



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**REGINA PACIS INSTITUTE OF HEALTH SCIENCES**

**MAIN EXAMINATION**

**SEPTEMBER – DECEMBER 2019 TRIMESTER**

**FACULTY OF SCIENCES**

**DEPARTMENT OF COMMUNITY HEALTH**

**REGULAR PROGRAMME**

**CHD 435: MATERNAL AND CHILD HEALTH NUTRITION**

**Date: DECEMBER 2019**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer ALL Questions in SECTION A and any THREE in SECTION B**

## **SECTION A: ANSWER ALL QUESTIONS- (30 Marks)**

Q1. State any 4 consequences of folic deficiency during pregnancy. **(4 marks)**

Q2. State any 5 nutritional causes of impaired fetal growth. **(5 marks)**

Q3. Outline any five (5) factors associated with the macronutrient concentrations of human milk 4 months postpartum.

**(5 marks)**

Q4. Distinguish between supplementary feeding and complimentary feeding. **(4 marks)**

Q5. Describe five (5) negative infant health problems that supplementary feeding aims to achieve.

**(5 marks)**

Q6. Outline the five (5) benefits of complementary infant feeding. **(5 marks)**

Q7. What is the RDA for **(2 marks)**

- i. Folate,  
ii. Iodine
- Q8. Outline the five anthropometric nutritional assessment in children under five (5 marks)

**SECTION B: ANSWER THREE QUESTIONS.- (60 Marks)**

- Q9. Low birthweight (LBW) is still prevalent in East Africa and is of public health importance:
- i. Outline the determinants of low birth weight in Sub- Saharan Africa. (8 marks)
- ii. Discuss the consequences of low birth weight among infants. (8 marks)
- iii. As a community health expert, state any four approaches you would implement in reducing the prevalence of low birth weight. (4 marks)
- Q10. Maternal nutritional status has been shown to correlate with birth outcomes and child health. Discuss maternal nutritional requirements before conception, during pregnancy and during lactation. (20 marks)
- Q11. Exclusive breastfeeding (EBF) is recommended from birth to six months:
- i. Outline any six benefits of exclusive breastfeeding. (6 marks)
- ii. Discuss any five (5) challenges of exclusive breastfeeding in the African context (10 marks)
- iii. As a community Health expert, in what four (4) ways would you promote exclusive breast-feeding? (4 marks)
- Q12. Describe how the common problems during pregnancy are related with nutrition, fetal development and eventual child health. (20 marks)

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