



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR DIPLOMA IN COMMUNITY HEALTH AND  
DEVELOPMENT**

**2<sup>nd</sup> Year 1<sup>st</sup> SEMESTER 2023/2024 ACADEMIC YEAR**

**MAIN/KISUMU CAMPUS**

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**COURSE CODE: HDC 2122**

**COURSE TITLE: NUTRITION IN COMMUNITY HEALTH**

**EXAM VENUE:**

**STREAM:**

**DATE:**

**EXAM SESSION: Sep-Dec 2023**

**TIME: 2.00 HOURS**

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**Instructions:**

- i. Answer questions **ONE** and any other **TWO**.
- ii. Candidates are advised not to write on the question paper.
- iii. Candidates must hand in their answer booklets to the invigilator while in the examination room.

### **QUESTION ONE (30 Marks)**

- (a) Identify THREE advantages of using Mid-Upper Arm Circumference unlike weight for Height Z score in children screening (3 Marks)
- (b) List THREE characteristic features of seasonal food insecurity (3 Marks)
- (c) Identify THREE benefits of exercise in weight management (3 Marks)
- (d) State any THREE uses of dietary reference tables (3 Marks)
- (e) Define:
  - (i) Nutrition Status (1 Mark)
  - (ii) Protective Foods (1 Mark)
  - (iii) Anthropometry (1 Mark)
- (f) List THREE factors responsible for zinc deficiency during pregnancy (3 Marks)
- (g) State THREE roles of vitamin C in the human body (3 Marks)
- (h) Indicate THREE for growth faltering in children below 2 years (3 Marks)
- (i) Mention THREE clinical indicators of Vitamin A deficiency (3 Marks)
- (j) Name THREE methods that can be used in community nutrition assessment (3 Marks)

### **QUESTION TWO (20 marks)**

- (a) Explain FIVE aspects that influence the relationship between nutrition and infection (10 Marks)
- (b) Describe FIVE factors on how HIV affects nutrition (10 Marks)

### **QUESTION THREE (20 Marks)**

- (a) Describe FIVE consequences of Protein deficiency in young children (10 Marks)
- (b) Explain FIVE considerations in the preparation of complementary diets (10 Marks)

### **QUESTION FOUR (20 Marks)**

- (a) Explain any FIVE risk factors for developing hypertension (10 Marks)
- (b) Describe any FIVE lifestyle modifications in the management of Gastroesophageal reflux disease (GERD) (10 Marks)