

**NATIONAL UNIVERSITY OF LESOTHO**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF NUTRITION**  
**COMMUNITY NUTRITION II - NUT3323**  
**SUPPLEMENTARY EXAMINATION**

**2023**

**TIME: 3HRS**

**MARKS: 100**

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**Instructions:**

- The paper consists of two (2) sections; section A (50 marks) and section B (50 marks).
- Attempt all the questions.
- Write each question on a separate page.
- Answer questions **orderly**.
- Outline your points clearly

## SECTION A

### QUESTION 1

1.1 Define nutrition informatics and describe three examples of its utilization in community nutrition practice. **[5 marks]**

1.2 Imagine you are developing a school-based program to encourage milk consumption. Discuss one nutrition education approach you could use related to each of the three levels of intervention (build awareness, change lifestyles, and create a supportive environment). **[10 marks]**

1.3 Discuss the value of community participation and intersectoral involvement in community-based nutrition programmes. **[10 marks]**

1.4 As a community nutritionist, you are intensively engaged in the community-based management of acute malnutrition (CMAM) in Thaba Tseka rural areas. The village health workers submitted their malnutrition screening reports for children under five. There are cases of the presence of all grades of oedema and medical complications. Using the CMAM program structure as a guide, give a detailed description of how you will facilitate and manage acute malnutrition in this district. **[15 marks]**

1.5 How can community nutritionists improve compliance with treatment for the communities that are more than 5 km (or 2 hours walk) from the outpatient therapeutic program site? **[10 marks]**

**Total: 50 marks**

## SECTION B

### QUESTION 1

In this case study, you will assess and analyze public health needs, and develop a program to address the high-priority health issue identified by your analysis.

#### **Part 1: Assess and analyze public health needs**

In speaking with health officials and other stakeholders in Leribe, you learn the following about the problem of hypertension:

Hypertension is a risk factor for many other non-communicable diseases (NCDs), including kidney disease, heart disease, stroke, and diabetes. In Lesotho, 45% of adults had hypertension in 2022; globally, 26.4% of the adult population has hypertension, and 30% are estimated to have hypertension by 2027. Hypertension has also been listed as a leading cause of death in Lesotho, (responsible for 20% of all deaths in 2022). Eating a healthy diet that is low in salt and high in fruits and vegetables can help reduce the risk of hypertension. Having a family history of hypertension also increases your risk.

Smoking has also been linked to the onset of hypertension. In 2022, 1 in 4 people in Lesotho smoke. Hypertension frequently has no symptoms; many people are unaware that they have hypertension or are at risk for developing it. There is a lack of current screening requirements for hypertension in primary care clinics. There is limited access to nutrition support and education at primary care clinics, public institutions and workplaces.

1.1 Summarize the health issue based on the health data given above. **[4 marks]**

1.2 Identify risk factors and if necessary, rank them by their importance and the potential change that you can make to them. Use the below table **[4 marks]**

	<b>More important</b>	<b>Less important</b>
<b>More changeable</b>		
<b>Less changeable</b>		

1.3 Identify subgroups at risk. **[2 marks]**

1.4 Write a health problem statement (include what, who, where, when, and how much). **[10 marks]**

## **Part 2: Program Planning – Prevention of Hypertension**

The World Health Organisation (WHO) created the Global NCD Action Plan in 2012 to help countries address the rising social and monetary costs of non-communicable diseases. The Global NCD Action Plan builds upon the existing WHO strategies for reducing tobacco and alcohol usage, unhealthy diets, and physical inactivity. Before the Global NCD Action Plan, the WHO also published an Action Plan for a Global Strategy on diet, physical activity, and health in 2004.

### **WHO recommendations and components and related examples**

<b>WHO Recommendations and Components</b>	<b>Example Progress in South Africa</b>
Strengthen advocacy and raise the priority of NCDs (including hypertension)	Improved the infrastructure for screening and monitoring the prevalence of hypertension and cardiovascular diseases
Promoting healthy diets	-Developed sodium reduction targets to help guide food manufacturers to gradually reduce the salt levels in food. -Developed policy measures directed at retailers to improve access and affordability of healthier food products. -Developed healthy food policy guidelines for public institutions and workplaces and developed measures to track implementation.

Conduct nutrition education	Dietary counseling at worksites for patients diagnosed with chronic disease
Promote physical activity in daily living	-Adopted and implemented national or local guidelines on physical activity for health. -Promoted physical activity programs at public institutions and worksites (e.g., bike to work).

1.5 Based on the problem you formulated in question 1.4, create a program goal. **[3 marks]**

1.6 Develop two long-term objectives to achieve the above program goal. **[4 marks]**

1.7 Identify any two contributing factors in the scenario. **[4 marks]**

1.8 Develop an intervention. Follow the guide below.

1.8.1 Summarize existing programs/policies (based on the background information provided), focusing on your highest-priority contributing factors. **[3 marks]**

1.8.2 Adapt or create an intervention. Describe the intervention you have selected, including the rationale. **[8 marks]**

1.8.3 Develop at least two short-term objective(s) that describe what the program will accomplish. **[4 marks]**

1.8.4 Plan for evaluation: Briefly discuss how you should begin planning for evaluation while you are planning and designing your program. **[4 marks]**

**Total: 50 marks**

**The End**