

JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
MAIN CAMPUS
SCHOOL OF HEALTH SCIENCES – BSc. Community Health & Development/ Public Health
3rd YEAR 3rd SEMESTER EXAMINATION (January – April, 2014)
COURSE CODE: HCD 3313

TITLE: Community Health and Nutrition

DATE:

TIME:

DURATION: 2 hours

INSTRUCTIONS

Section A: Answer ALL Questions (Total 30 marks)

1. Define the following terminologies
 - (a) Nutrients (2 marks)
 - (b) Food (2 marks)
 - (c) Nutrition (2 marks)
 - (d) Dietary Reference Intake (2 marks)
2. State the national food and security policy in Kenya (2 marks)
3. Describe the biological determinants of nutrition needs (5 marks)
4. What is food security (2 marks)
5. Identify the consequences of the following conditions;
 - (a) Protein Energy Under-nutrition (1 mark)
 - (b) Vitamin A-deficiency, (1 mark)
 - (c) Iron deficiency (1 mark)
 - (d) Iodine deficiency (1 mark)
6. Describe the causes of food insecurity (5 marks)
7. List the causes of weight loss in nutrition (4 marks)

Section B (Total Marks 40) Answer any two questions

1. As a Public Health specialist, you have noted that the nutrition status of the community is poor.
 - (a) State the four various options that you would use as a Public Health specialist in carrying out Nutritional status assessment (12 marks)
 - (b) State the effects of Malnutrition on HIV status (8 marks)
2.
 - (a) Using a diagram describe the Food Guide Pyramid (12 Marks)
 - (b) What strategies would you put in place to prevent malnutrition among children under five years? (8 marks)
3.
 - (a) Discuss essential nutrients (8 marks)
 - (c) Describe nutritional requirements in pregnancy and lactation (12 marks)

4. Discuss ways in which you can reduce nutrition insecurity (20 marks)