



AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS 2025
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BSC COMMUNITY HEALTH
END OF SEMESTER EXAMINATION APRIL 2025
MAIN EXAM

UNIT CODE: CHP 221 UNIT NAME: Non-Communicable Disease
DATE : April, 2025

TIME : TWO (2) HOURS START: STOP:

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
5. Write your student registration number on all your answer sheets

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION. 30 Marks

1. Define the following terms as used in NON-Communicable diseases **[5 Marks]**
 - a. Health education
 - b. Non-communicable diseases
 - c. Risk factors
 - d. Drug abuse
 - e. Mental health
2. Outline four main shared behavioral risk factors for non-communicable diseases. **[4 marks]**
3. State the four WHO dietary recommendations necessary in preventing non-communicable diseases. **[4 marks]**
4. A man aged 48 years weighs 88 Kgs, a height of 1.48 m and a waist circumference of 106 cm. Classify his weight and comment on his disease risk. **[4 marks]**
5. Highlight any four (4) lifestyle control measures for cardiovascular diseases. **[4 marks]**
6. State the meanings of primary and secondary hypertension. **[5 marks]**
7. Highlight the four (4) main reasons for increase in cancer mortality in low and middle income countries. **[4 marks]**

SECTION B: – CHOOSE ANY TWO QUESTIONS

8. The global strategy for the prevention and control of Non-communicable diseases, aims at reducing premature mortality and improve quality of life.
 - a) Describe any three key components of the strategy. **[6 marks]**
 - b) As a community health researcher, you intend to implement an intervention aimed at meeting the global strategy for prevention of non-communicable diseases. Describe the six objectives of this strategy. **[12 marks]**
9. Dietary intake patterns are a determinant of non-communicable diseases:
 - a) Describe the dietary practices among Kenyans in relation to the WHO dietary recommendations. **[12 marks]**
 - b) Distinguish between the western dietary pattern and the prudent dietary pattern while comparing and contrasting the disease burden associated with the two dietary patterns. **[8 Marks]**
10.
 - a. Describe the socio-economic impacts of NCDs in developing countries. **[10 Marks]**
 - b. Discuss five risk factors associated with mental health amongst the youth **[10 Marks]**