



(University of Choice)

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

**MAIN CAMPUS
MAIN EXAM**

**UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR**

FIRST YEAR SECOND

**SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
MASTER OF PUBLIC HEALTH NUTRITION**

**COURSE CODE: PHN 879
COURSE TITLE: BEHAVIOURAL SCIENCE & NUTRITION
EDUCATION**

DATE: 27/04/2023

TIME: 08.00 - 11.00 AM

INSTRUCTIONS TO CANDIDATES

Question ONE is compulsory
Answer any other 3 questions
Read additional instructions under various sections

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

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

INSTRUCTIONS

Answer question one (COMPULSORY) and any other three questions. Total, 100 marks.

1. As a public health nutritionist explain how you will engage with a chosen community to address social factors that affect their health so as to improve their nutritional status and alleviate disease amongst them. (25 marks)

2. An aging couple is interested in information to prevent chronic disease.
 - a) Explain to them how human behaviour can alleviate chronic disease. (15 marks)
 - b) Advise them on how best they can live a healthy life free of chronic diseases (10 marks)

3. There are a lot of health inequalities and health disparities that exist between the developed and the developing world.
 - a) Describe how public health nutrition professionals can apply behavioural science to reduce health inequalities between the developed and developing world (10 marks)
 - b) How would you engage policy makers to change behaviour and eliminate health disparities in low and middle income countries. (15 marks)

4. By use of an appropriate theory of motivation discuss how to promote the health and nutrition of individuals suffering from cancer. (25 marks)

5. Discuss role of the national culture of foods eaten and food taboos on the health and nutritional status of its citizens. (25 marks)