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**COURSE: HSCI 104: CILINICAL NUTRITION AND DIETETICS**

**Q1** Preference of moderate underweight of children under 5years is 11% which speaks among children older than aged 12 months (Kenya National Bureau Of Statistics et al, 2015). Discuss the management of under 5years children with moderate acute malnutrition. ( 10 marks)

**Malnutrition** refers to deficiencies, excesses or imbalances in person intakes of energy and nutrients.

**Moderate Acute Malnutrition** can be defined as weight for height Z score between -2 to -3 or mid-upper arm circumference between 11.5 to 12.5 ml. Moderate Acute Malnutrition is characterized by moderate wasting. Management of Moderate Acute Malnutrition can proudly categorized into preventive and treatment strategies. In prevention standard practices are used to provide the child with additional energy and nutrients dense food to promote weight gain, these are ;

1. **Advising mothers on regular breastfeeding**; Since breast milk contains all nutrients required for growth, building new tissues, repair of damaged tissues and weight gain
2. **Hygiene practices**; Malnourish children are susceptible to infections which can attribute to further weight loss through increased metabolism, reduced nutrients intake and absorption . Care givers are advised to wash their hands regularly when handling children with Acute Malnutrition.
3. **Supplementary feeding;** Provision of essential foods used to compensate for deficiencies in energy, protein and micronutrient. It’s provided through dry or wet and are taken home. Eg ready to use therapy
4. Children with a cute moderate malnutrition with mid upper arm circumference (MUAC) of less than 12.5 centimeter and those with more than height of 65 centimeter are admitted. Also children with moderate a cute malnutrition with other medical condition are also admitted. Therefore they are given routine medical checkup and medication like antibiotic to treat infections.
5. After discharge they are given regular follow up through weight MUAC, screening oedema

2)

The prevalence of overweight and obesity in Kenya is progressively increasing affecting mainly the urban population more than the rural (Kenya Bureau Statistics)

1. Discuss **FIVE** factors associated with the steady increase in the rate of overweight and obesity in Kenya ( 10Marks)
2. **SOCIO-ECONOMIC FACTORS**

In developing countries the lower overweight and obesity rate observed In the populations of lower socio-economic status are associated with poverty and overweight and obesity are perceived as sign of affluence (popkins 2013). Also increase income tends to be associated with increase away from-home consumption of high fat food items (WHO 2000). As people acquire higher incomes their food preferences also changed. Likewise, marriage predicts weight gain in both men and women whereas marital termination through divorce or widow predicts weight loss. Therefore, a positive relationship between marital status and weight gain exists.

1. **PHYSICAL ACTIVITY.**

Adequate physical activity has been shown to have many health promoting properties and has a direct, independent role in reducing CVDs mortality. Inactivity on the other hand is one of most important factors that have been known to fuel overweight and obesity. Modern technology has further reduced physical activity at home, at work and in transportation. Watching television’ playing video games and using the computer may contribute most to physical inactivity .The more time people spend on these sedentary activities the more likely they are to be overweight.

1. **DIETARY INTAKE**

Dietary intake has been cited as one of the leading forces in the development of overweight and obesity. Over years, the diets of population have been changing towards diets that favor the weight gain as traditional diets are gradually replaced with modern diets. The shift towards obesity and chronic diseases in many counties in Kenya invites the misconception that diets are moving away from problems of constraints towards the problem of excesses. However, whereas energy is increasingly available in these contexts, it tends to come from energy-dense, micronutrients poor sources such as added sugar and edible oils. It’s likely that micronutrients deficiencies and overweight and obesity coexist not just with in counties, but within households and individuals as well, owing to the obesogenic and micronutrients poor diets of counties in transition.

1. **GENETICS FACTORS**

Some rare gene disorders may likely originate from obese parents and then passed on to their offspring. Studies have also shown that majority of obese children comes from lines where majority of the members are obese.

1. **PSYCHOLOGICAL STATUS**

Depressive states in some people triggers increased consumption of food. Serotonin controls mood and eating affects the serotonin levels. Thus eating can be used to decrease depression.

(Serotonin, a chemical nerve cell produce),

**Q2 B.EXPLAIN SPECIFIC HEALTH EDUCATION YOU WIL SHARE WITH AN OBESE INDIVIDUAL WITH AIM OF REDUCING THE RISK ASSOCIATED WITH OBESITY.**

Obesity refers to excessive amount of body fat.

1. **Increase physical activity –** this helps improve body dimensions, loss of fats, increase lean body fats, maintenance of metabolic rate and affect the rate of weight loss. It also reduce tension, alertness and cardiopulmonary fitness therefore obese people are advised to change their activity patterns slowly and gradually increasing frequency, duration and intensity of exercise
2. **They are advised to reduce taking diets with high fat and sugary content –** Since they promote weight gain.
3. **They should increase consumption of fruits and vegetables like mango and spinach respectively -** Since they are in calories and fats and high in fiber which helps in successful weight loss, they also contains plenty of vitamins, minerals and anti-oxidants to kill germs all of which are important for helping them to look and feel their best and protect them from diseases.
4. **They should change their eating habits-**This entails knowing when to eat, what to eat , why to eat, where to eat and how to eat.
5. **Avoid excessive hunger-**people tend more food when they stay hungry for too long, this increase weight gain.