

102106T4COH

COMMUNITY HEALTH LEVEL 6

HE/OS/CH/CC/02/6/A

Apply Nutrition in Community Health

Nov/Dec 2023



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

Time: 3 Hours

INSTRUCTION TO CANDIDATE

1. This paper has two sections **A** and **B**
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do not write on the question paper

This paper consists of three (3) printed pages.

**Candidates should check the question paper to ascertain that all the pages are printed
as indicated.**

SECTION A: (40 MARKS)

Answer ALL the questions in this section

1. Several state agencies in Kenya have been placed in the spotlight after 20,000 bags of contaminated sugar that had been previously condemned allegedly found its way into the market. Outline FOUR factors that can affect food safety. **(4 Marks)**
2. Proper nutrition plays a key role in the prevention of nutritional-related diseases. Identify THREE chronic nutritional conditions **(4 Marks)**
3. Nutritional assessment is done to ascertain the health status of an individual. Mention FOUR anthropometric measurements used to establish an individual's nutritional status. **(4 Marks)**
4. Food is classified into various categories. Highlight FOUR basic food groups. **(4 Marks)**
5. During nutrition screening in your area, you have identified a child suffering from marasmus. Outline FOUR clinical features that the child presented with **(4 Marks)**
6. Food security exists when all people at all times have physical and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life. State THREE dimensions of food security. **(3 Marks)**
7. Every year, communities across the world come together to ring the alarm on diabetes. As a community health worker in Suneka community unit, you are preparing to create awareness of diabetes this year. Highlight FOUR signs and symptoms of diabetes that you will educate your community on. **(4 Marks)**
8. Food security exists at different levels globally. State THREE levels of food security. **(3 Marks)**
9. Vivienne weighs 74 kg and her height is 163cm. Determine and interpret her BMI. **(4 Marks)**
10. Exclusive breastfeeding is essential to the health of the mother and child. State FOUR benefits of exclusive breastfeeding to the health of the mother. **(4 Marks)**
11. Malnutrition is among the top ten conditions contributing to child mortality in Kenya. Identify TWO major types of malnutrition. **(2 Marks)**

SECTION B: (60 MARKS)

Answer any THREE questions in this section.

12. The world continues to lose ground in its effort to end hunger, food insecurity, and malnutrition in all its forms by the year 2030. This is according to the release by the state of food security and nutrition world report of 2022.
- a) Differentiate between food insecurity and nutrition insecurity. **(4 Marks)**
 - b) Describe THREE types of food insecurity. **(6 Marks)**
 - c) Discuss FIVE interventions the government of Kenya through the ministry of agriculture and ministry of trade and industry is putting in place to improve the food security situation in the country. **(10 Marks)**
13. Due to political instability in Somalia, there is a massive migration of refugees into Dadaab refugee camp in Kenya. This has led to international organisations reporting on increased cases of malnutrition due to the overpopulation of refugees in the camp.
- a) Discuss FIVE population groups that are nutritionally vulnerable during emergencies and one reason for their vulnerability. **(10 Marks)**
 - b) Describe FIVE factors that determine individual nutritional needs. **(10 Marks)**
14. The developing world faces several emerging issues affecting food and nutrition security.
- a) Discuss SIX emerging issues affecting food and nutrition security in Kenya. **(12 Marks)**
 - b) Describe FOUR steps in the nutrition care process. **(8 Marks)**
15. Chronic non-communicable disease problem is not a preserve for the developed regions of the world. Developing countries are increasingly suffering from these conditions.
- a) Explain FIVE factors that predispose an individual to chronic diseases. **(10 Marks)**
 - b) In the management of non-communicable diseases, it is important for clients to adhere to treatment and lifestyle changes to prevent complications. Discuss FIVE reasons why patients may fail to adhere to medication. **(10 Marks)**

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