

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 40 – 2006

You can obtain 3 CEUs for reading the article: “Can the high prevalence of micronutrient deficiencies, stunting and overweight in children at ages 1 and 3 years in the Central Region of Limpopo Province be explained by diet?” 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. 40**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 20 November 2006**. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

1. The design of this study can be described as:
[a] Cross-sectional
[b] Longitudinal
[c] Case-control
2. Children who participated in this study were followed up for:
[a] 36 months
[b] 18 months
[c] 24 months
[d] 6 months
3. On average, the children studied had a low dietary intake at both 1 and 3 years of:
[a] Calcium, folate and iron
[b] Calcium, folate and vitamin A
[c] Calcium folate and vitamin B₁₂
4. At 3 years of age milk formed part of the top 5 foods consumed by these children.
[a] True
[b] False
5. At 3 years of age the percentage of children with a low serum iron level was:
[a] 17%
[b] 33%
[c] 48%
6. Children in this study had an inadequate intake of dairy products as well as fruit and vegetables.
[a] True
[b] False
7. At 3 years of age, a high proportion of children with stunting had:
[a] Protein deficiency
[b] Low intake of energy from proteins
[c] Insufficient macronutrient intake
8. The main source of iron intake in these children was from:
[a] Chicken and beef
[b] Chicken and tea
[c] Beef and tea
9. Deficiencies of iron and vitamin C can impair the absorption of:
[a] Vitamin B₁₂
[b] Vitamin A
[c] Folate
10. On the basis of the energy intake distribution from macronutrients, one can say that the children were:
[a] Following a prudent diet
[b] Following a westernised diet
[c] Undergoing nutritional transition
11. In their main findings, the authors attribute the high levels of stunting to acute energy deficiency.
[a] True
[b] False
12. At 1 year, the prevalence of stunting in these children was:
[a] 15%
[b] 35%
[c] 48%

✂ Cut along the dotted lines and send to: SAJCN CPD activity **No. 40**, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to **reach the office not later than 20 November 2006**

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

Surname as registered with HPCSA: _____ Initials: _____

Postal address: _____

_____ Code: _____

E-mail address: _____

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

“Can the high prevalence of micronutrient deficiencies, stunting and overweight in children at ages 1 and 3 years in the Central Region of Limpopo Province be explained by diet?”

RL Mamabolo, NP Steyn, M Alberts

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

2) a b c d

3) a b c

4) a b

5) a b c

6) a b

7) a b c

8) a b c

9) a b c

10) a b c

11) a b

12) a b c

CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS

SAJCN CPD activity No. 41 – 2006

You can obtain 3 CEUs for reading the article: "The effect of maternal glucose metabolism, iron, vitamin B12 and folate status on pregnancy outcomes" 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.
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. 41, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to reach the office not later than 20 November 2006.

PLEASE ANSWER ALL THE QUESTIONS

- 1. Low maternal weight gain increases the risk of intrauterine growth retardation. [a] True [b] False
2. Maternal age plays no role in determining both premature delivery and intrauterine growth retardation. [a] True [b] False
3. In this study, the percentage of anaemia among pregnant women was: [a] 16.4% [b] 26.4% [c] 50.9%
4. Maternal fasting glucose and ferritin levels were among the factors that predicted birth weight. [a] True [b] False
5. Mothers with high haemoglobin levels in this study gave birth to heavier babies. [a] True [b] False
6. In this study, maternal serum folate levels were associated with both birth weight and birth length. [a] True [b] False
7. Women who participated in this study received folate supplementation during pregnancy. [a] True [b] False
8. Maternal age and parity were not among the predictors of fetal growth. [a] True [b] False
9. The main aim of this study was: [a] To determine the prevalence of maternal micronutrient deficiencies [b] To evaluate the effects of maternal factors on newborn infants [c] To determine the prevalence of abnormal glucose metabolism during pregnancy
10. In both Tables III and IV the authors gave adjusted regression coefficients (R^2) for the models. These represent: [a] The error in prediction of the derived equation [b] The variance explained by the regression model
11. In this study, the homeostasis model assessment (HOMA) equation was used as a means of assessing: [a] Gestational diabetes mellitus [b] Insulin resistance [c] Glucose intolerance
12. In this study, maternal glucose metabolism had no effect on the newborn's birth length. [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: ADSA: [] yes [] no NSSA: [] yes [] no SASPEN: [] yes [] no

"The effect of maternal glucose metabolism, iron, vitamin B12 and folate status on pregnancy outcomes"

RL Mamabolo, M Alberts, NP Steyn, NS Levitt
Please colour the appropriate block for each question
(e.g. if the answer to question 1 is a: 1) a [] b [])

- 1) [a] [b]
2) [a] [b]
3) [a] [b] [c]
4) [a] [b]
5) [a] [b]
6) [a] [b]
7) [a] [b]
8) [a] [b]
9) [a] [b] [c]
10) [a] [b]
11) [a] [b] [c]
12) [a] [b]