



**BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
PUBLIC HEALTH PROGRAMME**

B.SC FINAL YEAR FIRST SEMESTER EXAMINATIONS 2023/2024 SESSION

COURSE: PUH 421(PUBLIC HEALTH NUTRITION)

DATE: TUESDAY 30TH JANUARY 2024

TIME: 3:30-6:00 PM (2 HOURS 30 MINUTES)

INSTRUCTION: QUESTION ONE IS COMPULSORY. ANSWER ANY OTHER THREE QUESTIONS TO MAKE A TOTAL OF FOUR QUESTIONS

1. Assessment of nutritional status among under-five children helps to determine how good their nutrition is as this is a proxy to their well-being.
 - (a) List the 4 methods of assessing a child's nutritional status. (8 marks)
 - (b) Explain in details Wellcome's method of assessment of a child's nutritional status. (12 marks)
 - (c) A two years old girl weighed 6kg. She has no edema on examination. Calculate her expected weight and classify her nutritional status using the Welcome classification method. (5 marks)

2. Micronutrients are essential nutrients needed for growth and development, though in little quantity
 - (a) List 4 micronutrients of public health importance and briefly explain one of them (8marks)
 - (b) With the aid of appropriate examples, briefly explain 3 public health interventions employed to combat micronutrient deficiencies. (9 marks)
 - (c) What is the 'Adventist Diet'? List 4 of the principles of the diet. (8 marks)

3. Under-nutrition means having less than required nutrients in the body. This triggers a chain of events such as morbidity and mortality among under-fives
 - (a) With the aid of a well labelled diagram only, describe the vicious cycle of undernutrition and disease. (7 marks)
 - (b) Explain the nutritional challenges of the elderly stating reasons why they are especially predisposed to malnutrition. (8 marks)
 - (c) What does the concept of 'first 1000 days of life' means? Give 2 implications of this concept. (10 marks)

- (4) Write short notes on the following:

- (a) The Baby-Friendly Hospital Initiative and the steps involved (15 marks)
- (b) The Home Grown School Feeding (HGSF) programme and benefits. (10 marks)

5. Malnutrition, mostly undernutrition contributes to about 50% of under-five mortality and has received attention from international agencies like UNICEF.

- (a) With the aid of a well labelled diagram only, describe the UNICEF framework of malnutrition. (15 marks)
- (b) Highlight how infection can lead to undernutrition among children. (10 marks)