

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 38 – 2006

You can obtain 3 CEUs for reading the article: “Community intervention for the emerging epidemic of non-communicable diseases” and answering the accompanying questions. This article has been accredited for CEUs for dietitians. (Ref. number: DTP 06/001/02/001)

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. 38, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 20 September 2006**. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

(There is only one correct answer per question)

1. All of the following clinical conditions are non-communicable diseases (NCDs), except:
[a] Hypertension [b] Diabetes
[c] Obesity [d] Cardiovascular disease
2. Of the 10 leading risk factors for the disease burden in developing countries, 6 are related to nutrition and physical activity.
[a] True [b] False
3. Which of the following factors is included in the WHO global strategy for prevention of NCDs recommendations?
[a] Physical activity, Stop smoking, Diet [b] Diet, Physical activity
[c] Correct weight, BMI, Diet and Health
4. The following countries have successfully implemented the population-based strategies for prevention of NCDs:
[a] Singapore, United States, Norway
[b] Norway, Finland, Singapore
[c] England, Finland, Norway
5. The uses the health promoting approach to develop community-based interventions:
[a] WHO [b] Ottawa Charter
[c] UNICEF [d] World Bank
6. The Triple A approach includes:
[a] Assessment, analysis, adoption
[b] Assessment, analysis, action
[c] Evaluation, analysis, action
[d] Analysis, action, advocacy
7. The overall objectives of this study were to describe the process that was undertaken in developing community health worker interventions for the prevention of NCDs.
[a] True [b] False
8. This study demonstrated the importance of involving community members in the initial process of developing community interventions.
[a] True [b] False
9. The strength of this study was:
[a] Project leader and research staff shared the same language and cultural background
[b] An established relationship of trust
[c] Dedicated time commitment with CHWs
[d] All of the above
10. The process of developing interventions in this study included:
[a] Assessment of risk factors
[b] Feedback to community workers
[c] Consultation with community members
[d] Developing and implementing training programme
[e] Situational assessment of available resources
[f] Implementing community interventions
[g] All of the above
11. Risk factor(s) among community health workers were:
[a] Misconceptions about causes and treatment of NCDs
[b] Lack of knowledge about nutrition
[c] Obesity
[d] All of the above
12. The environmental determinants for poor food choices included access to cheap and unhealthy foods, and cost of fresh fruits and vegetables.
[a] True [b] False

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

Surname as registered with HPCSA: _____ Initials: _____

Postal address: _____

Code: _____

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Full member of: ADASA: yes no NSSA: yes no SASPEN: yes no

“Community intervention for the emerging epidemic of non-communicable diseases”

T Puoane, H Bradley, G Hughes

Please colour the appropriate block for each question

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

1) a b c d

2) a b

3) a b c

4) a b c

5) a b c d

6) a b c d

7) a b

8) a b

9) a b c d

10) a b c d e f g

11) a b c d

12) a b

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 39 – 2006

You can obtain 3 CEUs for reading the article: "Foods and beverages which make significant contributions to macro- and micronutrient intakes of children in South Africa: do they meet the Food-Based Dietary Guidelines?" and answering the accompanying questions. This article has been accredited for CEUs for dietitians.
(Ref. number: DTP 06/001/02/004)

HOW TO EARN YOUR CEUs

1. Check your name and HPCSA number.
2. Read the article and answer all the questions.
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PLEASE ANSWER ALL THE QUESTIONS
(There is only one correct answer per question)

1. The National Food Consumption Survey used both the 24-hour recall and the food frequency methods to collect dietary data on children.
[a] True [b] False
2. Maize porridge made the following percentage contribution to the total energy intake of the children according to the findings of the National Food Consumption Survey data.
[a] 12% [b] 27%
[c] 48%
3. Maize porridge made the following percentage contribution to the total iron intake of children according to the findings of the National Food Consumption Survey data.
[a] 5.5% [b] 8.0%
[c] 10.9%
4. Maize, bread, sugar and rice made the following percentage contribution to the carbohydrate intake according to the findings of the National Food Consumption Survey data.
[a] 50% [b] 60%
[c] 70%
5. With the exception of brown bread, the major carbohydrate sources as reported by the National Food Consumption Survey were refined carbohydrates.
[a] True [b] False
6. The data of the National Food Consumption Survey indicate that brown bread made a significant contribution to the daily fibre intake.
[a] True [b] False
7. The data of the National Food Consumption Survey indicate that legumes made a significant contribution to the daily intake of fibre and folate.
[a] True [b] False
8. The total average variety score as reported by the National Food Consumption survey was:
[a] 4.4 [b] 4.8
[c] 5.5 [d] 6.8
9. The food-based dietary guideline that was met by children according to the data of the National Food Consumption Survey was:
[a] Enjoy a variety of foods
[b] Make starchy foods the basis of most meals
[c] Eat plenty of fruits and vegetables every day
10. The food-based dietary guideline that was not met by children according to the data of the National Food Consumption Survey was:
[a] Eat fats sparingly
[b] Eat dry beans, peas, lentils and soy regularly
11. The National Food Consumption survey reported that maize and bread contributed significantly to all macro- and micronutrients.
[a] True [b] False
12. The diet of children as reported by the National Food Consumption survey generally contained a satisfactory amount of dairy products.
[a] True [b] False

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Full member of: ADSA: yes no NSSA: yes no SASPEN: yes no

"Foods and beverages which make significant contributions to macro- and micronutrient intakes of children in South Africa: do they meet the Food-Based Dietary Guidelines?"

NP Steyn, EMW Maunder, D Labadarios, JH Nel

Please colour the appropriate block for each question

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

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