



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE &
TECHNOLOGY UNIVERSITY EXAMINATIONS 2012/2013**

**3RD YEAR 1ST SEMESTER EXAMINATION IN BACHELOR OF
SCIENCE, COMMUNITY & PUBLIC HEALTH DEVELOPMENT**

(BUSIA)

COURSE CODE: HCD 3313

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

DATE: 14/8/13

TIME: 9.00 -11 .00AM

DURATION: 2 HOURS

INSTRUCTIONS

- 1. This paper contains five (5) questions.**
- 2. Answer question 1 (compulsory) and ANY other TWO questions.**
- 3. Write all answer in the booklet provided.**

SECTION I: SHORT ANSWER QUESTIONS (30 Marks)

Instructions: Answer all questions from this section, each question carries 3 marks

1. a) List 2 clinical manifestations that a patient with iodine deficiency would present with. (1 mark)
b) Explain the health prevention message that a health worker would share with individuals who are at risk of developing iodine deficiency. (2 marks)
2. List 3 clinical manifestations of Vitamin A deficiency. (3 marks)
3. Explain 2 health messages that a health worker would share with a population at risk of developing Vitamin A deficiency. (3 marks)
4. List 3 differences between Marasmus and Kwashiorkor. (3 marks)
5. Outline the link between under-nutrition and infection/illness. (3 marks)
6. List 3 examples of essential amino acids. (3 marks)
7. The digestion of nutrients requires several enzymes to enhance breakdown from complex to simple nutrients. List 3 examples of enzymes that are required for protein digestion. (3 marks)
8. Outline the nutritional requirements of an infant. (3 marks)
9. List 3 groups of people who are at risk of malnutrition. (3 marks)
10. The components of a healthy diet includes the following ; (3 marks)

SECTION I: LONG ESSAY QUESTIONS (30 Marks)

Instructions: Answer 2 questions from this section, each question carries 20 marks

1. Discuss factors that influence the nutritional status of an individual. (20 marks)

2. a) List 2 methods that a health worker would use to assess the nutritional status of a child who is under five years. (2 marks)

b) Describe how the above methods can be used in assessment of the nutritional status of an individual. (18 marks)

3. Discuss the nutritional requirements of a pregnant woman. (20 marks)

4. Mary is in the 3rd trimester of her pregnancy, she is attending the ante-natal clinic for the first time. Initial investigations indicate that Mary has Iron deficiency anemia.
 - a) List 5 clinical manifestations of Iron deficiency anemia that Mary could have presented with. (5 marks)
 - b) Discuss the management of a client who presents with iron deficiency anemia. (10 marks)
 - c) Explain the health prevention messages to share with clients at risk of developing Iron deficiency anemia. (5 marks)