



**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/16S/YEAR 2/SEMESTER 1  
ACM 2201: NON COMMUNICABLE DISEASES**

**SPECIAL/ SUPPLIMENTARY EXAMINATION  
SERIES: SEPTEMBER 2018  
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 30 Marks**

- a). Define the following terms:
- i) Non-communicable disease 2 marks
  - ii) Autoimmune disease 2 marks
- b). State four measures identified by WHO to reduce non communicable diseases. 4 marks
- c). Outline five reason or excessive gain in weight 5 marks
- d). Briefly explain the effect of cholesterol on arteries 4 marks
- e). State four methods of preventing cancer 4 marks
- f). Outline triggers of asthma 5marks
- g). Briefly explain polycystic ovary syndrome 4 marks

**QUESTION 2 15 Marks**

- a) Differentiate between type 1 and type 2 diabetes. 10 marks
- b) State five socio economic impact of non-communicable diseases 5 marks

**QUESTION 3**                    **15 Marks**

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

**QUESTION 4**                    **15 Marks**

Explain lifestyle changes that can improve or prevent heart diseases.                    15 marks

**QUESTION 5**                    **15 Marks**

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