

## Learner Feedback Questions #309

- Healthy People 2010:**
  - calls for a 50 percent reduction in adolescent obesity by 2012
  - lists obesity as a leading indicator of healthcare concerns in the U.S. within the next 10 years
  - recommends all U.S. schools have a Coordinated School Health Program by 2010
  - recommends all schools implement physical education into their curricula
- The AAP and the CDC recommend BMI screening for obesity be done annually:**
  - if the child is obese
  - for children ages 2-19
  - for adolescents ages 13-19
  - from the first time the child is classified as overweight
- The rate of obesity increased in adolescents ages 12-19 by how much in the past 20 years, according to CDC prevalence data:**
  - 10 percent
  - doubled
  - tripled
  - quadrupled
- 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?**
  - less than an hour
  - 2 hours
  - 3 hours
  - 5 hours
- According to numerous nutrition studies, the consensus about the diet of children and adolescents today is:**
  - their diet falls short of federal dietary recommendations to support adequate growth and development
  - both males and females are grossly deficient in calcium intake
  - diets of adolescent girls are dangerously lacking in protein
  - nutrition education is lacking in most U.S. schools
- The primary causes of childhood obesity are:**
  - heredity
  - lack of activity
  - psychological
  - multifactorial
- The nurse's primary role in the management of childhood obesity is to:**
  - educate parents about the comorbidities of childhood obesity
  - involve and educate parents or caregivers who may serve as role models to get buy-in.
  - suggest to the parents a counselor might be helpful to assess emotional factors
  - eliminate the child's favorite foods in the family diet until he can do this for himself
- Which of the following statements related to Xenical as a pharmacological agent for childhood obesity is NOT true?**
  - It works by blocking fat absorption.
  - The over-the-counter product Alli is not approved for use in children.
  - Fat-soluble vitamins need to be taken before or after taking the medication.
  - There are minimal side effects with the medication.
- Meridia:**
  - is a medication approved by the FDA for obese children 16 years and older
  - works by blocking fat absorption
  - has minimal side effects
  - should not be used longer than 6 months
- Legislation has been proposed in New York to combat childhood obesity by:**
  - eliminating vending machines in all schools
  - having parents and obese children attend mandatory weight management programs
  - enacting a tax on all sweetened drinks
  - mandating obese children meet with the school nurse weekly

## Evaluation

- I can define childhood obesity.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can identify four factors that contribute to childhood obesity.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- I can identify one pharmacological and three behavioral management approaches for childhood obesity.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The objectives relate to the overall goal of the article.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.**
  - strongly agree
  - agree
  - neutral
  - disagree
  - strongly disagree

# Childhood Obesity

Earn 1 Contact Hour NOW!

## Registration/Answer Form #309

### LEARNER FEEDBACK QUESTIONS

- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D
- A B C D

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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### EVALUATION

- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E

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