



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH
UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN COMMUNITY HEALTH
BCH 13J & BSDS/M12

APH 4104: PRINCIPLES OF HEALTH AND NUTRITION

SPECIAL/SUPPLEMENTARY EXAMINATION

OCTOBER 2013 SERIES

2 HOURS

Instructions to candidates:

This paper consist of **FIVE** questions

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

Question ONE

- a) Outline and explain FOUR socio-economic determinants of health (4marks)
- b) Give TWO advantages and TWO disadvantages of using MUAC as a nutrition assessment tool (4marks)
- c) Outline FIVE major contributors to the disease burden in your community (5marks)
- d) Highlight FIVE important considerations you would put in place when selecting a nutrition education communication channel (5marks)
- e) A middle aged client walks into your office requiring nutrition advice. Upon assessment, anthropometric measurements give the following results
 - Height : 1.58metres

- Weight: 73Kgs

- MUAC : 40cm

i) Calculate the body mass index (BMI) of the client.

(2marks)

ii) What would be your advice to this client? **(3marks)**

f) List FOUR vitamin A deficiency control strategies **(4marks)**

g) Briefly describe THREE principles of the international code of marketing Breast Milk substitutes by the World Health organization. **(3marks)**

Question TWO

a) Define the term “food security” and explain the three components of food security.

(8marks)

b) Discuss the strategies that need to be put in place to ensure food security of a population

(12marks)

Question THREE

a) Outline the common health and nutrition problems affecting the Kenyan population and state their causes **(5marks)**

b) Health and nutrition intervention approaches are categorized into three levels. Discuss, citing examples of each. **(15marks)**

Question FOUR

a) With the help of a diagram, explain how the vicious cycle of poverty affects the health and nutrition status of a population **(8marks)**

b) Discuss possible solutions to this problem **(12marks)**

Question FIVE

a) Discuss THREE different methods used to determine dietary intake and give the

advantages and disadvantages of each method

(15marks)

- b) With the help of a food pyramid diagram, illustrate the recommended dietary intakes for each food group

(5marks)