



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR DIPLOMA IN COMMUNITY HEALTH AND
DEVELOPMENT**

3RD YEAR 1ST SEMESTER 2018/2019 ACADEMIC YEAR

MAIN/KISUMU CAMPUS

COURSE CODE: HCD 3313

**COURSE TITLE: COMMUNITY HEALTH AND
NUTRITION**

EXAM VENUE:

STREAM: (BSc in Public Health/Community Health & Development)

DATE: EXAM SESSION:

TIME: 2 HOURS

Instructions:

- 1. Answer all the questions in Section 'A' and ANY two questions in Section 'B' each contain 20 marks**
- 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: (3 marks)
 - a. Dietary Recommended Intake
 - b. Lipodystrophy
 - c. Type 2 diabetes
2. Using examples differentiate between macro and micronutrients (2 marks)
3. What is the role of energy giving food in basal metabolism? (3 marks)
4. Differentiate between the two major forms of nutrition (4 marks)
5. How would you check for bilateral pitting oedema? (3 marks)
6. Name **FOUR** major importance of lipids to the body? (4 marks)
7. Briefly name and explain two forms of Protein Energy Malnutrition? (2 marks)
8. How is iron deficiency anemia treated? (3 marks)
9. What are some of the early signs of poor assimilation of food? (2 marks)
10. Using a structure differentiate between saturated and unsaturated fatty acid (4 marks)

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

1.
 - a) Discuss factors that help in reduction of cardiac diseases (10 marks)
 - b) Nutrition in pregnancy is quite important. Discuss (10 marks)
2.
 - a) Discuss **FIVE** importance of food aid in emergency situations? (10 marks)
 - b) Illustrate **FIVE** major forms of anthropometric measurements in nutrition? (10 marks)
3.
 - a) What advices on nutrition would you offer an individual over 50 years of age? (5 marks)
 - b) Discuss the major causes of malnutrition? (10 marks)
4.
 - a) Discuss the interaction between nutrition and infection (10 marks)
 - b) Explain the importance of nutrition to a person with diabetes (10 marks)