



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR DIPLOMA IN NUTRITION AND HEALTH

FND 030N: NUTRITION AND HEALTH INTERVENTIONS

DATE: Friday, 30th March, 2012

TIME: 8.00 a.m. – 10.00 a.m.

INSTRUCTIONS:

Answer **ALL** questions in the answer booklets provided.

1. Explain three general ways in which an intervention that involves disease treatment would lead to an improvement in the nutritional status of the targeted population. (6 marks)
2. Give five considerations you would take into account when targeting beneficiaries for an intervention programme in an arid and semi-arid area of Kenya. (5 marks)
3. You are a nutrition project officer in an NGO that intends to design an intervention to tackle the high prevalence of vitamin A deficiency in a district in Kenya.
 - a) State five indicators you would look for when carrying out assessment to show that the community is faced with the problem of vitamin A deficiency. (5 marks)
 - b) Suggest two direct and two contributory causes of vitamin A deficiency (4 marks)

- c) Give two direct and two indirect interventions you would recommend for the community to alleviate the problem. (4 marks)
4. Define the following terms as applied in the selection of interventions:
- a) Effectiveness
 - b) Feasibility
 - c) Relevance
- (6 marks)
5. Give four sequential general steps in the design of an intervention programme (4 marks)
6. a) Distinguish between process and impact evaluation (4 marks)
b) State three components of process evaluation (3 marks)
7. a) State four considerations to make when ranking community problems. (4 marks)
b) Give four demographic characteristics useful in community problem identification and analysis. (4 marks)
8. Give six benefits of community participation in intervention programmes. (6 marks)
9. Give 5 ways in which iodine deficiency may manifest itself in the general population. (5 marks)
10. One indirect way of alleviating protein-energy malnutrition in Kenya is through increased food production. Suggest five ways of doing so. (5 marks)
11. Suggest five ways of reducing errors of inclusion and exclusion during targeting. (5 marks)