



MASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

SECOND YEAR FIRST TRIMESTER

2021/2022 ACADEMIC YEAR

**SCHOOL OF PURE, APPLIED AND HEALTH
SCIENCES**

DIPLOMA IN NURSING

COURSE CODE: DND 2106

COURSE TITLE: COMMUNITY NUTRITION I

DATE: 7TH APRIL, 2022

TIME: 0830-1130

INSTRUCTIONS.

- i. This paper has **THREE** sections. Questions in sections A and B are compulsory. Choose only **TWO** questions in section C.
- ii. Examination rules apply

**SECTION A: MULTIPLE CHOICE ANSWER QUESTION (20 MARKS)
ANSWER ALL QUESTIONS.**

1. Which of the following is not a level of Health promotion.

- a) Intermediate level.
- b) Secondary level.
- c) Tertiary level.
- d) Primary level.

2. For Growth Monitoring and Promotion in the community Nutrition, which the best description

- a) Operational Strategy for Mother visualises growth.
- b) Not specific to receive relevant guidance in monitoring.
- c) Community involvement in regular growth of the child.
- d) It is easy and cost effective for community Nutritionist.

3. Community Nutrition involves the following areas of Aspects **EXCEPT**.

- a) Nutritional Surveillance.
- b) Epidemiological dietary studies.
- c) Implementation and evaluation of dietary.
- d) Recommendation of gold standard in community.

4. Which is the **BEST** description for the role of Public Health.

- a) Promoting Health lifestyle
- b) Researching disease and injury prevention
- c) Detecting preventing infectious disease
- d) Less active in prolonged life

5. The following are influences of health that are not under our control **EXCEPT**.

- a) Genetics.
- b) Age.

- c) Social network.
- d) Gender.

6. Which one is **NOT** the correct source of taking anthropometric measurement?

- a) Height
- b) Weight
- c) Body mass
- d) Fold weight mass

7. _____ is **NOT** among the concerns in population Health.

- a) Diabetes.
- b) Congestive Heart Failure.
- c) Obesity.
- d) Cultural diseases.

8. Which one is **TRUE** about community Assessment?

- a) Identify strength, needs and challenges of specified community.
- b) Gather information only.
- c) Only for demographic factors.
- d) Socio-economic evaluation.

9. 13. In public Health _____ is seen as the patient

- a) Co-workers.
- b) Families.
- c) Individual.
- d) Community.

10. Which one of the following is not a pillar of health?

- a) Promotion
- b) Care
- c) Prevention
- d) Protection.

11. Public Health and community nutritionists engage in multitasking roles that include the following **EXCEPT**?

- a) Diet counselling.
- b) Medical Nutrition therapy.
- c) Chemotherapy.
- d) Blood Pressure Screening.

12. _____ is useful in biochemical test in nutrition Assessment

- a) Zinc.
- b) Lactose.
- c) Copper.
- d) Protein.

13. A low income elderly woman is being screened for blood cholesterol level by a community nutritionist at the Community Health Centre. What level of prevention is the Nutritionist using?

- a) Primary Prevention.
- b) Secondary Prevention.
- c) Tertiary Prevention.
- d) Community Prevention.

14. _____ is the nutrition strategy that utilizes food and nutrients delivery as part of steps in the Nutrition care plan.

- a) Nutrition Intervention.
- b) Nutrition Assessment.
- c) Nutrition Diagnosis.

d) Nutrition Evaluation.

15. _____ is **NOT** considered as common interest in the community by the Nutrition

a) Homebound elderly person.

b) Teenage Mother.

c) Co-workers.

d) Members of Church.

16. Which of the following is **NOT** a community need?

a) Passive needs.

b) Housing needs.

c) Express needs.

d) Relative needs.

17. In regard to Nutritional Assessment, which one is **NOT** a direct method of Assessment?

a) Anthropometry.

b) Biochemical and laboratory estimation.

c) Functional Assessment.

d) Vital health statistics.

18. One of the following is the best description of programme planning.

a) Process by which program is conceived and brought to completion.

b) Less involvement in identification problems.

c) No criteria in program planning

d) Evaluation only applicable at initiation stage.

19. Which one is **NOT** a population Health pillar?

a) Have care Management.

b) Quality and Safety.

c) Public health and Health policy.

d) Collaboration in corporate care.

20. One of the following is **NOT** theory and model of health behaviour.

a) Healthy literacy.

b) Ecological model.

c) Social cognitive theory.

d) Theory of research action.

PART B - SHORT ANSWER QUESTIONS (40 MKS).

1. Explain three (3) levels of Health promotion (**6 marks**)

2. State four (4) roles of public health in Nutrition (**4 marks**).

3. State five (5) importance of programme planning. (**5 marks**).

4. State five (5) factors that contribute to successful community nutrition programs (**5 marks**).

5. State three (3) importance of programme planning (**6 mks**).

6. List four (4 mks) core values of community actions. (**4 mks**).

7. List five (5) influences of Health that we have control over (**5 marks**).

8. Describe three (3) strategies set out in Ottawa charter essential.

(**5 marks**).

**PART C - LONG ESSAY QUESTIONS (40 MARKS), ANSWER ONLY
TWO QUESTIONS.**

1) A Nutrition student has been assigned to conduct a needs Assessment survey in Limanet village.

a) Briefly explain Needs Assessment survey. (**5 marks**)

b) State five (5) common characteristics of Needs Assessment survey. (5 marks)

c) Discuss Challenges that the Nutrition student may encounter during a needs Assessment survey. (10 marks)

2. Grace Naserian Nutrition student from Maasai Mara University has been posted to Enabelel sub-location in Narok for clinical placement. Her first assignment is on Health promotion and disease prevention. In regard to uptake of immunization among children under five,

a) Define Health promotion and disease prevention (2 marks)

b) In line with Health promotion, describe the key construct of Health

Belief Model and theory in developing effective Public Health intervention on immunization (10 marks)

c) Explain four (4) limitation of health Belief model and theory (8 marks)

3. Following the service need for a community nutritionist in Melili ward of Narok County due to malnutrition, you have been posted to offer nutritional services.

a) Explain the role of community nutritionist (10 marks)

b) State four (4) factors causing malnutrition in the community. (4 marks)

c) Briefly describe the three levels of disease prevention according to the concept of community nutrition. (6 marks)

//// END/////