The Management University of Africa

Sponsored by the Kenya Institute of Management

DIPLOMA UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

DIPLOMA IN COMMUNITY HEALTH AND DEVELOPMENT

DHD 101 : GENDER AND COMMUNITY DEVELOPMENT

DATE: 8TH AUGUST 2025

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:

IMPACT OF SOCIOECONOMIC FACTORS ON HEALTH

The goal of achieving optimal health outcomes at various levels—individual, household, community, and health service centers on creating environments that foster good health for everyone. At the individual level, health is largely shaped by personal behavior and lifestyle choices, including nutrition, physical activity, avoiding harmful behaviors, preventive care, and seeking medical attention when needed. Within households, several factors play a role in shaping health outcomes, such as creating a supportive environment that encourages healthy habits, prioritizing health education, and maintaining a positive emotional climate that supports mental health.

At the community level, social and physical elements contribute significantly to health outcomes; access to resources like grocery stores and parks, strong social support networks, and safe environments enhance overall well-being. Meanwhile, access to quality healthcare services is crucial for maintaining and improving health, emphasizing the need for availability, quality of care, and preventive programs within communities. Broader socioeconomic opportunities also significantly influence health; economic stability allows families to afford healthy options, while quality education enhances health literacy, enabling informed health choices.

Access to reliable transportation enables individuals to reach healthcare services, grocery stores, and employment opportunities, significantly influencing their overall health and well-being. The availability of fresh and nutritious food produced through sustainable agricultural practices directly affects dietary choices and nutritional health, impacting rates of obesity and related chronic diseases. Quality housing conditions, including adequate space, safety, and sanitation, are essential for promoting mental and physical health, as overcrowded or unsafe living environments can lead to increased stress and health issues. Effective waste management and sanitation practices are

crucial in preventing the spread of diseases, as improper waste disposal can contaminate water supplies and contribute to health hazards.

Access to clean and reliable energy sources is vital for maintaining healthy living conditions, as it enables heating, cooling, and cooking, which are essential for safety and nutritional health. Workplace conditions in various industries can significantly impact employee health, with exposure to harmful substances and unsafe environments leading to both acute and chronic health problems. Rapid urbanization can result in crowded living conditions and increased pollution, negatively affecting respiratory health and overall quality of life, particularly in underserved communities. Comprehensive health education programs that specifically target both men and women promoting awareness about gender-specific health issues, such as reproductive health, mental health, and the effects of gender-based violence are various ways of multi- sectoral policy response.

Furthermore, access to clean and safe drinking water is fundamental for preventing waterborne diseases and ensuring good health, as contaminated water can lead to serious health issues, especially in vulnerable populations. Exposure to harmful levels of radiation from environmental sources or industrial activities can increase the risk of cancer and other serious health conditions, making regulation and monitoring essential for public health. Lastly, proper nutrition is a key determinant of health, as balanced diets rich in vitamins and minerals support immune function, growth, and overall well-being, while poor nutrition can lead to various health complications.

Required:

a) Discuss **SEVEN** factors that are supported by evidence as health determinants, as illustrated in the case study above. **(14 Marks)**

b) Explain **FIVE** recommendations on multisectoral policy response to gender inequities in health through health promotion and disease prevention **(10 Marks)**

c) Discuss **THREE** main components of the determinants of health as evidenced from the case study above **(6 Marks)**

QUESTION TWO

a) What is the social construction of gender and how is gender typically viewed in society? **(4 marks)**

b) Discuss three challenges faced when prioritizing issues in the health sector, along with possible solutions. **(6 marks)**

QUESTION THREE

(a) Effective program evaluation is a structured approach to enhance and assess public health initiatives by incorporating methods that are practical, achievable, ethical, and precise. This framework is a practical, flexible tool that helps summarize and organize the key components of program evaluation. Explain the purpose of an evaluation framework. Briefly demonstrate **(8 marks)**

(b) What is the importance of program evaluation in addressing health issues in the community **(2 Marks)**

QUESTION FOUR

(a) Prerequisites for health refer to the essential elements and conditions required for individuals and communities to achieve optimal health and well-being. These factors create a foundation that supports health promotion and disease prevention efforts. By use of appropriate examples, discuss any three prerequisites for health **(6 marks)**

(b) Health promotion strategies and programmes should be adapted to the local needs and possibilities of individual countries and regions to take into account differing social, cultural and economic systems. Identify any four health promotion action strategies **(4 marks)**

QUESTION FIVE

(a) The community development process is a systematic approach to improving the well-being of a community through collective action. Explain the community development process **(8 Marks)**

(b) Highlight any two characteristics of Community Development **(2 Marks)**

QUESTION SIX

(a) Define and explain the term gender analysis as used in community health and development **(2 marks)**

(b) Using relevant examples, explain why it is important to conduct gender analysis and the tools that are used in the process. **(8 marks)**