



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

SCHOOL OF HEALTH SCIENCES

UNIVERSITY EXAMINATION FOR BACELOR OF SCIENCE IN COMMUNITY

HEALTH AND DEVELOPMENT

3RD YEAR 1ST SEMESTER 2016/2017 ACADEMIC YEAR

MAIN CAMPUS

COURSE CODE: HCD 3313

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

EXAM VENUE: LAB 12

STREAM: (BSc Comm Hlth & Dev)

DATE: 13/12/16

EXAM SESSION: 2.00 – 4.00 PM

TIME: 2.00 HOURS

Instructions:

- 1. Answer all the 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.**

Section A: 30 marks

1. Differentiate the following terms:
 - a) Macro-nutrients and micro-nutrients (1 mark)
 - b) Essential and non-Essential nutrients (1 mark)
2. Mary is a community health officer attached to a nutrition programme in community X where she is scheduled to conduct nutrition assessment among the under-fives. Explain 3 methods that Mary can use to carry out the assessment (6 marks)
3. Explain 4 categories that nutritional status of an individual may be broadly categorized into (6 marks)
4. Explain the health messages that a health worker would share with a population who are at risk of developing Goiter (4 marks)
5. Explain the impact of Nutrition Transition to the burden of disease in the developing countries (5 marks)
6. List 4 sources of Vitamin A (2 marks)
7. Describe the link between poverty and malnutrition (5 marks)

SECTION B: ESSAY QUESTION (40 Marks)

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

1. Client X has taken a meal rich in carbohydrates and proteins. Discuss the digestion process of the nutrients in the meal (20 marks)
2. Client A is a known case of Diabetes and is also HIV positive. Discuss the health messages that a health worker would share with this client in relation to his/her nutritional requirements (20 marks)
3. Malnutrition has been identified as one of the main causes of morbidity and mortality among children less than 5 years of age.
 - a) Using UNICEF's conceptual framework of causation of under-nutrition discuss causes of under-nutrition among this age group (8 marks)
 - b) Discuss Protein-Energy Malnutrition (12 marks)
4. Describe the nutritional requirements of a 24 year old client who is also pregnant (20 marks)