

# MY PERSONAL CPD FILE



## Continuing professional development activity

SAJCN CPD activity No 152 - 2020

### ACTIVITY 152

You can obtain 3 CEUs for reading the article: "CONSUMPTION OF ADDED SUGARS AMONG UNDERGRADUATE STUDENTS AT A SOUTH AFRICAN UNIVERSITY AND ITS ASSOCIATION WITH BMI" and answering the accompanying questions. This article has been accredited for CEUs. Ref number: DT/A01/P00008/2020/00005

**1. Select the correct answer from the list below:**

- a) Recent studies have indicated that changes in dietary habits only are responsible for the increase in overweight and obesity among university students.
- b) Recent studies have indicated that changes in dietary and lifestyle habits are responsible for the increase in overweight and obesity among university students.
- c) Recent studies have indicated that changes in dietary and lifestyle habits are responsible for the decrease in overweight and obesity among university students.

**2. The increased consumption of sugar-sweetened beverages (SSBs) has raised much concern regarding its impact on health because:**

- a) They have empty calories, increase satiety, and facilitate an increased intake of foods that have little or no nutritional value.
- b) They have empty calories, a low satiety, and facilitate a decreased intake of foods that have little or no nutritional value.
- c) They have empty calories, a low satiety, and facilitate an increased intake of foods that have little or no nutritional value.

**3. The sample size in this study was calculated using \_\_\_\_\_ for categorical data and \_\_\_\_\_ was used to obtain the required sample number.**

- a) Cochran's sample size formula; convenience sampling
- b) Convenience sampling; Cochran's sample size formula
- c) Cochran's sampling; convenience sample size formula

**4. Data were collected using a three-part questionnaire:**

- a) Part Two assessed the student's anthropometric status, whilst Part Three assessed their dietary intake.
- b) Part Two and Three assessed the dietary intake of the students using a Food Frequency Questionnaire (FFQ) and 24-hour dietary recall.
- c) Part Two assessed the students' demographic profiles, whilst Part Three assessed the factors relating to the purchases/consumption of SSBs.

**5. In this study, an FFQ and a 24-hour dietary recall were used to assess the dietary intake of the students:**

- a) The FFQ consisted of two sections: The first section measured the amount of added sugars consumed, and the second measured the frequency of consumption.
- b) The 24-hour dietary recall consisted of two sections: The first section measured the amount of added sugars consumed, and the second measured the frequency of consumption.
- c) The FFQ consisted of two sections: The first section measured the frequency of consumption of added sugars, and the second measured the amount consumed.

**6. In the current study, the body mass index (BMI) of the students was as follows:**

- a) A significant proportion of the students were classified as having a normal BMI.
- b) A significantly higher proportion of male than female students had a normal BMI, and the prevalence of overweight and obesity was significantly higher among the female than male students.
- c) Both a and b.

**7. In terms of the relationship between the BMI categories and the frequency of consuming added sugars, this study reported that:**

- a) A significant relationship was found between the BMI categories and the frequency of consumption of some foods and beverages.
- b) The mean added sugar intake, dietary energy intake and percentage contribution of added sugars to the total dietary energy intake differed significantly across the BMI categories.
- c) A significant relationship was found between the BMI categories and the consumption of added sugars from the FFQ and 24-hour dietary recall.

**8. In this study, the average contribution of added sugars to the total energy intake was:**

- a) 10%
- b) 4%
- c) 14.2%

**9. With regards to the factors relating to the purchases/consumption of SSBs:**

- a) Taste and price were of significant low importance when purchasing/consuming SSBs.
- b) Taste and price as well as factors related to marketing and labelling, and social influences (family and friends) were shown to be of significant high importance when purchasing/consuming SSBs.
- c) Taste and price were of significant importance when purchasing/consuming SSBs.

**10. In South Africa, a healthy diet costs \_\_\_\_\_ more than an unhealthy diet, and if South Africans resorted to healthy eating habits approximately \_\_\_\_\_ of their income would be spent on food.**

- a) 68%; 15–20%
- b) 10–15%; 69%
- c) 69%; 10–15%

**11. Studies that have assessed the influence of fiscal policies on the consumption of SSBs have found a positive relationship between price increases and consumption patterns, therefore:**

- a) Imposing taxes on healthy food products and subsidising unhealthy food products could be one of the many strategies that could steer consumers dietary habits into a more positive direction.
- b) Imposing taxes on unhealthy food products and subsidising healthy food products could be one of the many strategies that could steer consumers dietary habits into a more positive direction.
- c) Imposing taxes on unhealthy and healthy food products could be one of the many strategies that could steer consumers dietary habits into a more positive direction.

**12. The consumption frequency of added sugars across each demographic variable was quantified to calculate a mean rank. Which of the following results are true?**

- a) The frequency of consuming the desserts, cakes and biscuits, chocolates, and sweets groups was significantly higher among the male than the female students.
- b) A comparison could not be made regarding race as the statistical power was insufficient for group comparisons.
- c) Students living at home consumed only desserts significantly more frequently than those living away from home.

**13. Select the correct answer from the list below:**

- a) A study conducted at the University of the Free State found a higher daily consumption of carbonated soft drinks and 100% fruit juices.
- b) A study conducted at a university in the Eastern Cape indicated a higher monthly consumption of carbonated soft drinks and 100% fruit juices.
- c) In this study students mostly consumed carbonated soft drinks and juice concentrates on a weekly basis.

**14. A limitation of this study is that:**

- a) Only postgraduate students were included in this study.
- b) A cross-sectional study design was used.
- c) Multiple 24-hour dietary recalls were included in this study.

**15. In conclusion, this study revealed that:**

- a) University students are not at risk for developing unhealthy dietary and lifestyle habits.
- b) Health education is essential prior to the student's admission to university as well during their tertiary education.
- c) Non-communicable diseases are common among university students.

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