

**JARAMAOGI OGINGA ODINGA UNIVERSITY**

**BUSIA LEARNING CENTER**

**MAY-AUGUST EXAMS SECOND YEAR**

**BACHELORS OF COMMUNITY HEALTH AND DEVELOPMENT**

**CODE: HCD 3313:      UNIT: Community Health and Nutrition**

**2 HOURS**

**INSTRUCTIONS**

**ANSWER ALL QUESTIONS IN SECTION A ANY OTHER TWO IN SECTION B**

**SECTION A**

Q1. Define the concepts of the following:

- a). Community nutrition
  - b). Nutrient deficiency
  - c). Anthropometric measurement (6 marks)
2. What are the basic principles of nutrition? (4 marks)
3. What is the role of nutrition in health? (4 marks)
4. What are the biological determinants of nutrients? (4 marks)
5. How can you correct vitamin A deficiency in the body ? (2 marks)
6. What are the signs and symptoms of iron deficiency? (4 marks)
7. What is the cause of diabetes? (2 marks)

**SECTION B**

1. You have been consulted to carry out a nutritional assessment in budalangei area of Busia County. What are the components of a nutrition assessment and the steps involved? (20 marks)
2. Describe the different nutritional needs within a life cycle and different nutritional disorder within the life cycle. (20 marks)
3. As a health provider in your Ante natal clinic you are required to give a health talk on nutrition to the pregnant mothers. What are the contents of the talk you would give?(10 marks)
- b). How would you calculate the nutritional requirements of a pregnant mother in the different stages of pregnancy? (10 marks)
4. What are some of the nutrition programs you would put in place in Busia County to ensure the HIV/AIDs patients have a good nutrition status and live a healthy life? (20 marks)