SAJCN

2022

CPD

HOW TO EARN YOUR CEUs

1) Register at https://www.mpconsulting.co.za.

2) Log in.

3) Click on "Journal CPD".

4) Go to "SAJCN".

5) Click "Access" to complete the CPD questionnaire.

6) Visit https://www.tandfonline.com/toc/ojcn20/current to access the relevant CPD article.

7) Answer ALL the accompanying questions in the CPD questionnaire.

8) Click "Submit answers" to obtain your results.

Only online questionnaires will be accepted.

Activity 162

1. The increase in the prevalence of overweight and obesity in military communities is of concern, as a high body mass index (BMI) has been associated with:
   a) An increased prevalence of lifestyle diseases.
   b) Poor appearance in military uniform and decreased physical activity.
   c) A decrease in work force readiness, maintenance and productivity.

2. South African Air Force members are expected to maintain a BMI of:
   a) 18.5–24.9 kg/m^2
   b) Below 30 kg/m^2
   c) 25–27 kg/m^2

3. The main modifiable risk factor in the development of obesity is:
   a) Increased experience of stress, sleep deprivation, smoking and increased alcohol intake.
   b) A high energy intake, leading to a positive energy balance and weight gain.
   c) Decreased energy expenditure due to low physical activity.

4. Overweight and obesity were classified using:
   a) Body mass index and waist circumference
   b) Waist-height ratio and body fat percentage.
   c) Waist-hip ratio.

5. Dietary intake assessment was using the following method(s):
   a) 24-hour recall and food diary kept by each participant.
   b) A quantified food frequency questionnaire completed by the investigator.
   c) A group administered food frequency questionnaire.

6. Participants were required to recall and report on various lifestyle factors which included:
   a) Physical activity, alcohol intake and sleep.
   b) Stress, sleep, cigarette and alcohol use and physical activity.
   c) Cigarette and alcohol use only.

7. The American Cancer Association recommends weekly physical activity amounting to:
   a) 30 min of moderate physical activity and 20 min of vigorous physical activity three times per week.
   b) 150 min of moderate-intensity physical activity per week, or 75 min of vigorous physical activity spread throughout the week.
   c) 150 min of vigorous physical activity per week.

8. According to the BMI Classification system the distribution in this study was as follows:
   a) Most of the participants were classified as normal weight or underweight while only 25.3% were classified as overweight and obese.
   b) Most of the participants were overweight (41.2%) or obese (39.2%), while only 19.6% were classified as underweight/normal weight.
   c) Most of the participants were overweight (38.6%) or obese (36.1%), while only a quarter (25.3%) were classified as underweight/normal weight.

9. The participants were asked to indicate how many meals and snacks they consumed per day. Choose the correct answer:
   a) Most participants (59.6%) consumed three meals per day, only 3.6% consumed less than two meals per day.
   b) Overall, 45.8% indicated that they snacked once a day, while 19.9% indicated that they snacked twice daily.
   c) Both A and B are correct.

10. Fruit and vegetable intake was evaluated during the study, and it was found that fruit and vegetable intake was similar across BMI categories. Choose the correct answer related to this statement:
    a) Most of the participants had a low fruit and vegetable intake, consuming one of each daily.
    b) Fruit and vegetable intake was limited to twice daily for each.
    c) Most of the participants had a high fruit and vegetable intake.

11. Which group of participants were most likely to obtain more than 7-hours of sleep?
    a) Underweight/normal weight (26.3 %) participants were most likely to get more than 7-hours of sleep while overweight participants (39.8) had the lowest percentage.
    b) More than 7-hous of sleep was the highest in the overweight group (39.8%) and lowest (26.3%) for the underweight/normal weight group.
    c) More than seven hours of sleep was the highest in the obese group (39.8%) and lowest in the overweight group (26.3 %).

12. A high prevalence of overweight and obesity was also identified in other military communities around the world, these communities include:
    a) The United States Army, the Saudi Arabian Military, and the Nigerian Military.
    b) The Chinese Military, The Japanese Military, and the United States Army.
    c) The Namibian Military, the Japanese Military, and the Nigerian Military.

13. The global intake of caloric sweeteners increased significantly (21%) between 1962 and 2000. Which of the following statement(s) is/are false:
    a) The increase of the intake of caloric sweeteners is mirrored by a significant increase in the prevalence of overweight and obesity during the last three to four decades.
    b) The increase in caloric sweetener intake has been implicated in the development of overweight and obesity.
    c) The increase in caloric sweeteners has no possible role in the development of overweight and obesity due to its low energy content.

14. Sleep deprivation is associated with the development of obesity in numerous studies. Which of the following statements are false?
    a) Sleep deprivation increases daytime ghrelin concentrations, increasing appetite.
    b) A reduction in the anorexigenic hormone leptin has also been observed, further contributing to a positive energy balance.
    c) Sleep deprived individuals are less likely to exercise and more likely to smoke and abuse alcohol.

15. The consumption of smaller, more regular meals (four or more meals per day) has an inverse relationship with the development of obesity. Which of the following factors are also associated with a lower risk of developing obesity?
    a) Skipping breakfast.
    b) Irregular meal patterns.
    c) None of the above.