



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

SEPTEMBER –DECEMBER 2021

FACULTY OF SCIENCE

DEPARTMENT OF COMMUNITY HEALTH AND DEVELOPMENT

REGULAR PROGRAMME

DCHD 217: NON COMMUNICABLE DISEASES

Date: DECEMBER 2021

Duration: 3 Hours

1. INSTRUCTIONS:

2. Write your number on every page
3. Answer ALL Questions in the booklet provided

Write legibly

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION. 30 Marks

1. What are non- communicable diseases? **(1 mark)**
2. What are the four main shared behavioral risk factors for non- communicable diseases? **(4 marks)**
3. What is a modifiable risk factor? **(2 marks)**
4. Describe any four (4) lifestyle control measures for cardiovascular diseases. **(4 marks)**
5. Outline the four WHO dietary recommendations necessary in preventing non communicable diseases. **(4 marks)**
6. Define "Hypertension". **(2 marks)**
7. A man aged 48 years weighs 88kgs, a height of 1.48 m and a waist circumference of 106cm. Classify his weight and comment on his disease risk.

marks)

8. Distinguish between primary and secondary hypertension. **(4 marks)**
9. What are the two approaches for management of hypertension? **(2 marks)**
10. State the four (4) leading causes of increase in cancer mortality in low- and middle-income countries. **(4 marks)**

SECTION B: ANSWER ANY TWO QUESTIONS: 40 MARKS

11. The global strategy for the prevention and control of non-communicable diseases, whose aim to reduce premature mortality and improve quality of life.
 - i. Describe the three key components guiding this strategy: **(6 marks)**
 - ii. As a community health researcher, you intend to implement an intervention aimed at meeting the global strategy for prevention of non-communicable diseases. Describe the six objectives of this strategy. **(12 marks)**
12. Hypertension is a chronic condition associated with raised blood pressure:
 - i. List any two causes of secondary hypertension. **(2 marks)**
 - ii. Classify hypertension into the three WHO categories with the corresponding blood pressure measurements. **(6 marks)**
 - iii. State and describe the modes of action of any 6 antihypertensive drugs used in the management of hypertension. **(12 marks)**
13. Dietary intake patterns is a determinant of non-communicable diseases:
 - i. State the dietary shifts in sub-Saharan Africa associated with the rising prevalence of non-communicable diseases. **(2 marks)**
 - ii. Describe three factors leading to increased consumption of unhealthy diet? **(6 marks)**
 - iii. Describe the effect of consuming too much salt on health. **(4 marks)**
 - iv. Briefly outline any four (4) strategies you would encourage community members to reduce salt intake. **(8 marks)**

END

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