



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF PUBLIC HEALTH

DEPARTMENT OF COMMUNITY HEALTH

DIPLOMA IN COMMUNITY HEALTH

END OF SEPTEMBER -DECEMBER 2025 EXAMINATION

UNIT CODE: DCH 221: COMMUNITY NUTRITION

TIME: 2 HOURS

Instructions Answer ALL questions in Section A and any 2 in Section B

SECTION A

1. Identify **four** reasons for conducting growth and monitoring to children (4marks)
2. Outline **four** factors that makes breast milk the suitable diet for a child below the age of six months (4marks)
3. Highlight **four** roles of stakeholders in ensuring food security. (4marks)
4. Highlight **four** interventions measures for dealing with iron deficiency Anaemia (4marks)
5. Recall four purposes of nutrition surveillance (4marks)

SECTION B

6. During Nutrition assessment on Child X, You noticed following characteristics
- Protruding belly
 - Oedema in the hands and feet
 - Low appetite
 - Moonface shape
 - Kinky hair that can easily be pulled out
- a) Name the above method of nutrition assessment (2mks)
- b) What condition is the child suffering from (2mks)
- c) Explain four other methods of assessment that can be used to determine the nutrition status of child X? (8mks)
- d) Suggest four ways of preventing malnutrition in the community (8mks)
7. You have been hired by the Ministry of Health to assess the food security situation at a community in the Northern part of Kenya. There has been food shortage in the community which has led to suffering of the community members and hence this has hindered the development of the area.
- a) Define Food Security (2mks)
- b) Explain the four components that will determine food security in the community (8mks)
- c) Describe five ways that you will present to the ministry in order to improve the food security situation in the community (10mks)
8. Due to recent shortages of rain, the Arid and semi arid areas are experiencing emergency drought and famine. You have been posted by the Kenya Red Cross Society to assist in reducing the rate of mortality due to malnutrition.
- a) Discuss the UNICEF conceptual framework for malnutrition (10marks)
- b) Explain the feeding strategies that will be used in feeding the people (10marks)