

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 44 – 2007

You can obtain 3 CEUs for reading the article: “**Breastfeeding, complementary feeding and nutritional status of 6 - 12-month-old infants in rural KwaZulu-Natal**” and answering the accompanying questions. This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2007/00003

HOW TO EARN YOUR CEUs

1. Check your name and HPCSA number.
2. Read the article and answer all the questions.
3. Only **ONE** answer sheet may be submitted per article.
4. Indicate your answers to the questions by colouring the appropriate block in the cut-out section at the end of this questionnaire.
5. You will earn 3 CEUs if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs.
6. Make a photocopy for your own records in case your form is lost in the mail.
7. Send the cut-out answer form **by mail**, NOT BY FAX to: SAJCN CPD activity **No. 44**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 20 July 2007**. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

1. Inadequate knowledge about appropriate foods and feeding practices is often a greater determinant of malnutrition than the lack of foods.
[a] True [b] False
2. In this study, dietary intake of infants 6 - 12 months of age was quantified using a food frequency questionnaire.
[a] True [b] False
3. Only a few households included in this study had access to tap water.
[a] True [b] False
4. Eighty-four per cent of the mothers of the infants included in this study were married.
[a] True [b] False
5. The majority of the caregivers said that solid foods in the infant's diet should be introduced at 4 - 6 months.
[a] True [b] False
6. Infant cereals were the most popular first solid food given to infants.
[a] True [b] False
7. The acute-phase response was defined as CRP concentrations > 10 mg/l.
[a] True [b] False
8. Raised CRP levels affected the prevalence of vitamin A deficiency significantly.
[a] True [b] False
9. The prevalence of anaemia in this study was higher than the national average for infants 6 - 11 months of age.
[a] True [b] False
10. In the developed world, iron-fortified formula is often the major source of dietary iron.
[a] True [b] False
11. A study by Ladzani *et al.* (2000) showed that a nutrition education programme undertaken by local people failed to improve infant feeding practices.
[a] True [b] False
12. Contrary to previous reported findings, exclusive breastfeeding was a common practice in this study.
[a] True [b] False

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HPCSA number: DT |_|_|_|_|_|_|_|_|_|_|

Surname as registered with HPCSA: _____ Initials: _____

Postal address: _____

Code: _____

E-mail address: _____

Full member of: ADSA: |_| yes |_| no

NSSA: |_| yes |_| no

SASPEN: |_| yes |_| no

“Breastfeeding, complementary feeding and nutritional status of 6 - 12-month-old infants in rural KwaZulu-Natal”

M Faber, A J Spinnler Benadé (DT/A01/P00008/2007/00003)

Please colour the appropriate block for each question

(e.g. if the answer to question 1 is a: 1) a ■ b □)

1) a b

2) a b

3) a b

4) a b

5) a b

6) a b

7) a b

8) a b

9) a b

10) a b

11) a b

12) a b

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 45 – 2007

You can obtain 3 CEUs for reading the article: “**Micronutrient intake of HIV-infected women (25 - 44 years) living in Mangaung, South Africa**” and answering the accompanying questions. This article has been accredited for CEUs for dietitians.

Ref number: DT/A01/P00008/2007/00004

HOW TO EARN YOUR CEUs

1. Check your name and HPCSA number.
2. Read the article and answer all the questions.
3. Only **ONE** answer sheet may be submitted per article.
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5. You will earn 3 CEUs if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs.
6. Make a photocopy for your own records in case your form is lost in the mail.
7. Send the cut-out answer form **by mail**, NOT BY FAX to: SAJCN CPD activity **No. 45**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 20 July 2007**. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

1. The following criteria were used for the selection of subjects in this study:
[a] 25 - 44 years of age
[b] pre-menopausal
[c] post-pubertal
[d] all of the abovementioned
2. It is well described that micronutrient deficiencies may exist in the presence of an adequate supply of macronutrients.
[a] True [b] False
3. Indicate which dietary method was used in this study to determine micronutrient intake:
[a] a 24-hour recall
[b] 7-day food diary
[c] quantitative food frequency questionnaire
[d] quantitative food frequency questionnaire and food diary
4. Thirty-eight per cent of younger women included in the study were HIV infected.
[a] True [b] False
5. The median intake of vitamin C in the total sample exceeded the RDA of 75 mg/day.
[a] True [b] False
6. Indicate the percentage of younger HIV-infected women who consumed ≤ 67% of the Adequate Intake (AI) for calcium.
[a] 59.4 [b] 48.5
[c] 51.9 [d] 49.7
7. In this study younger HIV-infected women consumed significantly more vitamin B₁₂ than non-infected younger women.
[a] True [b] False
8. Low intakes of selenium may be associated with increased mortality in HIV/AIDS patients.
[a] True [b] False
9. Micronutrient intake is important for optimal immune functioning in:
[a] HIV-infected individuals
[b] HIV-non-infected individuals
[c] Both of the abovementioned groups
10. Even a mild deficiency of one single nutrient can affect the immune system negatively.
[a] True [b] False
11. It is generally accepted that there is a definite association between folate and HIV-related outcomes.
[a] True [b] False
12. Optimal health and survival in HIV-infected individuals may be supported by:
[a] a well-balanced eating plan
[b] micronutrient supplementation
[c] both of the abovementioned

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Full member of: ADSA: |_|| yes |_|| no

NSSA: |_|| yes |_|| no

SASPEN: |_|| yes |_|| no

“Micronutrient intake of HIV-infected women (25 - 44 years) living in Mangaung, South Africa”

Z Hattingh, C Walsh, FJ Veldman, CJ Bester (DT/A01/P00008/2007/00004)

Please colour the appropriate block for each question

(e.g. if the answer to question 1 is a: 1) a ■ b □)

1) a b c d

2) a b

3) a b c d

4) a b

5) a b

6) a b c d

7) a b

8) a b

9) a b c

10) a b

11) a b

12) a b c