



**TECHNICAL UNIVERSITY OF MOMBASA**

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FACULTY OF APPLIED AND HEALTH SCIENCES  
DEPARTMENT OF ENVIROMENT & HEALTH SCIENCES  
**UNIVERSITY EXAMINATION FOR:**  
**DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT**  
**DCHM 16M/YEAR 2/ SEMESTER 1**  
**ACM 2201: NON-COMMUNICABLE DISEASES**  
**END OF SEMESTER EXAMINATION**  
**SERIES: JULY 2017**  
**TIME: 2 HOURS**

*Instructions to Candidates*

This paper consists of FIVE questions

Answer question ONE (COMPULSORY) and any other TWO questions

*This paper consists of two printed pages.*

*Mobile phones are NOT allowed in the examination room*

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**QUESTION 1**

- a). List five types of Non communicable diseases. 5 marks
- b). Outline the formula for calculating Body Mass Index and list four categories.5 marks
- c). i). Explain gestational diabetes. 2 marks
- ii). Differentiate hypoglycemia from hyperglycemia. 4 marks
- d). Outline five lifestyle and home remedies for heart diseases 5 marks
- e). State five triggers of asthma 5marks
- f). State eight risk factors of cancer. 4 marks

**QUESTION 2**

- a) Differentiate between type 1 and type 2 diabetes. 10 marks
- b) Outline five symptoms of type 2 diabetes. 5 marks

### **QUESTION 3**

- a) Discuss the effect of nutrition on none communicable diseases. 10 marks
- b) Describe the importance of antioxidants in bodies of human beings. 5 marks

### **QUESTION 4**

- a) Discuss the factors of reducing non communicable diseases on individuals and the community. 8 marks
- b) State three socio economic impact of non-communicable diseases. 7 marks

### **QUESTION 5**

Discuss seven factors that have attributed to occurrence of cancer. 15 marks