



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN
PUBLIC HEALTH/ COMMUNITY HEALTH
3RD YEAR 1ST SEMESTER 2018/2019 ACADEMIC YEAR
KISUMU CAMPUS

COURSE CODE: HCD 3313

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

DATE: 13/08/2019

EXAM SESSION: 9.00 – 11.00 AM

TIME: 2 HOURS

Instructions:

- 1. Answer all the questions in Section 'A' and ANY other two 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.**

SECTION A: ANSWER ALL THE QUESTIONS IN THIS SESSION (30 MARKS)

1. Define the following terms using examples. (2 marks)
 - a. Energy balance
 - b. Spina bifida
2. Apart from iron deficiency anaemia name **TWO** other forms of anaemia? (2 marks)
3. Nutrients can be grouped into two major groups giving examples name the two major groups? (2 marks)
4. What are the **TWO** major usage of Vitamin A? (2 marks)
5. Name **FOUR** benefits of good nutrition to a HIV positive person. (2 marks)
6. What are the stages of iron deficiency anaemia? (3 marks)
7. Name the reasons why hydration is so important to a pregnant woman? (3 marks)
8. Using examples name forms of nutrition. (3 marks)
9. What are some of the effects of iodine deficiency? (3 marks)
10. Note down some of major groups of vitamins and how they differ from each other. (4 marks)
11. Unsaturated fatty acid can be grouped into two depending on the double bond. Using a diagram give the difference. (4 marks)

SECTION B: ANSWER ONLY TWO QUESTIONS IN THIS SESSION (40 MARKS)

1. a) Discuss the interaction of nutrition and infection. (10 marks)
b) Measurement of the physical dimensions and gross composition of the human body is important in nutrition. Discuss **FIVE** indicators used to measure this. (10 marks)
2. a) Protein energy malnutrition is the major cause of malnutrition discuss. (10 marks)
b) Discuss ways in which diabetes is related to the diet. (10 marks)
3. a) Discuss briefly dietary review and clinical assessment in nutrition status assessment? (10 marks)
b) Expound more on the importance of nutrition to a pregnant woman? (10 marks)
4. a) Outline some of the major causes of malnutrition. (10 marks)
b) For one to have a good cardiovascular health, what are some of the recommendations in terms of healthy eating? (10 marks)