



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN PUBLIC HEALTH.

HPH 106: NUTRITION AND HEALTH

DATE: 8/5/2019

TIME: 8:30 – 10:30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A (COMPULSORY)

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

QUESTION ONE (30 MARKS)

- a) Describe the relationship between nutrition and health (3 marks)
- b) Outline the clinical forms of acute malnutrition (3 marks)
- c) Highlight the eating disorders among adolescents (3 marks)
- d) Outline key considerations to make in zinc supplementations (3 marks)
- e) Explain alterations of energy requirements during pregnancy (3 marks)
- f) Describe why there is increased nutritional needs in HIV/AIDS (3 marks)
- g) Identify the considerations in introduction of complementary foods (3 marks)
- h) Explain how vitamin A affects the immune system (3 marks)
- i) Using appropriate examples define food fortification (3 marks)
- j) Explain the importance of dietary planning in diabetes mellitus (3 marks)

SECTION B:

- **This Section Has Four (4) Questions**
- **Answer Any Two (2) Questions**
- **Each Question is 20 Marks)**

QUESTION TWO (20 MARKS)

- a) You are a Public Health Officer attached to Kiambu Hospital Level 5, you note that there is a rise in goiter cases reported in the period May-December 2018. Discuss the strategies you would put in place to control the above cases (10 marks)
- b) Explain the causes of malnutrition among under-five in semi-arid areas in Kenya. (10 marks)

QUESTION THREE (20 MARKS)

- a) Describe physiological changes in pregnancy that impact upon nutritional status (10 marks)
- b) Discuss strategies to promote breastfeeding in Kenya (10 marks)

QUESTION FOUR (20 MARKS)

- a) The Administrator at Gewa elder's institution home in Eldoret has engaged you to advise them on ways to improve food intake of their patients. Discuss nutrition related problems that you are likely to encounter during assessment of the patients (10 marks)
- b) Describe the nutrition care process steps (10 marks)

QUESTION FIVE (20 MARKS)

- a) Explain levels of community participation in a nutrition programs based in Kitui County, Kenya. (10 marks)
- b) Discuss public health interventions to address anemia (10 marks)