

**W1-2-60-1-6**

**JOMO KENYATTA UNIVERSITY**

 **OF**

**AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2014/2015**

**YEAR IV SEMESTER II EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN PUBLIC HEALTH**

**IPH 2409: CONTROL AND PREVENTION OF NON-COMMUNICABLE LIFESTYLE DISEASES**

**DATE:DECEMBER 2014 TIME: 2 HOURS**

**INSTRUCTIONS** Answer question one and any other two questions.

**QUESTION ONE**

a. Describe ‘bad eating habits’ as a risk factor to non communicable disease.

 (3 marks)

b. Justify the statement “non –communicable diseases are also reffered to as lifestyle diseases”. (3 marks)

c. Explain the following terms

 i. Metastatic cancer. (2 marks)

 ii. Myocarditis (2 marks)

d. Make short notes on diatebets mellitus mentioning its prevention and management. (3 marks)

e. Define the term mental disorder and give any three classifications of or such disorders. (3 marks)

f. Illustrate briefly how anxiety and different phobias could be overcome.

 (3 marks)

g. The abuse of tobacco and its products usually give rise to health problems, give a few of such disorders. (3 marks)

h. Jane’s mother and sister have been recently diagnosed with breast cancer. She fears that the same might happen to her. Describe the advice you could offer her. (3 marks)

i. Explain some factors that can accelerate the development of dental carriers disease. (3 marks)

**QUESTION TWO**

Discuss the role of exercise in prevention of non-communicable diseases. (20 marks)

**QUESTION THREE**

Discuss cardio vascular diseases under

i. Causes (5 marks)

ii. Types of cardio vascular diseases. (10 marks)

iii. Prevention. (5 marks)

**QUESTION FOUR**

Tobacco and substance related abuse is a major cause for most non-communicable diseases. Discuss this. (20 marks)