



AMREF INTERNATIONAL TRAINING CENTER

MODULE 1

COMMUNITY HEALTH

HE/OS/CH/CC/01/5/MA

Apply Nutrition in Community Health

July/August 2026

WRITTEN ASSESSMENT

Time: 2 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 3 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. During a community nutrition survey, community health workers are required to collect information that will guide planning of nutrition interventions. State FOUR types of baseline data collected during a community nutrition assessment. (4 Marks)
2. Community nutrition assessment uses standardized approaches to obtain reliable information. Mention FOUR methods of nutrition assessment. (4 Marks)
3. Community nutrition programmes require proper planning before implementation. Identify FOUR components of a community nutrition assessment plan. (4 Marks)
4. Documentation is an important component of community nutrition assessment. Mention FOUR benefits of documenting nutrition findings. (4 Marks)
5. Older adults require special attention in community nutrition programmes. Outline FOUR factors that predispose the elderly to vulnerability. (4 Marks)
6. In the recent year, nutrition knowledge and information has lowly advocated for. Record FOUR nutrition related diseases that affects the human population today. (4 Marks)
7. Stakeholders are important in strategic implementation of food and nutrition security. Identify FOUR roles of stakeholders in food and nutrition security. (4 Marks)
8. During a community outreach, a man age 70 years old weighs 108 kg and has a height of 178 cm. Calculate his BMI. (4 Marks)
9. A competent community health worker should demonstrate essential professional skills. Identify FOUR skills that a competent community health worker needs to demonstrate. (4 Marks)
10. World Health Organization recommends that Children should be breastfed exclusively for six months. State FOUR importance of breastmilk to the infant. (4 Marks)

SECTION B: (60 MARKS)

Answer THREE questions in this section.

11. The increasing prevalence of chronic diseases in communities has affected the nutritional status and household food security of many families.
- a. Define Chronic diseases. (2 Marks)
 - b. Explain FOUR ways in which chronic diseases affect food security. (8 Marks)
 - c. Outline FIVE general dietary recommendation that helps to reduce the risk of chronic diseases. (10 Marks)
12. To promote healthy pregnancy outcomes for both the mother and the unborn child, nutritionists are required to guide them on appropriate nutritional needs during pregnancy.
- a. Explain FIVE nutritional requirements during pregnancy. (10 Marks)
 - b. Outline FIVE pregnancy related complications. (10 Marks)
13. A community nutrition outreach programme involves assessing the nutritional status of clients before appropriate nutrition interventions or referrals are made.
- a. Describe the FOUR stages in Nutrition care process. (8 Marks)
 - b. Explain SIX factors to take into consideration when taking weight measurements of a client (12 Marks)
14. During a community nutrition outreach programme, a community health worker is educating households on healthy nutrition practices and individualized dietary needs.
- a. Explain FIVE importance of nutrition knowledge to the community members. (10 Marks)
 - b. Describe FIVE factors that determine individual nutrient needs. (10 Marks)

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