AMREF INTERNATIONAL TRAINING CENTER

Qualification Code	**:**	**102105T4COH**
Qualification	**:**	**Assistant Community Health Officer Level 5**
Unit Code	**:**	**HE/OS/CH/CC/01/5/A**
Unit of Competency	**:**	**Apply Nutrition in Community Health**

WRITTEN ASSESSMENT

Time: 3 hours

INSTRUCTIONS TO CANDIDATES

1. This paper consists of TWO sections, A and B.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do not write on the question paper.

This paper consists of 4 printed pages

Candidates should check the question paper to ascertain that all pages

are printed as indicated and that no questions are missing

SECTION A: (40 MARKS)

*Answer **all** questions in this section.*

1. The World Food Program (WFP) has reported increase in the number of malnutrition cases in the world due to food insecurity. Define the term food security. (2 Marks)

2. Children are among the vulnerable groups to food and nutrition security. Outline FOUR reasons why children are considered vulnerable to food security and nutrition.

    (4 Marks)

3. Food can be available and accessible to individuals in a country but not safe for human consumption. State FOUR factors that affect food safety.   (4 Marks)

4. Stakeholders are important in strategic implementation of food and nutrition security. Identify FOUR roles of stakeholders in food and nutrition security.   (4 Marks)

5. You are assigned to give a health talk on balance diet to your community. Differentiate between macronutrients and micronutrients.   (4 Marks)

6. Community Health Workers need to possess certain necessary skills to enable them to successfully perform their duties. Identify FOUR skills that a community health worker needs to demonstrate while performing his/her duties in the community. (4 Marks)

7. You are mentoring a group of community health promoters on how to conduct health talks on nutrition related condition. Highlight TWO nutrition related conditions that you will address.   (2 Marks)

8. Hypertension has been known as a silent killer disease affecting the productivity of country as many people are being diagnosed with it. State FOUR factors that predisposes one to hypertension.   (4 Marks)

9. Food security can be assessed at various levels using various indicators. Identify the indicators used to measure the following levels of food security.   (4 Marks)
   i. Individual level –
   ii. Household level -
   iii. Community level-
   iv. National level-

10. Outline TWO activities that you will use as a community health worker to improve nutrition and health of your community.   (2 Marks)

11. You are assigned to give a health talk to your community members on nutritional requirements during lactation. State FOUR benefits of breastmilk to the baby.

(4 Marks)

12. There are trends across the globe that continue to influence food and nutrition security. Mention TWO such trends. (2 Marks)

SECTION B:(60 MARKS)

*Answer any **THREE** questions in this section.*

13. You are a community health worker in community Z. During your routine household screening you came across Zamzam a 32 year old pregnant woman who reports to pass irregular hard stool.

    a.   Explain FIVE ways in which you will advise her to manage the problem.

(10 Marks)

    b.   Explain FIVE factors that determine individual nutrient needs.   (10 Marks)

14. The rising cases of chronic diseases, particularly in young people is estimated to decrease household income by 28.9 per cent in Kenya.

    a.   Explain FIVE ways in which chronic diseases affects food security. (10 Marks)

    b.   Explain FIVE dietary recommendations to help reduce the risk of chronic diseases.

(10 Marks)

15. Nutrition care process is a systematic problem-solving method in which practitioners use critical thinking skills to make evidence-based decisions to address nutrition related problems.

    a.   Describe the FOUR steps of nutrition care process.   (8 Marks)

    b.   Nzila is a health-conscious community member, she has come to the health dispensary triage you are attached to know her Body Mass Index. She weighs 80 kgs and has a height of 162 centimeters.

    i.   Calculate her BMI.   (4 Marks)

    ii.   Interpret Nzila's BMI.   (2 Marks)

   c.   Interpret the following readings in a MUAC tape

      i.   MUAC reading of > 13.5cm.   (2 Marks)

     ii.   MUAC reading of < 11.0 cm.   (2 Marks)

   iii.   MUAC reading of 11.0 cm to 12.5 cm.   (2 Marks)

16. During Nutrition assessment on child X, you were able to observe the following characteristics.

      i.   Protruding belly

     ii.   Oedema in the hands and feet

   iii.   Low appetite

   iv.   Moon face shape

    v.   Kinky hair that can easily be pulled out

a. Identify the above method of nutrition assessment.   (2 Marks)

b. Mention the disease the child suffering from?   (2 Marks)

c. Explain FOUR other nutrition assessment methods that can be used to determine the nutrition status of child X?   (8 Marks)

d. Discuss FOUR ways of preventing malnutrition in the community.   (8 Marks)

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