



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2008/2009
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE IN FOOD NUTRITION AND DIETETICS

HFN 417: NUTRITION IN EMERGENCIES

DATE: Monday 7th September, 2009

TIME: 11.00 a.m. – 1.00 p.m.

INSTRUCTIONS

Answer ALL questions in the answer booklet provided.

1. You work as a nutritionist for an NGO dealing with relief operation in Tana River district where there has been severe famine because of prolonged drought.
 - a. Suggest the types of malnutrition which the majority of children under five years of age are likely to be suffering from. [2 marks]
 - b. Suggest **three** nutrition interventions that would have an immediate impact on the nutritional status of the malnourished children and give the rationale for your choice. [6 marks]
 - c. Suggest **four** interventions (not nutritional in nature) that may also need to be put into place to help improve the nutritional status of the children. [4 marks]
 - d. Giving reasons, state the **four** population sub-groups likely to be most affected by the famine. Identify the nutritional indices that would be most appropriate in establishing the nutritional status of each of these population sub-groups and give a rationale for your choice. [8 marks]
2.
 - a. Differentiate between the following: [6 marks]
 - I. Selective Feeding Programmes and General Food Ration
 - II. Targeted and Blanket Supplementary Feeding Programmes
 - III. Anthropometric and Nutrition surveys.
 - b. State the admission and discharge criteria for admission for Supplementary Feeding Programme for the following people. [6 marks]

- I. Children under five years of age
- II. Pregnant women
- c. Explain why the 'take-home ration' is the preferred mode of distribution of food by many in supplementary feeding programmes. [8 marks]
- d. Suggest **four** interventions that could be integrated in 'take-home' supplementary feeding programmes. [4 marks]
3. a. Explain the rationale for conducting Nutrition Surveys in emergency situations. [6 marks]
- b. Discuss why Community Therapeutic Care (CTC) is recommended for the management of severe malnutrition in emergency set-ups. [4 marks]
4. a. Interpret the following levels of global and severe acute malnutrition (based Z-scores weight-for-height index) for children under five years of age in emergency situations using the WHO guidelines. [8 marks]
 - I. Global acute malnutrition [GAM] 4.8% [CI: 3.2 – 5.6]
 - II. Global acute malnutrition [GAM] 16.8% [13.0 – 17.3]
 - III. Severe acute malnutrition [SAM] 3.1% [CI: 2.4 – 4.3]
 - IV. Severe acute malnutrition [SAM] 1.2% [CI: 0.3 – 2.3]
- b. Interpret the nutritional status represented by the following: [8 marks]
 - I. -0.3 weight-for-height Z scores for children under five years of age, no oedema.
 - II -0.1 weight-for-height Z scores for children under five years of age, oedema present.
 - III +0.2 weight-for-height Z scores for children under five years of age, oedema absent.
 - IV 68% weight-for-height percent of the median, oedema absent.
 - V MUAC 100mm for children under five years of age, oedema absent.
 - VI MUAC 23mm for pregnant women.
 - VII -2.5 weight-for-height Z scores for children under five years of age, no Oedema.
 - VIII 85% weight-for-height percent of the median for children under five years of age no oedema.

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