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**University Examinations 2015/2016**

THIRD YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN COMMUNITY HEALTH DEVELOPMENT

**HPC 3303: FUNDAMENTALS OF NUTRITION IN THE COMMUNITY**

**DATE: NOVEMBER 2015 TIME: 2 HOURS**

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

**QUESTION ONE (30 MARKS)**

1. Explain three levels of prevention that a community health officer can be involved in tackling community health issues. (6 Marks)
2. Discuss the World Health Organization’s (WHO) recommendation for identification of Severe Acute Malnutrition (SAM). (4 Marks)
3. Discuss the reasons for recommendation of Multiple Micronutrient Powders (MNPs) for home fortification of foods consumed by infants and young children 6-23 months of age. (3 Marks)
4. Evidence suggests that large number of children with severe acute malnutrition (SAM) can be treated in their communities without being admitted to a health facility or therapeutic feeding centre. Discuss three ways in which Community Health Extension Workers (CHEWs) can be involved in treatment of SAM. (3 Marks)
5. Describe interventions aimed at preventing iron deficiency anemia in pregnancy. (5 Marks)
6. Calcium supplementation of pregnant women is recommended in areas where dietary calcium intake is low and for women at a high risk of developing hypertensive disorders during pregnancy. Discuss the rationale supporting the above recommendation. (5 Marks)
7. Discuss the importance of Rapid Assessment Procedure (RAP) when conducting community nutrition survey. (4 Marks)

**QUESTION TWO (20 MARKS)**

According to Kenya Health Demographic Survey 2012, national prevalence of 7% malnutrition was reported. In response to this information, Meru County director of medical services has asked you to implement a community nutrition feeding program to address this problem.

1. Community assessment is vital before implementing any intervention.
2. Explain the importance of conducting a community nutrition assessment. (4 Marks)
3. Discuss three factors that you will consider to ensure successful community assessment. (6 Marks)
4. Using one of the following models and protocols for community assessment, clearly articulate how you are going to carry out this intervention.
5. Planned Approaches to Community Health (PACH)
6. The preceed-proceed model of community program planning and evaluation. (10 Marks)

**QUESTION THREE (20 MARKS)**

Discuss in detail the four phases of management of a child with severe malnutrition. (20 Marks)

**QUESTION FOUR (20 MARKS)**

1. Discuss in detail the three methods of assessment of community dietary intake. (6 Marks)
2. Describe the seven steps of nutrition surveillance process. (14 Marks)