



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH**

DEPARTMENT OF COMMUNITY HEALTH

BACHELOR OF SCIENCE IN COMMUNITY HEALTH PRACTICE

JAN-APRIL 2026 END OF SEMESTER EXAM

UNIT CODE: CHP 212

UNIT NAME: Maternal Health and Child Nutrition

(Out of 70 Marks)

TIME: TWO Hours Start: Finish

INSTRUCTIONS

- 1) This exam is marked out of 70 marks**
- 2) This exam comprises of two sections**
 - ✓ Section A: Compulsory questions (30marks)
 - Section B: Choose Two questions (each question is 20marks)

SECTION A: ANSWER ALL QUESTIONS

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- 1) Outline **FIVE** public health strategies that address the nutritional needs of special groups (5 marks)
 - 2) Identify **FIVE** key nutrients required during the preconception period (5 marks)
 - 3) Mention **FIVE** consequences of inadequate nutrient intake during pregnancy (5 marks)
 - 4) Highlight **FIVE** public health implications of poor maternal nutrition at the national level (5 marks)
 - 5) Identify **FIVE** characteristics of good nutrition indicators that influence programme planning and evaluation (5 marks)
 - 6) Outline **FIVE** challenges faced in the implementation of the Integrated Management of Childhood Illness (IMCI) strategy in low-resource settings (5 marks)

SECTION B

Answer any TWO questions from this section

QUESTION 7

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- a) Using relevant community examples, apply your knowledge to discuss **FIVE** socio-cultural and economic factors that influence maternal and child nutrition at the community level **(10 marks)**
 - b) Apply your knowledge of infant and young child feeding practices to explain **FIVE** ways in which exclusive breastfeeding and appropriate complementary feeding improve child nutrition outcomes in community settings **(10 marks)**

QUESTION 8

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- a) In a community health clinic assessing under-five children for malnutrition, apply the ABCD (Anthropometric, Biochemical, Clinical, and Dietary) approach to evaluate their nutritional status and justify its usefulness in guiding intervention decisions **(12 marks)**
 - b) Using a country experiencing high rates of maternal and child malnutrition as an example, apply your knowledge to examine **FOUR** strategies that can be implemented at the global, national, and community levels to address the problem **(8 marks)**

QUESTION 9

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- a) In low-resource community settings, apply your knowledge to discuss **FIVE** determinants that influence maternal nutritional status **(10 marks)**
 - b) Using real-world examples from resource-limited settings, critically examine **FIVE** key principles of Community-Based Nutrition Programming that promote sustainability and improve nutrition outcomes **(10 marks)**

