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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR**  
**FIRST YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN COMMUNITY DEVELOPMENT AND SOCIAL WORK**  
**DDS 109 – COMMUNITY HEALTH & HUMAN GROWTH & DEVELOPMENT**

Date: 6<sup>TH</sup> December, 2023  
Time: 8:30AM- 10:30AM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

Rose, a DDS student at KWUST University, was attached to a United Nations International Children's Emergency Fund (UNICEF)-sponsored project based in Turkana County with an aim of sharpening her nutrition skills and expertise. One time she attended a nutritional status assessment outreach at Kakuma refugee camp. Rose observed UNICEF staff attending to lactating mothers. Having their body mass index (BMI) checked. Their emaciated babies were being examined for vitamin deficiencies. The lactating mothers were also having their blood samples taken to analyze their cholesterol levels. Also give emphasis at the outreach that Rose attended was the importance of breastfeeding.

- i) Explain the concept 'Nutritional Status assessment' (2 Marks)
- ii) Identify THREE vulnerable groups in nutrition attended to at the aforementioned outreach and explain the factors that lead to their vulnerability (6 Marks)
- iii) Providing evidence highlight THREE nutritional status assessment methods used during the outreach (6 Marks)
- iv) Highlight FIVE importance of community nutrition as an element of primary health care (PHC) (5 Marks)
- v) Illuminate on FIVE unique qualities of breast milk that helps in keeping babies healthy that are likely to have been underscored during the outreach (5 Marks)
- vi) Outline THREE phases/stages of human milk production that are likely to have been explained to the lactating mothers at the outreach (6 Marks)

**QUESTION TWO (20 MARKS)**

- a) (i) Describe the THREE levels of disease prevention (6 Marks)  
(ii) Highlight the objective (s) of disease prevention at each of the three level in (a) (i) above (6 Marks)
- b) Outline the FOUR modifiable risk factors associated with non-communicable diseases (NCDs) as articulated by the World Health Organization (WHO) (8 Marks)

**QUESTION THREE (20 MARKS)**

The 1978 Alma Ata declaration on primary healthcare (PHC) under the theme: Health for All, was envisioned to be realized by the year 2000. 45 years down the line it has been described by public health commentators as a dream and not reality.

- a) Distinguish between Prenatal and Postnatal stages of Human growth and development (4 Marks)
- b) Highlight any FOUR principles of primary health care (PHC) (8 Marks)
- c) Describe FOUR points in support of the argument that the Alma Ata declaration on primary healthcare (PHC) was a dream and not reality (8 Marks)

**QUESTION FOUR (20 MARKS)**

- a) Outline any FOUR routes of infectious disease transmission (4 Marks)
- b) Human growth and Human development are two distinguishable aspects of human life. Outline any FOUR contrasting features of Human growth from Human Development (8 Marks)
- c) Giving the key highlights, briefly describe the cognitive theory of human growth and development according to Jean Piaget (8 Marks)

**QUESTION FIVE (20 MARKS)**

- a) (i) Distinguish between the concept 'Vaccination' and 'Immunization' (4 Marks)  
(ii) Outline FOUR characterizations of persons with special needs (8 Marks)
- b) Being an effective first aider is a critical asset to social workers and other community development professionals. Highlight FOUR prerequisites of an effective first aider (8 Marks)