



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH
MAY- AUGUST2026 EXAMINATION

UNIT CODE: MPN 717

UNIT NAME: Nutrition Assessment

DATE:

TIME: Three Hours

Start:

Finish

INSTRUCTIONS

SECTION A: COMPULSORY (25 Marks)

- 1) Describe the five reasons for performing nutrition status assessment (5 marks)
- 2) Explain two advantages and three disadvantages of the biochemical assessment (5 marks)
- 3) State five limitations for clinical assessment (5 marks)
- 4) State five strengths of the 24-hour recall assessment method (5 marks)
- 5) Describe the procedure in taking length measurement for a 20-month-old (5 marks)

SECTION B: ANSWER ANY THREE (3) QUESTIONS (75 Marks)

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- a) Discuss the common sources of error in taking anthropometric measurements and the quality control checks that should be put into place to ensure that the data collected valid. (15 marks)
- b) Interpret the nutritional status presented below (10 marks)
 - I. BMI 37.8
 - II. BMI 14.5
 - III. MUAC 10.2 cm for underfives
 - IV. MUAC 14.9 cm for underfives

- V. -3.5 Z scores without oedema
- VI. +3.4 Z scores without oedema
- VII. Child with grade three (+++) oedema
- VIII. Child with Z score 2.5 with oedema
- IX. MUAC 18.9 cm for a pregnant woman
- X. MUAC 23 cm for a lactating woman

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- a) Describe four dietary intake indicators and explain how they are used to assess dietary intake (16 marks)
 - b) Explain why the food weighed records method of dietary intake assessment is not commonly used in Kenya and other developing countries (9 marks)
- 8) You are the nutrition projects officer in an NGO working in a County where there is a prevailing drought situation occasioned by a prolonged dry spell. There has been media reports about deaths among children below 5 years in the County. You have decided to carry out a Nutrition Assessment in the area to assess the situation.
- a) Describe the ten steps you would follow while planning and implementing the SMART SURVEY . (10 Marks)
 - b) Explain five reasons for carrying out nutrition assessment in a community [10 Marks]
 - c) Explain the limitations of using secondary data in nutrition surveillance (5 Marks)

