

ACTIVITY 74

You can obtain 3 CEUs for reading the article: **“FOOD AND BEVERAGE MARKETING TO CHILDREN IN SOUTH AFRICA: MAPPING THE TERRAIN”** and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2010/00007

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. The “precautionary principle” suggests that empirical evidence should be used to inform the measures selected to protect children. True False
2. World Health Organization statistics indicate that 155 million children globally are overweight or obese. True False
3. Researchers in the field often use exposure to media as a proxy for the exposure to marketing communications. True False
4. With regard to advertising, the most exposed group of children are between the ages of 8 and 12, who see on average 21 food advertisements per day on television. True False
5. In general terms, there is no effect of exposure to advertising on the diets and diet-related behaviour of children. True False
6. South African studies show low levels of exposure of food advertising to children. True False
7. In 2007, about 10% of South Africa’s total advertising expenditure was for food and beverage products. True False
8. The regulation of food marketing to children is the last resort policy option for the protection of children. True False
9. Most regulations on food marketing to children in recent years have been developed by the communications industry. True False
10. South Africa has statutory regulations on food marketing and advertising to children. True False
11. South Africa’s government has taken the lead in developing policy interventions on food marketing to children. True False
12. South African policy makers need to work in collaborative relationships with industry and media to ensure that food marketing is geared towards the health and well-being of children, and the youth in general. True False

ACTIVITY 75

You can obtain 3 CEUs for reading the article: **“NUTRITIONAL STATUS OF HIV-INFECTED ADULTS ON ANTIRETROVIRAL THERAPY AND THE IMPACT OF NUTRITIONAL SUPPLEMENTATION IN THE NORTHERN CAPE PROVINCE”** and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2010/00008

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. The National Food Consumption Survey showed that the Northern Cape was the province with the highest incidence of stunting and malnutrition amongst children, and the second highest incidence of underweight among women. True False
2. According to a meta-analysis by Rosen et al,¹⁶ between 9.6% and 20% of patients were lost to follow-up or died at six ARV roll-out sites in South Africa where patients were monitored for at least one year. True False
3. Dietary counselling and provision of an optimal diet is important in the management of HIV-infected patients, but it is generally not a feasible solution in developing countries. True False
4. The number of new patients admitted at the ARV sites in the study was much lower than expected, because of the large number of vacant dietetics posts. True False
5. In this study, a loss of 10% or more was regarded as significant weight loss, and weight gain of 10% or more of body weight measured at baseline was regarded as significant weight gain. True False
6. More than a quarter of participants had a baseline BMI of lower than 18.5 kg/m². True False
7. No significant association was observed between baseline BMI and whether or not nutritional problems (such as constipation, diarrhoea and nausea) were experienced. True False
8. In Kuruman, almost 70% of patients experienced unintentional weight loss prior to the study. True False
9. More than 20% of patients lost more than 10% of their baseline weight, which was also classified as significant weight loss. True False
10. The nutritional status of the malnourished group seemed to benefit more from inclusion in the ARV programme with supplementation than those with normal weight. True False
11. Nutritional support was initially withheld from one group of patients in order to have a comparative control group to determine the impact of initiating ARVs alone on weight changes. True False
12. Sufficient funding for sustainable supplementation and more aggressive supplementation are recommended to increase the success rate in terms of weight gain. True False



HOW TO EARN YOUR CEUs

1. Please 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 coloring the appropriate block on this answer sheet. 5. This CPD questionnaire can now be completed online at www.sajcn.co.za. Click on “CPD” on the main page. You are now linked to the ecpsa website. Register with the ecpsa website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bag X22, Tyger Valley, Cape Town, 7536. 7. Answer sheets must be submitted no later than March 2011. Answer sheets received after this date will not be processed. 8. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 9. Make a photocopy for your own records in case your form is lost in the mail.

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