



# Technical University of Mombasa

*Faculty of Applied and Health Sciences*

**DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES**

DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT  
(DCH 11M)

## **ANH 2103 : COMMUNITY NUTRITION AND HEALTH INTERVENTIONS**

**SPECIAL /SUPPLEMENTARY: EXAMINATIONS**

**SERIES: OCTOBER 2013**

**TIME: 2 HOURS**

### **INSTRUCTIONS:**

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

### **Question ONE**

- a) Define nutrition (2marks)
- b) What is BMR (Basal Metabolic Rate) in an individual (2marks)
- c) What you understand by the term
  - (i) Health (2marks)
  - (ii) Under nutrition (1mark)
- d) List the major health and nutritional problems in developing countries (4marks)
- e) State any FOUR measures that can be used to curb the various health and nutrition problems within a community (4marks)
- f) Differentiate between:
  - (i) Saturated and unsaturated fatty acids (4marks)
  - (ii) Essential and non-essential Amino acids (5marks)
- g) List any FIVE factors that affect the eating patterns of a community (5marks)
- h) Explain briefly, how the government can promote good nutrition within a community. (4marks)
- i) List any TWO micro-nutrients and their deficiencies. (2marks)

### **Question TWO**

Identify and expand on the major nutrition and health problems found in the developing countries. (15marks)

### **Question THREE**

There are various methods and procedures used in diagnosis of the community nutrition and health problems sustainable intervention approaches. Identify the advantages and limitations of these methods and procedures. (15marks)

### **Question FOUR**

Determine the causes of the various nutrition and health problems in the developing countries.

(15marks)

### **Question FIVE**

Give the functions of these nutrients in the human body.

- (i) Vitamin A
- (ii) Vitamin B12
- (iii) Phosphorus
- (iv) Potassium
- (v) Carbohydrates

**(15marks)**