



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF SCIENCE

HFN 504N: NUTRITION ASSESSMENTS

DATE: Thursday 29th March, 2012

TIME: 9.00 a.m. – 12.00 p.m.

INSTRUCTIONS

Answer ALL the questions in the Answer booklets provided.

1. a) Explain the following terms used in nutrition assessments: [4 marks]
 - i) Nutritional oedema
 - ii) Stunting
 - iii) Body Mass Index
 - iv) Obesity
 - b) Explain the rationale for the recent recommendation to use height-for-age as a tool for monitoring growth of children. [6 marks]
 - c) Explain the limitations of using universal BMI cut-off points for all populations. [4 marks]
 - d) Explain the risk factors for the following deficiency diseases in Kenya:
 - i) Zinc deficiency [2 marks]
 - ii) Vitamin A deficiency among children under five years of age. [4 marks]
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2. a) Interpret the nutritional status for the following and state the health implications for each status: [10 marks]
 - i) BMI 35.8 kg/m² for an adult man
 - ii) BMI 14.5 kg/m² for an adult woman
 - iii) MUAC 10.5 cm for a child less than five years of age
 - iv) MUAC 14.2 cm for a child less than five years of age
 - v) -3.5 Z scores without oedema for a child less than five years of age
 - vi) +3.4 Z scores without oedema for a child less than five years of age

- vii) A child with grade three (+++) oedema
 - viii) 85.5% of the median with the presence of oedema for a child less than five years of age
 - ix) MUAC 18.9 cm for a pregnant woman
 - x) MUAC 23 cm for a lactating woman
 - b) Interpret the following global acute malnutrition (GAM) rates: [4 marks]
 - i) 14.6% (10.5 – 16.8 95% CI)
 - ii) 4.4% (2.6 – 6.7 95% CI)
 - iii) 26.5% (24.8 – 29.8 95% CI)
 - iv) 8.9% (6.5 – 11.3 95% CI)
 - c) Explain the differences in the NCHS Reference 1977 and WHO Standards 2006. [6 marks]
3. a) i) Discuss the reasons for assessing dietary intake of a community. [6 marks]
- ii) Discuss the sources of error/limitations of 24-hour dietary intake assessment method. [4 marks]
- b) Briefly describe the five steps involved in the examination and diagnosis of a child on admission to a health facility with protein energy malnutrition. [10 marks]

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