



MACHAKOS UNIVERSITY

University Examinations for 2020/2021

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (COMMUNITY RESOURCE MANAGEMENT)

HCM 401: COMMUNITY NUTRITION

DATE: 12/8/2021

TIME: 2:00 – 4:00 PM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is **COMPULSORY**
- The question is 30 Marks

QUESTION ONE (COMPULSORY) (30 MARKS)

- Outline three (3) anthropometric measurements that can be used to assess the health and nutritional status of infants (3 marks)
- Explain three (3) methods of curbing vitamin A deficiency in your community (3 marks)
- “High fibre content in diets may be an important factor in the prevention of certain diseases”. Explain (3 marks)
- Outline the nutritional benefits of consuming Iodized salts (3 marks)
- Explain the influence of educational level on individual’s nutritional status (3 marks)
- Explain the different types of edema (3 marks)
- Highlight the basic instructions of nutritional assessment using weighed food records (3 marks)
- Outline the challenges facing nutrition policy implementation processes in Kenya today

- i) Explain the benefits of using the internet as a medium of communicating nutrition messages to the community (3 marks)
(3 marks)
- j) Outline the impact of Covid-19 public health containment measures on community nutrition (3 marks)
(3 marks)

SECTION B:
Specific Instructions

- This section has four (4) questions
- Answer any two (2) questions
- Each question is 20 Marks

QUESTION TWO (20 MARKS)

- a) As community health worker, offer counselling tips to your area residents on nutritional strategies to reduce the high incidences of diabetes, cancer and blood pressure (hypertension) (10 marks)
- b) Using a diagram describe the process of policy making (10 marks)

QUESTION THREE (20 MARKS)

- a) Charlee has approached you for advice on setting up a nutrition education and counselling clinic. Describe the contents of the inclusion lists for various tools/materials (10 marks)
- b) A 50-year-old gentleman was referred for biochemical tests in a nutrition assessment clinic. Explain the various tests to consider and their rationale. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss habits in the community that have led to poor nutrition and poor health (10 marks)
- b) Describe the micronutrient nutrient problem diagnosis and care plan for a client with pale skin, inflamed tongue, brittle nails and complaints of extreme fatigue (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the role of nutrition counselling for people living with HIV/AIDs (10 marks)
- b) Discuss the various challenges of adequate protein intake among most community members and the possible health outcomes (10 marks)