

ACTIVITY 58

You can obtain 3 CEU's for reading the article: "DETERMINANTS OF OBESITY IN AN URBAN TOWNSHIP OF SOUTH AFRICA" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.
Ref number: DT/A01/P00008/2008/00007

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- The present study had a cross-sectional design. True False
- The present study assessed physical activity in terms of the usual time spent (in minutes) doing vigorous physical activity (such as running, swimming) per day. True False
- In the present study, the t-test was applied to assess for presence of significant differences in continuous variables between categories. True False
- The multivariable linear regression model was applied to assess the factors associated with obesity in the present study. True False
- Previous South African studies have found the prevalence of obesity to be higher in urban areas when compared with individuals living in rural areas. True False
- The 'healthy or benign obesity concept' implies that among the black population, especially obesity in women is not associated with dyslipidaemia, hypertension, glucose intolerance or ischemic heart disease, and is a less serious health problem. True False
- Previous studies have reported the levels of physical activity among those residing in urban areas of South Africa to be high. True False
- The present study found the prevalence of obesity [as defined by Body Mass Index (BMI)] and abdominal obesity to be higher among women when compared with men. True False
- The present study found an association between physical activity and obesity, measured either through BMI or Waist Circumference. True False
- In the present study, the risk of abdominal obesity was associated with time of arrival in the township, being nearly 0.3 times lower among individuals who arrived in the township after the year 2000. True False
- The proportion of males and females who were obese was lower in the present study when compared with the findings of most previous studies from South Africa or other African countries. True False
- The authors observed marital status to be associated with overweight/obesity (defined by BMI) and abdominal obesity, with a lower risk for those who had never married when compared with those who had married. True False

ACTIVITY 59

You can obtain 3 CEU's for reading the article: "CHARACTERISTICS OF THE SOUTH AFRICAN FOOD COMPOSITION DATABASE, AN ESSENTIAL TOOL FOR THE NUTRITION FRATERNITY IN THE COUNTRY" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.
Ref number: DT/A01/P00008/2008/00008

PLEASE ANSWER ALL THE QUESTIONS (Choose the correct answer)

- The South African Food Data System is part of SAARCFOODS. True False
- The South African Food Composition Data System is a country-specific food composition database. True False
- The Meat Industry provided financial support for the generation of nutrient information for: Fruit Veg Beef Eggs Milk
- Only databases which include chemically analysed nutrient values are of good quality. True False
- A 30 m column should be used on the gas liquid chromatograph to determine the trans fatty acid content of margarine. True False
- There is an error in the food composition tables if the sum of the saturated-, monounsaturated- and polyunsaturated-fatty acids do not add up to 100 % of the total fat. True False
- Information in SAFOODS is made available to the South African nutrition fraternity through: 1991 MRC Food Composition Tables FoodFundi FoodFinder 3 All of the above
- The information from SAFOODS can be used for labelling purposes and to make health claims. True False
- Imputation means to determine the nutrient composition of food chemically. True False
- Missing values in a food composition database result in wrong research conclusions being drawn from dietary intake data. True False
- It is advised to calculate available carbohydrate by difference. True False
- Nutrient information on carotenoids is covered extensively in SAFOODS. True False



HOW TO EARN YOUR CEUs

1. Please 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 coloring the appropriate block on this answer sheet. 5. This CPD questionnaire can now be completed online at www.sajcn.co.za. Click on "CPD" on the main page. You are now linked to the ecpsa website. Register with the ecpsa website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bagx22, Tygervalley, Cape Town, 7536. 7. Answer sheets must be submitted **not later than 28 February 2009**. Answer sheets received after this date will not be processed. 8. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 9. Make a photocopy for your own records in case your form is lost in the mail.

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