

COMMUNITY HEALTH LEVEL 5

Apply Nutrition in Community Health

July/August 2023

SECTION A: (20 MARKS)

1. **A. Fortification of salt with iodine**
 2. **B. BMI = 23.5 kg/m²**
 3. **A. MUAC less than 11.0cm (RED COLOUR), indicates Severe Acute Malnutrition**
 4. **A. Increased obesity rates due to fast foods and soft drinks.**
 5. **B. Stability**
 6. **C. Wounds that do not heal**
 7. **D. Men above 60 years**
 8. **B. Breastfeed exclusively for six months**
 9. **B. Type 2 diabetes**
 10. **D. Beriberi**
 11. **B. Blood pressure screening**
 12. **C. Reduce intake of alcohol**
 13. **B. Decreasing fertilizer prices to increase crop yields**
 14. **D. Help in bowel movements**
 15. **B. Height for age**
 16. **D. Education**
 17. **D. Employment in government offices, which makes people not farm**
 18. **A. Dig up boreholes to increase farming water supply in the community**
 19. **D. They play a role as producers of food, managers of natural resources, income earners and caretakers of household nutrition.**
 20. **A. Fats**
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SECTION B: (40 MARKS)

21. Four reasons for encouraging community to adopt a kitchen garden:

- Provides fresh and nutritious food.
- Reduces food costs and improves food security.
- Encourages physical activity and mental well-being.
- Promotes sustainable living and environmental awareness. (4 Marks)

22. Four tools to collect anthropometric data:

- Weight scale
- Height measurement board
- Body fat calipers
- Growth charts (4 Marks)

23. Three determinants of nutrition in human development:

- Socioeconomic status
- Access to healthcare services
- Education level (3 Marks)

24. Four symptoms of scurvy:

- Swollen and bleeding gums
- Fatigue and weakness
- Joint and muscle pain
- Skin rashes and bruising (4 Marks)

25. Three requirements for a therapeutic diet for coeliac disease:

- Strictly gluten-free foods
- Inclusion of whole grains that are gluten-free (e.g., rice, quinoa)
- Avoidance of cross-contamination with gluten-containing products (3 Marks)

26. Four conditions from too much salt intake:

- Hypertension (high blood pressure)
- Stroke
- Heart disease
- Kidney disease (4 Marks)

27. Five methods for conducting nutritional assessments:

- Dietary surveys (24-hour recall)

- Anthropometric measurements
- Biochemical tests (blood tests)
- Clinical assessments (physical examinations)
- Food frequency questionnaires (5 Marks)

28. Five reasons for classifying pregnant women and lactating mothers as nutritionally vulnerable:

- Increased nutritional needs for fetal development.
- Risk of anemia and micronutrient deficiencies.
- Higher caloric requirements during lactation.
- Vulnerability to gestational complications.
- Societal pressures and stigma affecting food access. (5 Marks)

29. Three stakeholders in Kenya engaged in food security interventions:

- Government agencies (e.g., Ministry of Agriculture)
- Non-governmental organizations (NGOs)
- Community-based organizations (CBOs) (3 Marks)

30. Five causes of malnutrition:

- Food insecurity and poverty
- Lack of education on nutrition
- Poor healthcare access and services
- Cultural practices affecting food choices
- Environmental factors (e.g., drought, climate change) (5 Marks)

SECTION C: (40 MARKS)

31. Food insecurity is a global concern:

a) Differentiate between food insecurity and nutrition insecurity:

- **Food insecurity:** Refers to the lack of consistent access to enough food for an active, healthy life.
- **Nutrition insecurity:** Refers to the lack of access to a nutritionally adequate diet, leading to malnutrition, regardless of food quantity. (4 Marks)

b) Three types of food insecurity:

- **Chronic food insecurity:** Long-term and persistent lack of food.
- **Transitory food insecurity:** Temporary and situational lack of food due to economic or environmental factors.
- **Seasonal food insecurity:** Occurs during specific times of the year when food supply is low. (6 Marks)

c) Five factors the government of Kenya is putting in place to improve food security:

- Increasing investment in agricultural technology and infrastructure.
- Implementing policies for sustainable land use and management.
- Enhancing access to credit and financial services for farmers.
- Promoting crop diversification and resilience strategies.
- Strengthening food distribution systems and market access. (10 Marks)

32. Nutrition care process:

a) Define nutrition care process:

- A systematic approach to providing nutrition care that includes assessment, diagnosis, intervention, monitoring, and evaluation. (2 Marks)

b) Four stages of nutritional care process:

- **Assessment:** Gathering information about the individual's nutritional status.
- **Diagnosis:** Identifying nutrition-related problems based on assessment data.
- **Intervention:** Developing and implementing a plan to address the identified problems.
- **Monitoring and Evaluation:** Tracking progress and outcomes to determine the effectiveness of the intervention. (8 Marks)

c) Five nutrients essential for a pregnant woman:

- **Folic acid:** Important for fetal development and preventing neural tube defects.
- **Iron:** Essential for increased blood volume and preventing anemia.
- **Calcium:** Necessary for bone health and fetal growth.
- **Protein:** Supports tissue growth and development.
- **Omega-3 fatty acids:** Important for brain development. (10 Marks)