



**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 2016/2017 ACADEMIC YEAR**

**KISII CAMPUS – PART TIME**

---

**COURSE CODE: HDC 2217**

**COURSE TITLE: COMMUNITY HEALTH AND NUTRITION**

**EXAM VENUE:LR 18**

**STREAM: (DIP. CHD)**

**DATE:16/12/16**

**EXAM SESSION:2.00 – 3.30PM**

**TIME: 1 ½ HOURS**

---

**Instructions:**

- 1. Answer all questions in section A and any other 2 questions in Section B.**
- 2. Candidates are advised not to write on the question paper**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room**

### Question one

- a) Explain the following terminologies as used in community nutrition.
- i) Dietetics 3marks
  - ii) nutritional status 3marks
  - iii) malnutrition 3marks
- b) Explain the available energy sources under the following headings
- i) Carbohydrates 3marks
  - ii) Proteins 3marks
  - iii) Fats 3marks
- c) Explain nutritional energy needs during the infancy stage of development 3 marks
- d) State three functions of calcium in a pregnant woman 3marks
- e) Name three sources of calcium for a young child aged three years 3marks
- f) Explain the digestion chemistry in a 60 year old man 3 marks

### Question two

- a) Define anemia as defined in community health and nutrition 2marks
- b) Describe five major causes of anemia in your home county 10 marks
- c) Explain the major symptoms of anemia in our country Kenya 8 marks

### Question three

- a) Iodine is a very important mineral in our bodies and many people in our communities who have iodine deficiencies present with many health problems.
- i) What is the main function of iodine in our bodies 1 mark
  - ii) Explain the effects of low iodine levels in a middle aged lady 7marks
- b) Sodium is a very important macro mineral in our bodies.
- i) Name two main food sources of sodium 2marks
  - ii) Explain three functions of sodium in an adolescent girl. 6 marks
  - iii) state two effects of low levels of sodium in our bodies 2 marks
  - iv) state two effects of high sodium levels in our bodies 2 marks

**Question four**

- a) State five signs and symptoms of malnutrition in your community 2.5marks
- b) Differentiate between the two forms of malnutrition (kwashiorkor and marasmus) 6 marks
- c) State five groups of people who are most vulnerable to malnutrition 2.5 marks
- d) Describe three forms of dietary reviews ,explaining their advantages and disadvantages . 9marks

**Question five**

- a) Name four categories of nutritional assessment 4 marks
- b) Name and explain the four anthropometric measurement used by the community nutritionists in your county 8 marks
- c) Name and explain any nutrient standards you know 8 marks