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This article has been accredited for CEU's (ref. no. DT/A01/P00008/2024/00003)

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Only online questionnaires will be accepted.

Activity 178

1. Consumption patterns of sugar-sweetened beverages (SSBs) vary considerably by:
 - a) geographic location, gender, age, and socioeconomic status but are higher in younger age groups, adult males and in middle income countries.
 - b) geographic location, gender, age, and socioeconomic status but are lower in younger age groups, adult males and in middle income countries.
 - c) geographic location, gender, and income but are higher in younger age groups, adult females and in lower income countries.
2. The World Health Organization (WHO) strongly recommends reducing the intake of:
 - a) added sugars to less than 10% of total energy to address obesity prevalence.
 - b) free sugars to less than 10% of total energy to address obesity prevalence.
 - c) free sugars to less than 10% of energy from carbohydrates to address obesity prevalence.
3. Research shows that nutrition interventions targeting specific food items such as SSBs could fail to:
 - a) motivate sustainable behaviour change and result in adverse compensatory behaviour, such as decreased consumption of other energy-dense foods or beverages.
 - b) motivate sustainable behaviour change and result in adverse compensatory behaviour, such as increased consumption of carbohydrates or energy drinks.
 - c) motivate sustainable behaviour change and result in adverse compensatory behaviour, such as increased consumption of other energy-dense foods or beverages.
4. A multipronged approach to curb the obesity pandemic including fiscal policies as cost-effective and easy to implement on a wide scale has been highlighted by the:
 - a) National Department of Health's Strategy for the Prevention and Control of Obesity in South Africa (SA).
 - b) National Department of Health's Strategy for the Prevention and Control of Malnutrition in South Africa (SA).
 - c) Food and Agricultural Organisation's Strategy for the Prevention and Control of Obesity in South Africa (SA).
5. In response to the recommendation of the WHO for the implementation of a SSB tax various modelling studies have suggested that:
 - a) a tax of 10% to 20% would be needed to reduce manufacturing of SSBs for a decline in obesity, mortality rates and long-term health costs.
 - b) a tax of 20% to 30% would be needed to reduce purchases and consumption of SSBs for a decline in obesity, mortality rates and long-term health costs.
 - c) a tax of 10% to 20% would be needed to reduce purchases and consumption of SSBs for a decline in obesity, mortality rates and long-term health costs.
6. The Health Promotion Levy (HPL) applies to beverages containing added sweeteners such as sucrose, high-fructose corn syrup (HFCS), or fruit-juice concentrates and was initially levied at:
 - a) 2.5 cents per gram of sugar in beverages in excess of 4 grams per 100 ml.
 - b) 2.1 cents per gram of sugar in beverages in excess of 4 grams per 100 ml.
 - c) 2.1 cents per gram of sugar in beverages in excess of 4 grams per 200 ml.
7. Dietitians believed the HPL of 30% was too little to have an impact on the purchasing behaviour of consumers.
 - a) True
 - b) False
8. Several dietitians were under the impression that their clients were consuming:
 - a) alternative drinks such as reduced sugar beverages, water, fruit juice or tea/coffee.
 - b) alternative drinks such as sugar-free beverages, water, fruit juice or sports drinks.
 - c) alternative drinks such as sugar-free beverages, water, fruit juice or tea/coffee.
9. Other legislative measures used for client education were teaching clients:
 - a) to read the nutritional information table with an emphasis on total sugar content and glycaemic carbohydrates and how to understand health claims.
 - b) to read the nutritional information table with an emphasis on total sugar content and glycaemic carbohydrates and how to understand endorsement logos.
 - c) to read the front-of-pack label with an emphasis on added sugar content and glycaemic carbohydrates and how to understand endorsement logos."

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10. Key industry role-players (KIRs) held the opinion that the industry would be proactive to accommodate the HPL by:
 - a) reformulating existing products, changing packaging sizes and using stronger marketing initiatives for zero sugar alternatives or formulating new products.
 - b) formulating new products.
 - c) Option A and B
11. Barriers to the successful implementation of the sugar tax legislation for consumers identified by KIRs were:
 - a) consumers will feel they want a choice and decide which products they want to buy, and consumers might feel the government is taking their money.
 - b) consumers will feel they want a choice and decide which products they want to buy, and consumers might not understand the general health benefits to the population.
 - c) Option A and B
12. A quarter of KIRs (25%) thought consumers harboured negative feelings towards the HPL.
 - a) True
 - b) False
13. The main enabling factor to enhance the successful implementation of the HPL selected by the KIRs was:
 - a) education of the food industry.
 - b) education of the consumer.
 - c) the focus of the HPL on the health benefits for the population.
14. Results from a recent study conducted during 2016 to 2021 found a:
 - a) 23% decrease in the volume of SSBs consumed since the implementation of the HPL at 20%.
 - b) 23% increase in the volume of SSBs consumed since the implementation of the HPL at 11%.
 - c) 23% decrease in the volume of SSBs consumed since the implementation of the HPL at 11%.
15. Apart from increasing the price of SSBs, examples of other successful interventions to reduce SSB consumption have been described in the literature and include:
 - a) the availability of water and bottled unflavoured water at schools and at home and promotion of healthier beverages in supermarkets as well as on children's menus.
 - b) the availability of water and bottled flavoured water at schools and at home and promotion of healthier beverages in supermarkets as well as on children's menus.
 - c) the availability of water and bottled unflavoured water at schools and at home and increasing the price of SSB beverages on children's menus.