



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
SECOND YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH
SCIENCES
DIPLOMA IN SCIENCE IN FOODS, NUTRITION, AND
DIETETICS**

**COURSE CODE: DND 2106
COURSE TITLE: COMMUNITY NUTRITION I**

DATE: 14TH DECEMBER, 2023

TIME: 0830-1030

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 6 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.

1. Which of the following is NOT a characteristic of SMART program objectives
 - A. Specific
 - B. Measurable
 - C. Adaptable
 - D. Time-bound
2. Why is assessing community needs considered a crucial step in community development and planning?
 - A. It helps organizations increase their profits.
 - B. It allows for the exclusion of community members' perspectives.
 - C. It helps understand specific challenges and opportunities.
 - D. It focuses resources on irrelevant issues.
3. The overarching purpose of community nutrition professionals is to :
 - A. Treat nutrition-related diseases
 - B. Assess food security
 - C. Promote optimal health and prevent nutrition-related diseases
 - D. Implement public health nutrition policies
4. What is the goal of asset mapping in needs assessment?
 - A. To identify community weaknesses
 - B. To avoid considering intangible assets
 - C. To identify community strengths and resources
 - D. To exclude cultural traditions
5. Which of the following supplements is distributed as part of Kenya's Community Nutrition Services program to combat micronutrient deficiencies?
 - A. Protein supplements
 - B. Vitamin A supplements for children and iron/folate supplements for pregnant women
 - C. Calcium supplements
 - D. Vitamin C supplements
6. Which term in community nutrition encompasses both insufficient and excessive nutrient intake?
 - A. Undernutrition
 - B. Nutrition intervention
 - C. Malnutrition

- D. Public health nutrition
7. Which term refers to the dissemination of information and knowledge about healthy eating habits and food choices?
 - A. Nutrition Education
 - B. Nutrition Intervention
 - C. Needs Assessment
 - D. Public health Nutrition
 8. What method is suggested for collecting qualitative information during a needs assessment?
 - A. Conducting surveys
 - B. Reviewing census data
 - C. Holding focus groups and asking open-ended questions
 - D. Observing physical factors in the community
 9. In the context of community nutrition services, what is the primary focus of health screenings and assessments
 - A. Promoting unhealthy lifestyles
 - B. Identifying nutrition-related health issues
 - C. Providing free medical treatments
 - D. Encouraging individuals to skip regular check-ups
 10. Public health nutrition focuses on:
 - A. Treating individual health issues
 - B. Promoting and protecting the health of entire populations
 - C. Providing nutritional supplements to the elderly
 - D. Implementing nutrition interventions in schools
 11. What is the most immediate predictor of behavior in the Theory of Planned Behavior (TPB)
 - A. Attitudes
 - B. Subjective norms
 - C. Perceived behavioral control
 - D. Intention
 12. Which theory/model suggests that individuals learn from observing others and that self-efficacy is crucial in behavior change?
 - A. Health Belief Model (HBM)
 - B. Self-Determination Theory (SDT)
 - C. Theory of Planned Behavior (TPB)
 - D. Social Cognitive Theory (SCT)

13. Which of the following is the primary purpose of evaluating health programs funded by donor agencies?
 - A. To secure additional funding
 - B. To identify deviations in program implementation
 - C. To document results achieved by the project
 - D. To define program objectives
14. Which theory posits that individuals are more likely to engage in health-related behaviors if they perceive the benefits of taking action as greater than the barriers?
 - A. Social Cognitive Theory (SCT)
 - B. Theory of Planned Behavior (TPB)
 - C. Health Belief Model (HBM)
 - D. Theory of Health Decisions (THD)
15. When is summative evaluation typically conducted
 - A. During program development
 - B. During program implementation
 - C. After the completion of a program
 - D. Before setting program objectives
16. Which theoretical framework is also known as the Stages of Change Model?
 - A. Social Ecological Model
 - B. Health Promotion Model (HPM)
 - C. Transtheoretical Model (TTM)
 - D. Theory of Planned Behavior (TPB)
17. Which of the following statements is true regarding evaluation?
 - A. Evaluation is period in depth and time-bound.
 - B. Evaluation evaluates achievements by comparing indicators before and after interventions.
 - C. Evaluation is primarily concerned with tracking changes from baseline conditions.
 - D. Evaluation is a short-term process that collects information regarding project success
18. What is the core concept of the Transtheoretical Model (TTM)
 - A. The belief that individuals cannot change their behavior
 - B. The sequential stages of change individuals go through
 - C. The importance of individual characteristics in behavior change

- D. The influence of societal factors on behavior
- 19. What type of evaluation assesses overall program effectiveness
 - A. Formative Evaluation
 - B. Summative Evaluation
 - C. Needs Assessment
 - D. Continuous Improvement
- 20. In the Contemplation stage of TTM, individuals:
 - A. Are actively planning to take action
 - B. Have no intention of changing in the foreseeable future
 - C. Have successfully made the desired behavior changes
 - D. Are considering making a change but haven't committed yet

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. Briefly explain how public health nutrition differ from community nutrition
(5 Marks)
2. List five fundamental elements of health promotion (5 Marks)
3. Briefly explain how observational learning influence health behavior change according to Social Cognitive theory? (6 Marks)
4. State seven key principles of program planning. (6 Marks)
5. Explain the importance of stakeholder engagement in program planning and provide two examples of stakeholders in a community nutrition program (6 Marks)
6. Enumerate six reasons highlighting the importance of evaluation in community nutrition programs. (6 Marks)
7. List five key stakeholders involved in the coordination and management of the Community Nutrition Services in Kenya (5 Marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. a) Define monitoring and evaluation, emphasizing their fundamental differences (12 Marks)
- b) Enumerate eight key reasons why evaluation of community nutrition programs is important (8 Marks)

2. Examining community needs is an essential phase in the community development and planning processes, offering insights to organizations, governments, and community leaders regarding the distinct challenges and opportunities within a community. Thoroughly evaluating these needs guarantees that resources and interventions are strategically directed toward addressing the most urgent concerns. Discuss ten steps involved in the assessment of community needs. (20 Marks)

3. Health behavior theories and models offer a valuable framework for comprehending the reasons behind individuals' engagement in health-related actions and the strategies for effectively promoting healthy behaviors through interventions. This comprehensive understanding serves as a critical resource for researchers, healthcare professionals, and policymakers as they endeavor to create interventions and programs geared towards enhancing public health.

- a) Explain the following health behavior theories and models
 - i. Health Belief Model (HBM) (5 Marks)
 - ii. Theory of Planned Behavior (TPB) (5 Marks)
 - iii. Health Promotion Model (HPM) (5 Marks)
- b) Explain the Trans theoretical Model (TTM) of behavior change, including its stages. (5 Marks)

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