Learner Feedback Questions #309

1. Healthy People 2010:
   a. calls for a 50 percent reduction in childhood obesity by 2012
   b. lists obesity as a leading indicator of healthcare concerns in the U.S. within the next 10 years
   c. recommends all U.S. schools have a Coordinated School Health Program by 2010
   d. recommends all schools implement physical education into their curricula

2. The AAP and the CDC recommend BMI screening for obesity be done annually:
   a. if the child is obese
   b. for children ages 2-19
   c. for adolescents ages 13-19
   d. from the first time the child is classified as overweight

3. The rate of obesity increased in adolescents ages 12-19 by how much in the past 20 years, according to CDC prevalence data:
   a. 10 percent
   b. doubled
   c. tripled
   d. quadrupled

4. How much time do more than two-thirds of children ages 4-11 spend each day watching TV, sitting at a computer or playing computer games, according to one study?
   a. less than an hour
   b. 2 hours
   c. 3 hours
   d. 5 hours

5. According to numerous nutrition studies, the consensus about the diet of children and adolescents today is:
   a. their diet falls short of federal dietary recommendations to support adequate growth and development
   b. both males and females are grossly deficient in calcium intake
   c. diets of adolescent girls are dangerously lacking in protein
   d. nutrition education is lacking in most U.S. schools

6. The primary causes of childhood obesity are:
   a. heredity
   b. lack of activity
   c. psychological
   d. multifactorial

7. The nurse’s primary role in the management of childhood obesity is to:
   a. educate parents about the comorbidities of childhood obesity
   b. involve and educate parents or caregivers who may serve as role models to get buy-in.
   c. suggest to the parents a counselor might be helpful to assess emotional factors
   d. eliminate the child’s favorite foods in the family diet until he can do this for himself

8. Which of the following statements related to Xenical as a pharmacological agent for childhood obesity is NOT true?
   a. It works by blocking fat absorption.
   b. The over-the-counter product Alli is not approved for use in children.
   c. Fat-soluble vitamins need to be taken before or after taking the medication.
   d. There are minimal side effects with the medication.

9. Meridia:
   a. is a medication approved by the FDA for obese children 16 years and older
   b. works by blocking fat absorption
   c. has minimal side effects
   d. should not be used longer than 6 months

10. Legislation has been proposed in New York to combat childhood obesity by:
    a. eliminating vending machines in all schools
    b. having parents and obese children attend mandatory weight management programs
    c. enacting a tax on all sweetened drinks
    d. mandating obese children meet with the school nurse weekly

Evaluation

1. I can define childhood obesity.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can identify four factors that contribute to childhood obesity.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can identify one pharmacological and three behavioral management approaches for childhood obesity.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

Pediatrics

Before June 22, 2011, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: ADVANCE for Nurses, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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