



## Continuing Education

# Continuing Education Questionnaire

This continuing education questionnaire offers dietetics professionals the opportunity to earn continuing professional education credit while also offering medical professionals the opportunity to earn continuing medical education credit. The questions and evaluation form are the same for both types of credit, but there are separate instructions and reporting forms for each. Please follow the instructions and fill out the appropriate form for the type of continuing education credit you are eligible to receive.

### Continuing Professional Education Instructions

After reading the continuing professional education article, please answer the following questions by indicating your responses on the self-assessment questionnaire form. Once the Questionnaire has been mailed to and recorded by the ADA, you may fill out the Certificate of Completion on page 1032. Answers to the continuing education questionnaire can be found on page 1032.

This service is provided at no cost to ADA members, who may simply send this completed page to the address below. Nonmem-

bers must include a check for \$45 for each article completed. Send to: American Dietetic Association, 75 Remittance Drive, Suite 6067, Chicago, IL 60675-6067.

Questionnaires must be returned within 1 year of their appearance in the *Journal* in order to be eligible for credit. Notification will not be sent if the hours are approved.

### Continuing Medical Education Instructions

**Release date:** June 1, 2005 **Expiration date:** May 31, 2006  
**Estimated time to complete activity:** 2 hours

There is no fee for participants who apply for continuing medical education (CME) credit for this activity. On completion of this activity, to obtain American Medical Association (AMA) Physician's Recognition Award (PRA) category 1 credit, participants must forward the completed answer sheet and evaluation form via fax (800/201-7217) or mail to: Elsevier Office of Continuing Medical Education, Department 910114, 685 Route 202/206, Bridgewater, NJ 08807.

### ARTICLE 1: Breakfast Consumption by African-American and White Adolescent Girls Correlates Positively with Calcium and Fiber Intake and Negatively with Body Mass Index

- Which of the following statements is true about individuals who eat breakfast?
  - ☐ (a) They tend to have a higher body mass index compared to those who skip breakfast.
  - ☐ (b) They appear to consume a more favorable nutrient intake overall.
  - ☐ (c) They display a more irregular eating pattern throughout the day.
  - ☐ (d) None of the above is true.
- Research has shown that \_\_\_\_\_ is the best predictor of health-related outcomes.
  - ☐ (a) Income
  - ☐ (b) Education
- Approximately what percentage of girls aged 15 to 18 frequently skip breakfast?
  - ☐ (a) 25%
  - ☐ (b) 28%
  - ☐ (c) 33%
  - ☐ (d) 40%
- In this study, dietary intake information provided by the child was confirmed with information provided by the parent(s).
  - ☐ (a) True
  - ☐ (b) False
- Which of the following statements is true about breakfast consumption in this study?
  - ☐ (a) Black girls and white girls ate breakfast with approximately the same frequency.
  - ☐ (b) Higher calcium intake was associated with eating breakfast.
  - ☐ (c) Eating breakfast was negatively correlated with fiber intake.
  - ☐ (d) Girls who ate breakfast had a higher body mass index.
- In this study, white families tended to have higher incomes and educational levels than black families.
  - ☐ (a) True
  - ☐ (b) False
- Experts have tried to explain why children skip breakfast more as they age. Which of the following is the best answer?
  - ☐ (a) The school day starts earlier for older children.
  - ☐ (b) Older children have greater accessibility to food than younger children.
  - ☐ (c) Older children have more autonomy in making food choices than younger children.
  - ☐ (d) All of these factors contribute to this phenomenon.
- In the data analysis for this study, the same cohort of girls was compared at different ages, making this a longitudinal study.
  - ☐ (a) True
  - ☐ (b) False
- In the final model developed in this study, which of the following factors had the most significant effect on the prediction of body mass index?
  - ☐ (a) Caloric intake
  - ☐ (b) Physical activity
  - ☐ (c) Parental education
  - ☐ (d) Breakfast consumption
- Adolescent girls who skip breakfast may be at increased risk of inadequate calcium and fiber intake.
  - ☐ (a) True
  - ☐ (b) False

**ARTICLE 2: Medications as Adjunct Therapy for Weight Loss: Approved and Off-Label Agents in Use**

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1. Pharmacotherapy alone has been shown to be effective for long-term weight loss.  
☐ (a) True  
☐ (b) False
2. Health care spending is \_\_\_\_\_ percent higher for obese individuals as compared with individuals of normal weight.  
☐ (a) 22%  
☐ (b) 28%  
☐ (c) 32%  
☐ (d) 36%
3. A 5% to 10% weight reduction has been associated with all of the following except:  
☐ (a) Improved systolic and diastolic blood pressure  
☐ (b) Improved blood glucose levels  
☐ (c) Delayed onset of type I diabetes  
☐ (d) Improved cholesterol and plasma lipids
4. A sustained 10% weight loss may reduce lifetime medical care costs by up to \$5,300 for treatment of chronic diseases.  
☐ (a) True  
☐ (b) False
5. Which of the following prescription medications for weight loss has been approved for use with adolescent populations?  
☐ (a) Orlistat  
☐ (b) Phentermine  
☐ (c) Sibutramine  
☐ (d) Mazindol
6. In trials of sibutramine and orlistat, after 2 years, subjects who remained on the medication kept off twice as much weight compared to patients taking a placebo.  
☐ (a) True  
☐ (b) False
7. Which of the following appetite suppressants produced the longest lasting anorexic effects?  
☐ (a) Phentermine  
☐ (b) Diethylpropion  
☐ (c) Benzphetamine  
☐ (d) Mazindol
8. Most anti-obesity medications are covered by health insurance.  
☐ (a) True  
☐ (b) False
9. Patients may be more familiar with popular names of drugs as seen in TV or print ads. Which pair of names is paired incorrectly?  
☐ (a) Sibutramine–Meridia  
☐ (b) Orlistat–Xenical  
☐ (c) Zonisamide–Prozac  
☐ (d) Bupropion–Wellbutrin
10. Anti-obesity drugs which require a prescription may be purchased using online forms with no clinical consultation.  
☐ (a) True  
☐ (b) False

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