

You can obtain 3 CEU's for reading the article "THE RELATIONSHIPS BETWEEN SOCIO-ECONOMIC STATUS, DIETARY KNOWLEDGE AND PATTERNS, AND PHYSICAL ACTIVITY WITH ADIPOSITY IN URBAN SOUTH AFRICAN WOMEN" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2023/00004)

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 171

1. The latest research statistics reports indicate that the country with the highest obesity prevalence in sub-Saharan Africa presently is:
 - a. South Africa
 - b. Nigeria
 - c. South Sudan
2. The top three most consumed food items by both low and high socio-economic status (SES) household women were:
 - a. Fats, vegetables and processed meat
 - b. Cooking oils, vegetables and sugar
 - c. Carbonated soft-drinks, red meat and sugar
3. Lifestyle behaviours that emerge during adolescence and often maintained into adulthood, influencing the risk of obesity and NCDs include:
 - a. Diet, physical activity, smoking and alcohol intake
 - b. Partying, poor sleeping patterns and eating vegetables
 - c. Skipping meals, exercising, and eating fast foods
4. According to the findings of this research, the rate of overweight and obesity in women from both high and low SES households was:
 - a. Similar
 - b. Higher in high SES
 - c. Lower in low SES
5. The overall level of dietary knowledge was reported to be:
 - a. High (70%)
 - b. Poor (53%)
 - c. Not mentioned
6. The women who spent more time engaging in moderate to vigorous intensity exercise (MVPA) came from:
 - a. Not measured
 - b. High SES households
 - c. Low SES households
7. White bread and carbonated soft drinks were consumed at least four times per week by young women from:
 - a. All SES settings
 - b. Households with low SES index
 - c. Households with high SES index
8. Consumption of red meat and soup powder, condiments, and sauces by young women from high SES households was:
 - a. At least five times per week
 - b. Zero times
 - c. Four times
9. The two extracted dietary patterns were:
 - a. 'Mixed' and 'Fats' patterns
 - b. 'Dairy' and 'Western' patterns
 - c. 'Western' and 'Mixed' patterns
10. The two distinct extracted dietary patterns from the principal component analysis (PCA) together explained:
 - a. 39% variation in food intake
 - b. 32.9% variation in food intake
 - c. 32% variation in food intake
11. Overall, a negative association was reported between:
 - a. The 'Mixed' dietary pattern and BMI
 - b. The 'Western' dietary pattern and BMI
 - c. None of the above
12. An inverse association was reported in women from low SES households between BMI and the 'Mixed' dietary pattern as well as:
 - a. Age
 - b. 'Western' dietary pattern
 - c. MVPA
13. The socio-economic status (SES) findings showed that a direct effect on BMI was from:
 - a. Age
 - b. MVPA
 - c. 'Mixed' dietary pattern
14. A unit increase in the 'Mixed' dietary pattern was associated with:
 - a. 0.71 lower BMI (kg/m²)
 - b. 0.91 lower BMI (kg/m²)
 - c. 0.81 lower BMI (kg/m²)
15. MVPA of ≥ 150 minutes per week was reported to be associated with:
 - a. A 2 lower BMI (kg/m²)
 - b. A 0.81 lower BMI (kg/m²)
 - c. A 1.5 lower BMI (kg/m²)