



**DIPLOMA UNIVERSITY EXAMINATIONS**

**SCHOOL OF MANAGEMENT AND LEADERSHIP**

**DIPLOMA IN COMMUNITY HEALTH AND DEVELOPMENT**

**DHD 104: HEALTH AND COMMUNITY DEVELOPMENT**

**DATE: 7<sup>TH</sup> APRIL 2026**

**DURATION: 2 HOURS**

**MAXIMUM MARKS: 70**

**INSTRUCTIONS:**

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

**QUESTION ONE**

**Read the Case Study below carefully and answer the questions that follow:**

**FEMALE GENITAL MUTILATION (FGM)**

Halima is a 16-year-old secondary school student from a semi-arid rural community where Female Genital Mutilation (FGM) is deeply rooted as a cultural practice. In this community, FGM is believed to promote chastity, prepare girls for marriage, and bring honor to the family. Girls who are not circumcised are often stigmatized and considered unfit for marriage.

FGM often takes the form of a traditional celebration conducted by an elder or community leader. The age that women undergo the procedure varies depending on the culture, although it is most commonly performed on prepubescent girls. Certain cultures value FGM as coming of age ritual for girls, and use it to preserve a woman's virginity and faithfulness to the husband after marriage. It is also closely connected with some traditional ideals of female beauty and hygiene. FGM may or may not have religious connotations depending on the circumstances.

During the December school holidays, Halima's parents, under pressure from extended family members and community elders, arranged for her to undergo FGM without her informed consent. The procedure was carried out at night by a traditional circumciser using a shared razor blade and without anesthesia.

Immediately after the procedure, Halima experienced severe pain, excessive bleeding, and swelling. Two days later, she developed fever, foul-smelling discharge, and difficulty passing urine. She was rushed to a nearby health facility where she was treated for infection and anemia.

Following the incident, Halima became emotionally distressed. She is withdrawn, avoids social interaction, and refuses to return to school. She reports recurrent nightmares, fear of being touched, feelings of anger toward her parents, and a sense of hopelessness about her future. The healthcare worker suspects psychological trauma related to FGM and notes that Halima may face long-term reproductive and mental health complications if not properly supported.

**Required:**

- a) From the case study, explain five reasons FGM continues to be practiced in some communities in Kenya. **(10 marks)**
- b) Discuss the immediate and long-term physical health effects of FGM as illustrated in Halima's case as evidenced from the case study **(10 marks)**
- c) Outline the ethical issues and human rights violations demonstrated in this case. **(5 Marks)**
- d) Discuss the role of the community and health professionals in the prevention of FGM. **(5 marks)**

**QUESTION TWO**

- a) Briefly describe your understanding of the statement "Healthy community" **(2 Marks)**
- b) Explain the health indicators that show that a community is healthy or not. **(8 Marks)**

**QUESTION THREE**

- a) Describe in detail the Concept of Health Development as viewed by World Health Organization (WHO) **(4 Marks)**
- b) Discuss the social challenges facing countries in the developing world. **(6 Marks)**

**QUESTION FOUR**

- a) 'Wellbeing' refers to a positive rather than neutral state, framing health as a positive aspiration. This definition describes health as 'a resource for everyday life, not the object of living'. From this perspective health is a means to living well, which highlights the link between health and participation in

society. With this in mind, describe using examples the dimensions of wellbeing from WHO perspective. **(4 Marks)**

- b) Explain any three components of wellbeing. **(6 Marks)**

### **QUESTION FIVE**

- a) Explain using examples any three major health issues among the youth in Kenya today.

**(6 Marks)**

- b) HIV/AIDS has become a major concern in developing countries especially among the productive ages. It weakens the immune system thus other diseases get it easier to affect the person. Explain these opportunistic diseases highlighting how one can protect themselves from them.

**(4 Marks)**

### **QUESTION SIX**

- a) Explain six factors that affect the total health of people

**(6 Marks)**

- b) Discuss using examples the relationship between health and development.

**(4 Marks)**