

You can obtain 3 CEU's for reading the article "PREDICTORS OF VITAMIN D STATUS IN UNDERNOURISHED AND WELL-NOURISHED CHILDREN 6-59 MONTHS OLD, IN THE JB MARKS MUNICIPALITY 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/P00008/2024/00008)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za/medical-cpd>.
- 2) Log in.
- 3) Click on the Menu tab
- 4) Select "Journals".
- 5) Go to "South African Journal of Clinical Nutrition".
- 6) Select relevant issue.
- 7) Click "Access"
- 8) Select the CPD questionnaire activity and click on the corresponding article link
- 9) Visit <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 10) Answer ALL the accompanying questions in the CPD questionnaire.
- 11) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

Activity 183

1. What percentage of children across Africa are reported to have vitamin D deficiency (VDD)?
 - a) 15%
 - b) 20%
 - c) 25%
 - d) 30%
2. What was the primary outcome measure of the study?
 - a) Inflammation markers
 - b) Serum 25(OH)D concentration
 - c) Iron status biomarkers
 - d) Anthropometric measurements
3. What was the age range of children included in this study?
 - a) 0-5 years
 - b) 6-59 months
 - c) 6-24 months
 - d) 12-60 months
4. What percentage of children in the study had insufficient vitamin D levels (<30 ng/ml)?
 - a) 10%
 - b) 18.6%
 - c) 25%
 - d) 30%
5. Which sociodemographic factor showed a significant inverse association with 25(OH)D levels in the total group?
 - a. Household income
 - b. Sunlight exposure
 - c. Iron deficiency
 - d. Age
6. What was the prevalence of vitamin D deficiency (<20 ng/ml) in the study population?
 - a. 5%
 - b. 2.5%
 - c. 1.7%
 - d. 0.5%
7. Among undernourished children, what was iron-deficiency anaemia associated with?
 - a. Reduced odds of suboptimal vitamin D levels
 - b. Increased odds of suboptimal vitamin D levels
 - c. Higher 25(OH)D levels
 - d. Lower stunting prevalence
8. Which dietary factor was positively associated with higher vitamin D concentrations in well-nourished children?
 - a. Frequent fish consumption
 - b. Egg consumption more than once a month
 - c. Daily margarine intake
 - d. Dairy product consumption
9. What method was used to measure serum 25(OH)D concentrations?
 - a. Enzyme-linked immunosorbent assay (ELISA)
 - b. Chemiluminescence immunoassay
 - c. High-performance liquid chromatography (HPLC)
 - d. Radioimmunoassay
10. What was the prevalence of anaemia among the total study population?
 - a. 50%
 - b. 60.5%
 - c. 70%
 - d. 40%
11. What proportion of the undernourished children were stunted?
 - a. 70.1%
 - b. 80.1%
 - c. 90.1%
 - d. 95.1%
12. What was the relationship between age and 25(OH)D levels in well-nourished children?
 - a. Positive association
 - b. No association
 - c. Negative association
 - d. Biphase association
13. How was inflammation defined in the study?
 - a. CRP > 5 mg/L and AGP > 1 g/L
 - b. Elevated hemoglobin levels
 - c. Serum ferritin < 12 µg/L
 - d. Low serum transferrin receptor levels
14. Which of the following was not significantly associated with 25(OH)D levels in the study?
 - a. Sunlight exposure
 - b. Egg consumption
 - c. Iron deficiency anaemia
 - d. Household income
15. What was the effect of vitamin D supplement intake on serum 25(OH)D levels?
 - a. No effect
 - b. Associated with lower 25(OH)D levels
 - c. Associated with higher 25(OH)D levels
 - d. Only affected well-nourished children