

You can obtain 3 CEU's for reading the article "NUTRITION KNOWLEDGE, ATTITUDES, BELIEFS AND PRACTICES: A COMPARISON OF URBAN AND RURAL ADULTS IN THE FREE STATE PROVINCE OF SOUTH AFRICA" 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/P00008/2023/00007)

### HOW TO EARN YOUR CEUs

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Only online questionnaires will be accepted.

### Activity 174

1. Multiple elements affect people's food choices, such as:
  - a. Personal and cognitive factors.
  - b. Sensory, environmental and sociocultural factors.
  - c. Both a and b.
2. The primary purpose of a nutrition education intervention is to increase:
  - a. Nutrition related knowledge, attitudes, and beliefs.
  - b. Nutrition related attitudes and beliefs.
  - c. Nutrition related knowledge, attitudes, beliefs, and practices.
3. The statistical method used to compare Nutrition Related Knowledge, Attitudes, Beliefs, and Practices (NKABP) of adults between urban and rural areas was:
  - a. Mann-Whitney U-test.
  - b. Spearman correlation.
  - c. Fisher's exact test.
4. The study's findings concerning nutrition knowledge scores in South Africa's Free State province was that:
  - a. There was no significant difference in median nutrition knowledge score between rural and urban adults.
  - b. Rural adults had a significantly higher median nutrition knowledge score compared to urban adults.
  - c. Urban adults had a significantly higher median nutrition knowledge score compared to rural adults.
5. The article's finding regarding the proportion of adults with positive nutrition attitudes suggested that:
  - a. 58.4% of rural adults had good level of positive nutrition attitudes.
  - b. 58.4% of urban adults had good level of positive nutrition attitudes.
  - c. 14.0% of rural adults had good level of positive nutrition attitudes.
6. Regarding the differences in the proportion of adults with positive nutrition beliefs between rural and urban areas, the study findings demonstrated that:
  - a. The majority of urban adults tended to have a good level of positive nutrition beliefs.
  - b. The majority of rural adults tended to have a good level of positive nutrition beliefs.
  - c. The majority of both rural and urban adults tended to have a good level of positive nutrition beliefs.
7. The median nutrition practices score between rural and urban adults suggested that:
  - a. Urban adults had significantly higher nutrition practices score compared to rural adults.
  - b. Rural adults had significantly higher nutrition practices score compared to urban adults.
  - c. There was no significant difference in nutrition practices score between urban and rural adults.
8. The study findings suggested that adults in the Free State province of South Africa had:
  - a. A good level of nutrition knowledge, attitudes, beliefs, and practices.
  - b. A moderate level of nutrition knowledge, attitudes, beliefs, and practices.
  - c. A low level of nutrition knowledge, attitudes, beliefs, and practices.
9. The proportion of adults in the study that correctly responded to "Drinking a lot of beer and wine can make you put on weight" statement was:
  - a. 40.7%.
  - b. 25.8%.
  - c. 17.5%.
10. The proportion of adults in both rural and urban settings that correctly responded to "Eating a lot of different kind of foods is healthier than eating only a few kinds of foods" statement was approximately:
  - a. 95% rural and 74% urban.
  - b. 90% rural and 85% urban.
  - c. 74% rural and 95% urban.
11. The proportion of adults with positive nutrition attitudes toward the statement "I believe that the food I eat now will affect my health in the future" was approximately:
  - a. 88%.
  - b. 66%.
  - c. 77%.
12. The proportion of adults with positive nutrition beliefs toward the statements "Eating healthy will help our children to grow better" and "Eating unhealthy foods can cause health problems/makes us ill" was approximately:
  - a. 70% and 60%, respectively.
  - b. 99% and 76%, respectively.
  - c. 100% and 80%, respectively.
13. The study findings suggested that the proportion of adults that regularly ate five vegetables and fruits a day in rural and urban areas was approximately:
  - a. 28% rural and 18% urban.
  - b. 38% rural and 48% urban.
  - c. 18% rural and 28% urban.
14. The limitations of the current study that future research studies should address were:
  - a. Lack of standard/validated cut-offs to categorize nutrition knowledge, attitudes, beliefs, and practices score.
  - b. The majority of participants were women, low-education, and low-income adults that may have skewed the results.
  - c. Both a and b.
15. The study findings overall concluded and recommended that:
  - a. Better nutrition knowledge, attitudes and beliefs did not necessarily lead to better nutrition practices.
  - b. Future nutrition education intervention should consider the socioeconomic status of people and include behavioural change strategies to translate nutrition-related knowledge, attitudes, and beliefs into practices.
  - c. Both a and b.