr. X (8mks)
 - c) Discuss five nutrition recommendations that you will give to Mr. X manage his condition (10mks)