

JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

KISII LEARNING CENTRE

BACHELOR OF SCIENCE IN PUBLIC HEALTH

FIRST SEMESTER EXAMINATION

HCD 3313: COMMUNITY HEALTH AND NUTRITION

Date:

INSTRUCTIONS

This paper comprises FIVE Questions. Answer Question ONE and any other TWO Questions

1. a) Define the term nutrition and state its relevance in community health.(3 marks)
b) Describe any five basic principles of nutrition (10 marks)
c) Explain the major causes of secondary protein energy under-nutrition (6 marks)
d) State the benefits and limitations of the use of food frequency questionnaire as a method of assessing nutritional intake of humans. (6 marks)
e) Define the term dietary reference intakes and explain its importance in community health and nutrition (5 marks)
2. a) Discuss the causes and symptoms of iron deficiency (14 marks)

b) As a public health officer, explain suitable nutritional interventions you would put in place to help reduce cases of iron deficiency for infants, children and women in the community you serve. (6 marks)
3. a) Explain the advantages and limitations of anthropometry as nutritional status assessment method (9 marks)

b) Outline the major causes of vitamin A deficiency and suggest effective nutritional intervention for a community experiencing the problem. (5 marks)

c) Explain why it would be important to assess nutritional status of community members (6 marks)
4. a) Explain the biological determinants of nutrient needs (9 marks)

b) Describe the kind of nutrition you would recommend for mothers during pregnancy and lactation (11 marks)
5. a) Describe the dietary requirements you would recommend for your brother who is bed ridden with HIV/AIDS (16 marks)

b) State the limitations of biochemical methods of nutritional status assessment (4 marks)