



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY MAIN EXAMINATIONS

2023/2024 ACADEMIC YEAR

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

COURSE CODE: DND 067

COURSE TITLE: NUTRITIONAL EPIDEMIOLOGY

DATE: 5/12/2023

TIME: 12: 00 NOON – 2:00 P.M

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTIONS A and B
Read additional Instructions under SECTION C

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. The following are false about a prevalence study **EXCEPT**?
 - A. Measures prevalence of disease-causing factors in a population
 - B. Cannot be conducted by nutrition researchers but nutritional epidemiologists.
 - C. Can only be done at household level
 - D. Measures disease and exposure simultaneously in a well-defined population

2. _____ is called epidemiology.
 - A. Diseases and conditions affecting human health
 - B. Factors that contribute to illnesses in individuals and communities and how to improve health by altering these factors
 - C. Conditions caused by an excess or inadequate intake of food leading to an imbalance between dietary intake and requirements
 - D. Nutritional factors that influence disease occurrence

3. _____ are the benefits of epidemiology, **EXCEPT**.
 - A. Helps in diet planning
 - B. Used in determining mode of disease transmission
 - C. Used to provide administrative on planning data
 - D. Used to identify disease contributing factors

4. Which of following factors may increase the risk of developing hypertension?
- A. Taking fatty foods once in two months
 - B. Inactivity for a whole week
 - C. Born in a family with the history of heart attack
 - D. Witchcraft
5. The following is a lifestyle disease **EXCEPT**.
- A. Epilepsy
 - B. Diabetes
 - C. Hypertension
 - D. Cancer
6. Which one of the following is **NOT** part of the nutrition care process?
- A. Assessment
 - B. Diagnosis
 - C. Intervention
 - D. Treatment

7. In nutritional epidemiological approach, which disease can one use behavioral action to help prevent?

- A. Epilepsy
- B. Obesity
- C. Sickle celled anemia
- D. Malaria

8. Incidence can be defined as _____.

- A. Rate of occurrence of new cases of disease within a short period of time.
- B. Rate of occurrence of new cases of disease over specific period of time.
- C. Rate of occurrence of new cases of disease within a long period of time.
- D. Rate of occurrence of new cases of disease over specific period of less than six months.

9. A pandemic is _____.

- A. Widespread epidemic occurring widely in a region, country, continent or globally
- B. Widespread epidemic occurring widely in more than one continent.
- C. Widespread epidemic occurring globally
- D. All of the above

10. Which one of the following is **NOT** a specific classification of studies applicable in the field of nutritional epidemiology?

- A. Cross sectional studies
- B. Case reports
- C. Correlation studies
- D. Research

SECTION B: ANSWER ALL QUESTIONS; EACH QUESTION HAS SIX MARKS (30 MARKS)

- 11. Explain the **SIX** ways of improving overall wellbeing and wellness. **(6 marks)**
- 12. Explain **SIX** factors that influence disease occurrence. **(6 marks)**
- 13. Give **SIX** reasons of studying nutritional epidemiology. **(6 marks)**
- 14. Briefly describe the history of nutritional epidemiology. **(6 marks)**
- 15. List **SIX** ways through which the government has helped reduce prevalence of HIV/AIDS. **(6 marks)**

SECTION C: ANSWER TWO QUESTION, QUESTION 16 IS MANDATORY. (30 MARKS)

- 16. Discuss **FIVE** ways to reduce the prevalence of hypertension across human population **(15 marks)**
- 17. Discuss **FIVE** ways through which the Government helped reduce the prevalence of Corona virus. **(15 marks)**
- 18. Describe **FIVE** ways of determining disease trends. **(15 marks)**

