



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF PUBLIC HEALTH  
DEPARTMENT OF COMMUNITY HEALTH  
DIPLOMA IN COMMUNITY HEALTH  
END OF SEMESTER EXAMINATION AUGUST 2025**

**UNIT CODE: DCHP 214    UNIT NAME: NON-COMMUNICABLE DISEASES**

**DATE:        6<sup>TH</sup> AUGUST, 2026**

**TIME:        Two Hours    Start: 9:00AM    Finish : 11:00AM**

**INSTRUCTIONS**

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections  
**Section A:** Compulsory Question (20 marks)  
**Section B:** Long Answer Questions (40 marks)

**SECTION A: COMPULSORY (20 Marks)**

**Answer all questions in this section.**

1. Define the following terms: (5 Marks)
  - a) Non-communicable disease (NCD)
  - b) Epidemiology
  - c) Surveillance
  - d) Morbidity
  - e) Disability
2. State five characteristics of non-communicable diseases. (5 Marks)
3. Describe five major behavioural and metabolic risk factors associated with NCDs. (10 Marks)

## SECTION B

### ANSWER ANY TWO (2) QUESTIONS (40 Marks)

#### Question 4

- a) Define screening. (2 Marks)
- b) Explain four benefits of screening programmes for cancers and cardiovascular diseases. (8 Marks)
- c) Discuss five challenges affecting screening programmes in developing countries. (10 Marks)

#### Question 5

A Community Health Practitioner working in a rural sub-county in Kenya has noticed an increasing number of adults visiting health facilities with high blood pressure, diabetes, and obesity. A recent community survey revealed that many residents consume unhealthy diets high in salt and fat, engage in little physical activity, smoke tobacco, and rarely attend medical check-ups. The sub-county health team is planning interventions to reduce the burden of non-communicable diseases (NCDs).

- a) Identify four non-communicable disease risk factors highlighted in the scenario. (4 Marks)
- b) Explain four possible effects of NCDs on individuals and families in the community. (8 Marks)
- c) Describe four interventions the health team can implement to prevent and control NCDs in the community. (8 Marks)

#### Question 6

A 52-year-old man visits a health centre complaining of fatigue and frequent headaches. During examination, he is found to have a blood pressure of 170/100 mmHg and a Body Mass Index (BMI) of 32 kg/m<sup>2</sup>. He reports smoking cigarettes daily, consuming alcohol regularly, and doing little physical exercise. The clinician diagnoses him with hypertension and advises him on lifestyle modification.

- a) Identify five risk factors for NCDs evident in this case. (5 Marks)
- b) Explain five lifestyle changes that the client should adopt to improve his health. (10 Marks)
- c) State five roles of a Community Health Practitioner in supporting this client to manage his condition. (5 Marks)