



AMREF INTERNATIONAL UNIVERSITY

UNIVERSITY EXAMINATIONS 2022

SCHOOL OF PUBLIC HEALTH

DEPARTMENT OF COMMUNITY HEALTH PRACTICE

DIPLOMA COMMUNITY HEALTH PRACTICE

END OF SEPTEMBER-DECEMBER TRIMESTER 2022 EXAMINATIONS

DCHP 221: Community Nutrition

DATE : 30th November 2022

TIME : Two (2) Hours

Start : 9.00 AM Stop: 11.00 AM

Instructions

- 1) This paper has Section A and B
- 2) Answer **ALL** questions in Section A
- 3) For Section B, answer any two (2) questions of your choice
- 4) Use the university examination booklets provided. Do Not write anything on the question paper -use the back of your booklet for rough work if need be
- 5) Write your student registration number on all your answer sheets

SECTION A: SHORT ANSWER QUESTIONS (20 Marks)

1. Identify the following terms; (2 marks)
 - (i) Community nutrition
 - (ii) Acute malnutrition
2. Differentiate between food safety and food quality giving **TWO** attributes of each (4 marks)
3. State **THREE** ways in which severe acute malnutrition affects the cardiovascular system (3 marks)
4. List **EIGHT** steps followed in Diagnosis and Triage of Acute Malnutrition (4 marks)
5. Highlight **TWO** factors to be considered in the initiation and management of nutrition programs (2 marks)
6. Highlight two forms of protein-energy malnutrition (2 marks)
7. State **ONE** function of the following nutrients:
 - i. Zinc (1 mark)
 - ii. Vitamin B12 (1 mark)
 - iii. Phosphorous (1 mark)

SECTION B: ANSWER ANY TWO QUESTIONS (40 Marks)

8. You have been appointed as the Community Health Extension officer of XYZ health center. You have been invited to give a talk to mothers attending antenatal and postnatal clinic in your health facility.
 - i. Giving examples, outline any **FIVE** factors that contribute to nutrient deficiency during lactation period. (5 marks)
 - ii. Explain the **TWO** most critical nutrients the mothers need during pregnancy and why. (4 marks)
 - iii. One of the mothers had a child aged five years and the child had severe acute malnutrition. Describe briefly protein energy malnutrition (PEM) in relation to characteristics, diagnosis, and management (9 marks)
 - iv. Briefly explain how you would conduct an appetite test for a child 6-59 months (2 marks)
9. a) Define food security (1 mark)

- b) Explain **THREE** reasons why you think we have food insecurity in Kenya. (6 marks)
- c) Discuss the strategy the government is using to combat food insecurity in Kenya. (10 marks)
- d) State any **THREE** policies that have been put in place by the government to curb the problem of food insecurity and safety in Kenya. (3 marks)
10. a) Explain any **FIVE** factors that influence community-feeding habits. (5 marks)
- b) Discuss any **THREE** methods of assessing the community's nutritional status giving the WHO standard cut-off points for each (15 marks)