



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102106T4COH
Qualification : Assistant Community Health Officer Level 6
Unit Code : HE/OS/CH/CC/02/6/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. State TWO nutrition supplemental feeds used in the management of Severe Acute Malnutrition. (2 Marks)
2. Using the Nutrition Care Process, Outline FOUR steps Dieticians take to develop and implement a nutrition care plan (4 Marks)
3. You are a community health worker in community Z and you are tasked to create an awareness on diabetes to your community this year. Highlight FOUR signs and symptoms of Diabetes that you educate your community on. (4 Marks)
4. State FOUR indicators used in assessing food security at the following levels of food security. (4 Marks)
 - i. National level
 - ii. Community level
 - iii. Household level
 - iv. Individual level
5. Sabby is a community member who wants to work on her weight. She has come to the community health dispensary that you are serving at the triage to know her BMI. Upon conducting anthropometric assessment, she weighs 74 kgs and her height is 163cm. Determine Sabby's BMI. (4 Marks)
6. Enumerate TWO benefits of involving community members in the development of nutritional programs. (4 Marks)
7. Breastfeeding Community Initiative (BFCI) are important in promoting breastfeeding in the community. You are required to educate lactating mothers in the community health unit you represent on importance of breastfeeding. Highlight FOUR importance of breastfeeding to the mother's health. (4 Marks)
8. Distinguish between on-site feeding and take-away home feeding program. (4 Marks)
9. Identify FOUR nutrition related conditions that affects community members. (4 Marks)

10. Nutritional needs of the elderly are determined by multiple factors. Highlight FOUR common nutrition related problems that affects the elderly. (4 Marks)
11. Identify FOUR roles of stakeholders in ensuring food security. (4 Marks)

SECTION B:(60 MARKS)

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

12. Chronic diseases are the leading cause of death worldwide. Effective management of these conditions require a multi-faceted approach including medical treatment, lifestyle changes and ongoing medical education.
- a. Explain FIVE factors that predisposes an individual to chronic diseases. (10 Marks)
- b. It is important for clients to adhere to treatment and lifestyle changes to prevent complications. Discuss FIVE reasons why patients may fail to adhere to medication. (10 Marks)
13. The UNICEF conceptual framework shows that causes of malnutrition is multisectoral.
- a. Discuss the UNICEF conceptual framework on the causes of malnutrition. (12 Marks)
- b. Discuss FOUR ways in which health care workers can help to prevent malnutrition cases in the community. (8 Marks)
14. The world continues to lose ground on its effort to end hunger, food insecurity and malnutrition in all its forms by the year 2030. This is according to release by state of Food Security and Nutrition in the world report in 2022.
- a. Explain TWO factors that affects the following dimensions of food security. (10 Marks)
- i. Food availability
 - ii. Food accessibility
 - iii. Food stability
 - iv. Food safety
 - v. Food utilization

- b. Discuss FIVE factors the government of Kenya through the Ministry of Agriculture and Ministry of trade and Industry is putting in place to improve food security situation in the country. (10 Marks)

15. Due to the current trends in the world on food and nutrition security, majority of the population affected are the vulnerable groups in developing countries. These has led to the International Organisations reporting on increase cases of malnutrition.

- a. Discuss FIVE population groups of people who are nutritionally vulnerable in emergencies stating one reason for their vulnerability. (10 Marks)
- b. All people require the same nutrients for growth and development and other bodily functions. Outline FIVE factors that determines individual nutrients needs. (10 Marks)

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