



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR OF
ENVIRONMENTAL HEALTH
3rd YEAR 1st SEMESTER 2023/2024 ACADEMIC YEAR
MAIN CAMPUS

COURSE CODE: HCB 1311

COURSE TITLE: NON-COMMUNICABLE DISEASE CONTROL AND PREVENTIONS

DATE:

TIME: 9.00-12.00 NOON

TIME: 2 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: ANSWER ALL QUESTIONS (30 MARKS)

Question 1: Define the following key concepts in relation to non-communicable diseases:

- a. Modifiable risk factor[1 marks]
- b. Non-modifiable risk factor [1 marks]
- c. Multimorbidity [1 marks]
- d. Integrated management [1 marks]

Question 2: Immunization has helped to dramatically reduce the number of vaccine preventable deaths worldwide. The Kenya Expanded Program on Immunization (KEPI) was established in 1980 with the main aim of providing immunization to target vaccine preventable diseases of public health importance in Kenya.

- a. Explain ways in which childhood immunization might be beneficial in the prevention of non-communicable diseases in adult life. [2 marks].
- b. Highlight the prevention and control interventions for cardiovascular diseases: [2mks]
- c. Describe **two** (2) challenges facing non-communicable disease prevention: [2 marks]

Question 3: Explain how the following factors are associated with either occurrence of the non-communicable diseases or their associated health outcomes.

- a. Healthcare workers' competence and service delivery behaviors [1 marks]
- b. Procurement and Supply of medicines [1 marks]
- c. Physical exercise [1 marks]
- d. Diet and food security [1 marks]
- e. Healthcare policies and implementation [1 marks]

Question 4: Explain the differences between the following concepts:

- a. Non-communicable disease versus communicable disease [2 marks]
- b. Disability versus Impairment [2 marks]
- c. Health system versus health outcome [2 marks]

Question 5: Answer the following questions in relation to Non-communicable disease (NCDs) surveillance and control:

- a. Describe instruments that may be used for screening or monitoring for NCDs. [3 marks]
- b. Highlight some of the challenges associated with long-term follow up of patients with non-communicable diseases in Kenya. [3 marks]
- c. Explain how why it is important to monitor / conduct surveillance for NCDs in Kenya [3 marks]

SECTION B: ANSWER TWO QUESTIONS (40 MARKS)

Answer any two questions – 20 marks each

1. NCDs mortality and morbidity remains high in Kenya.
 - a. Describe different factors that determines occurrence of NCDs in Kenya [6 marks]
 - b. Discuss why intervention programs may be performing sub-optimally [6 marks]
 - c. Identify some of the social and economic factors associated with increased risks for noncommunicable diseases. [4 marks]
 - d. List some of the guidelines for prevention and control of NCDs [4 marks]
2. Discuss noncommunicable diseases under the following sub-titles:
 - a. Public health importance [2marks]
 - b. Risk factors. [6 marks]
 - c. Prevention framework [6 marks]
 - d. Importance of universal healthcare [6 marks]
3. Highlight the ways by which the following interventions contribute to NCD prevention and control in Kenya.
 - a. Diet and nutrition [4 marks]
 - b. Health education and promotion [4 marks]
 - c. Control of communicable diseases [4 marks]
 - d. Health systems strengthening [4 marks]
 - e. Training of healthcare workers [4 marks]