



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2021 / 2022 ACADEMIC YEAR**

UNIVERSITY MAIN EXAMINATION

**SECOND YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DIPLOMA
OF
HUMAN NUTRITION AND DIETETICS**

COURSE CODE: DND 077

COURSE TITLE: COMMUNICABLE & NON-COMMUNICABLE
DISEASES

DATE: 22/04/2022

TIME: 3-5 P.M

INSTRUCTIONS TO CANDIDATES

Answer all questions in SECTION A and B
Answer only TWO questions in SECTION C
Read additional instructions under various sections

TIME: 2 HOURS

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

SECTION A: This section contains ten multiple choice questions each one mark, Answer all the Questions (Total 10mks)

1. Which **ONE** of the following is a metabolic disorder?
 - A. Hypothyroidism
 - B. Chronic renal disease
 - C. Hypertension
 - D. Chronic lung disease
2. If a tumor is found to be "**benign**", that means the tumor is:
 - A. Cancerous
 - B. Threatening
 - C. Harmful
 - D. Non-cancerous
3. _____ are the major drivers of non-communicable diseases.
 - A. Transnational corporations
 - B. viruses
 - C. infections
 - D. inflammation
4. The risk for coronary heart diseases may increase with high intake of;
 - A. Coconut oil
 - B. Red palm oil
 - C. Animal fats
 - D. Nuts and legumes
5. Which of the following diseases is caused by various pathogenic microorganisms?
 - A. Deficiency diseases
 - B. Degenerative diseases
 - C. Infectious diseases
 - D. Hereditary diseases
6. Stress increases the risk of heart diseases by:
 - A. Strengthening the heart muscle
 - B. Causing plaque to form in the arteries
 - C. Increasing one's blood pressure
 - D. Increasing the risk of type 2 diabetes
7. Symptoms such as excessive thirst, frequent urination, and sudden changes in vision can indicate:
 - A. Arthritis
 - B. Diabetes
 - C. Allergies
 - D. Hypertension
8. Which of the following is the major cause of diabetes type 2?
 - A. Smoking and alcohol consumption
 - B. Too little sugar in the body leading to hypoglycemia
 - C. Obesity
 - D. Vigorous exercise leading to lower blood sugars
9. Which of the following **BEST** describes a reservoir;

- A. Portal of entry of infectious agent
 - B. Human /animal or a non -living thing where infectious agents live
 - C. Susceptible host
 - D. Is the mode of transmission of infectious agents
10. Which of the following explains how cancer cells move around the body?
- A. Cancer cells are specialized cells that can invade other tissues.
 - B. Their DNA remains undamaged when they are transformed so they can travel around the body.
 - C. They can be carried in the blood.
 - D. Cancer cells do not have the ability to move around the body.

SECTION B: This section consists of short answer questions of SIX marks each, answer all the questions (TOTAL 30 marks)

11. Define the following terms as used in Communicable and Non-Communicable Diseases
- a) Risks factors 2mks
 - b) Diseases 2mks
 - c) Pathogens 2mks
12. Name any **SIX** examples of communicable diseases (6mks)
13. What's the Nutrition intervention for the following conditions?
- a) Hypertension 2mks
 - b) Diabetes 2mks
 - c) Cancer 2mks
14. Explain **THREE** modifiable risk factors for Non- communicable Diseases (6mks)
15. Distinguish between communicable and Non- communicable Diseases (6mks)

SECTION C: This section consists of three long answer questions of fifteen marks each, answer any two questions (TOTAL 30 marks)

16. Physical activity is an important component in the management of Non-Communicable Diseases, Discuss (15mks)
17. Describe the chain of infection for communicable diseases (15mks)
18. Non communicable diseases are currently the leading causes of mortality and a major public health concern in Kenya, Discuss (15mks)