

You can obtain 3 CEU's for reading the article "Field-testing of the revised, draft South African Paediatric Food-Based Dietary Guidelines (SA-PFBDG) amongst mothers/caregivers of children aged 0–12 months in the Breede Valley sub-district, Western Cape province, South Africa" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2021/00005)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za>.
- 2) Log in.
- 3) Click on "Journal CPD".
- 4) Go to "SAJCN".
- 5) Click "Access" to complete the CPD questionnaire.
- 6) Visit <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 7) Answer ALL the accompanying questions in the CPD questionnaire.
- 8) Click "Submit answers" to obtain your results.

Only online questionnaires will be accepted.

Activity 158

1. **The Food and Agriculture Organisation (FAO) of the United Nations recommends that:**
 - a) food group discussions are used to validate the food based dietary guidelines developed in a country
 - b) field-testing of a country's developed food based dietary guidelines is necessary to ensure they are practical, comprehensible, and appropriate to the country's cultural, social, and economic context
 - c) a quantitative research methodology is used to test a country's developed food based dietary guidelines
2. **The revised, draft SA-PFBDG no 1: 'Give only breastmilk, and no other foods or liquids, to your baby for the first six months of life':**
 - a) was fully understood by all focus group participants
 - b) was correctly interpreted by most focus group participants
 - c) was fully understood and correctly interpreted by a few of the focus group discussion participants
3. **The revised, draft SA-PFBDG 2 states that mothers should 'At six months, start giving your baby small amounts of complementary foods, while continuing to breastfeed to two years and beyond':**
 - a) Most of the participants said that they did not think that breastfeeding until two years and beyond was necessary and they knew no-one who did this
 - b) A few participants said that they did not think that breastfeeding until two years and beyond was necessary and they did not know of people who followed this
 - c) Although many of the participants said that they did not think that breastfeeding until two years and beyond was necessary, and they did not know of people who followed this, just as many of the participants reported that they did or had continued to breastfeed until two years and beyond and found it a common practice in their surroundings
4. **The word 'complementary' was not understood by all participants, and this was evident in all three languages:**
 - a) even though participants were not sure what the word itself meant, in general they displayed a broad understanding of the term
 - b) but participants felt that the guidelines were very clear regarding examples, quantities and practical application
 - c) even though participants were not sure what the word itself meant, in general they thought they understood the concept
5. **The revised, draft SA-PFBDG 3: 'Gradually increase the amount of food, number of feeds and variety as your baby gets older':**
 - a) Some of the participants did not understand the word 'variety', and others discussed what types of foods and consistencies were meant by 'variety'
 - b) Most participants understood the importance of this guideline and were already following it
 - c) There was a clear understanding about the practical implications of 'gradually' as well as 'amount'
6. **The revised, draft SA-PFBDG 4: 'Feed slowly and patiently and encourage your baby to eat, but do not force him or her':**
 - a) Nearly half of the participants had heard this guideline before, and they believed it to be important
 - b) All participants had heard this guideline before, but not everyone believed it to be important
 - c) Some of the participants had heard this guideline before, and the majority believed it to be important. Many of them already practiced this guideline
7. **The revised, draft SA-PFBDG 5: 'From six months of age, give your baby meat, chicken, fish or egg every day, or as often as possible':**
 - a) A few participants did recognise the importance of protein-rich foods in a baby's diet but did not view it as a daily requirement
 - b) Many thought it meant giving all of the listed proteins every day
 - c) Most participants believed these foods to be inappropriate to introduce to a baby at 6 months and should only be introduced from 8–9 months of age, or even from 12 months only
8. **The Revised, draft SA-PFBDG 6: 'Give your baby dark-green leafy vegetables and orange-coloured vegetables and fruit every day':**
 - a) The participants struggled more to list dark-green leafy vegetables, except for spinach. Many simply understood it as 'green vegetables' and therefore included baby marrow, cucumber and green beans
 - b) The majority of the participants mentioned broccoli as a dark-green leafy vegetable
 - c) A few participants named gem squash and vegetables that have leaves when growing, like sweet potato, potatoes, and pumpkin as examples of dark-green leafy vegetables
9. **The revised, draft SA-PFBDG 7: 'Start spoon-feeding your baby with thick foods, and gradually increase to the consistency of family food':**
 - a) There was a good understanding across all the groups regarding the meaning of the specifications of certain practical measures or quantities, such as what type or size of spoon was being referred to
 - b) There was misunderstanding across all the groups regarding the meaning of certain words, such as 'thick foods' and 'consistency'
 - c) There was a good understanding across all the groups regarding the meaning of the concept quantify 'gradually'
10. **The revised, draft SA-PFBDG 8: 'Hands should be washed with soap and clean water before preparing or eating food':**
 - a) This guideline was found to be the most widely disseminated to the public, with all the participants having been exposed to it
 - b) The participants had indicated that they understood this guideline clearly and knew it was important but were not necessarily following it
 - c) The majority of participants reported that they did not necessarily agree with this guideline, as they did not have running water in their homes
11. **The revised, draft SA-PFBDG 9: 'Avoid giving tea, coffee and sugary drinks and high-sugar, high-fat, salty snacks to your baby':**
 - a) Only a few of the participants understood the importance of this guideline and attempted to follow it as far as possible
 - b) All the participants could identify what high-sugar, high-fat and salty snacks were, but did not include sugary drinks in this regard
 - c) The majority of the participants understood the importance of this guideline and attempted to follow it as far as possible
12. **Regarding previous exposure to guidelines similar to the paediatric food based dietary guidelines:**
 - a) The majority of the participants had been exposed to guidelines with messages that were similar to the revised draft PFBDGs at healthcare platforms, but it was mentioned that the messages were clearly and consistently communicated by healthcare workers
 - b) The majority of the participants had been exposed to guidelines with messages similar to the revised draft PFBDGs, mostly on healthcare platforms, but it was mentioned that mixed messages and inconsistent information was communicated by healthcare workers
 - c) The few participants who had been exposed to guidelines with messages that were similar to the revised draft PFBDGs at healthcare platforms, it was mentioned that the messages by healthcare workers were not always clear and consistent
13. **Whilst reflecting on the PFBDGs some participants commented that they experienced mixed messages on infant and young child feeding (IYCF) practices that were:**
 - a) disseminated by branded complementary food products, the media, internet support groups for mothers, and social media
 - b) disseminated by friends and family who confirm that it is possible that 'the breastmilk dries up' or that 'there is not enough breastmilk'
 - c) believed what their mothers had explained to them, that 'some children do not want to breastfeed because they do not like it' or 'they get hungry'
14. **The findings in this study regarding financial constraints:**
 - a) is not necessarily a representative concern as the majority of households in South Africa are food secure
 - b) correspond with evidence of poor household food security and low socioeconomic status (SES) in many areas in South Africa
 - c) does not correspond with evidence regarding household food security in low SES in many areas in South Africa
15. **The National Department of Health should adopt the field-tested revised draft SA-PFBDGs, and:**
 - a) thereafter, community-based healthcare workers who have any interaction with mothers/caregivers and young children should be made aware of the PFBDGs
 - b) thereafter, all healthcare workers who have any interaction with mothers/caregivers and young children should be made aware of the PFBDGs
 - c) thereafter, there is a no need for community-based breastfeeding support groups and IYCF support groups of the Department of Health to promote the adopted PFBDGs via healthcare platforms and the media