



# MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF ENVIRONMENT, AGRICULTURE AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (COMMUNITY RESOURCE MANAGEMENT)

HCM 401: COMMUNITY NUTRITION

**DATE: 30/8/2022**

**TIME: 8.30-10.30 AM**

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**INSTRUCTIONS:**

This paper consists of two sections A and B

**SECTION A**

**Specific Instructions**

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

**QUESTION ONE (30 MARKS)**

- a) Outline the advantages of biochemical measures in nutritional assessments. (3 marks)
  - b) Explain demographic variables that have an influence on nutritional status of the population. (3 marks)
  - c) Outline group methods that can be used to reinforce behaviour change to reduce prevalence of community nutritional problems. (3 marks)
  - d) Explain dietary assessment methods used in nutritional assessments. (3 marks)
  - e) State the roles of nutrition intervention programmes in improving community health. (3 marks)
  - f) Peter weighs 70 kilograms and his height is 152 centimetres. Calculate his body mass index and comment on his nutritional status. (3 marks)
  - g) Highlight the importance of involvement of donors/funding agencies in the process of development of nutrition policies in Kenya. (3 marks)
  - h) Explain the functions of food and nutrition surveillance systems (3 marks)
  - i) Highlight nutrition counselling advice you would offer a mother with a child that is sick and stunted. (3 marks)
  - j) State methods to evaluate community nutrition education programs. (3 marks)
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## **SECTION B:**

### **Specific Instructions**

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

### **QUESTION TWO (20 MARKS)**

The Kenya Demographic Health Survey 2014 shows that Kitui County is leading nationally in the prevalence of children stunting (46%). In response to this information the County Nutritionist has requested you to implement a community nutrition feeding program to address the problem.

- a) Describe how you are going to carry out the intervention. (10 marks)
- b) Periodical community nutritional assessment would have reduced the high prevalence of malnutrition among children in Kitui County. Discuss. (10 marks)

### **QUESTION THREE (20 MARKS)**

- a) As a project officer in Nyeri County you are organizing nutrition counselling sessions aimed at influencing behaviour change to reduce the high incidences of type II diabetes as a consequence of poor dietary practices. Explain the different individual stages of change you are likely to explore. (10 marks)
- b) Discuss the Kenya National Nutrition Policy Instruments as an integrated approach to improve nutritional status. (10 marks)

### **QUESTION FOUR (20 MARKS)**

- a) You are preparing a presentation on public health intervention measures to control iron deficiencies among pregnant women in Turkana County. Describe the content of your presentation. (10 marks)
- b) Discuss the various methods of community nutrition surveillance. (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Discuss the importance of community nutrition education programs. (10 marks)
- b) You are developing a nutrition surveillance system for your sub-county. Discuss the characteristics of such a system. (10 marks)