

### ACTIVITY 64

You can obtain 3 CEU's for reading the article: "NUTRITION INTERVENTIONS IN THE WORKPLACE: EVIDENCE OF BEST PRACTICE" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2009/00005

#### PLEASE ANSWER ALL THE QUESTIONS (True or False)

- Workplace interventions can be offered repeatedly, thereby increasing the likelihood of motivational behaviour change in persons who are at various stages of readiness.  True  False
- In general terms, workplace programs are more costly than community-based programs.  True  False
- The methods used for this review were based on the guidelines provided by the Centre for Reviews and Dissemination of the University of York.  True  False
- Studies that were rated as "Insufficient evidence/not likely to be effective" would likely benefit from further testing and research.  True  False
- The "CHIPS study" made use of pricing strategies and price was associated with an increase in low fat snack sales.  True  False
- The "Coronary Health Improvement Project" made use of shopping tours and cooking demonstrations provided by a dietitian.  True  False
- The "Working Well Trial" was potentially a very cost-effective intervention but may however not be sustainable in the longer-term.  True  False
- The "Changing risk factors for chronic diseases" study showed significant improvements in nutrition knowledge at 6 months but not at 12 months.  True  False
- The studies that resulted in best practice behavioural outcomes employed intervention strategies such as personalized feedback, training programs for catering staff and educational components among others.  True  False
- The "Treatwell 5-a-Day study" was the only intervention that was successful in reflecting both behavioural and psychosocial outcomes.  True  False
- A key success factor in workplace interventions consisted of involving employees in the planning, implementation and management of the program.  True  False
- One of the barriers to best practice outcomes was the provision of general nutrition education instead of education tailored to individual target groups.  True  False

### ACTIVITY 65

You can obtain 3 CEU's for reading the article: "FAST FOOD CONSUMPTION AMONG 17 YEAR OLDS IN THE BIRTH TO TWENTY COHORT" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2009/00006

#### PLEASE ANSWER ALL THE QUESTIONS (True or False)

- Fast foods can be defined as energy dense foods, which are low in micronutrients and fibre and high in sugars and salt.  True  False
- In a longitudinal study of adults, fast food intake was linked to a decrease in weight (~5kg) over a period of 15 years.  True  False
- This study was a cross-sectional study of 655 Black subjects who participated in the larger Birth to Twenty longitudinal birth cohort.  True  False
- In this study 4% males and 21% females were overweight, and 2.5% males and 6% females were obese.  True  False
- Fast food intake was significantly higher in females than males in this study.  True  False
- More than 50% of males and 38% of females in this study indicated that they consumed 8 or more fast food items per week.  True  False
- In this study, 40% of participants stated they frequented a fast food outlet between 1-3 times per week, while 39% of females and 31% of males frequented fast food outlets between 4-10 times per week.  True  False
- A "quarter" also known as a "Kota" can be likened to a "bunny chow" which consists of any of the following ingredients: ¼ loaf of white bread, fried chips, a slice of processed cheese, any number of processed meats including but not exclusively, polony, russian sausage, vienna, mangola, white liver, and special, a fried egg and sauces including tomato sauce, mustard, chili sauce, and atchar, lettuce, fresh tomato and/or chakalaka.  True  False
- From the nutrient breakdown of the 15 samples of the "quarters" it was found that mean energy was 2000 kJ, with total fat less than 15 g.  True  False
- Energy density for each meal, excluding beverages was also calculated in this study. It was found that per 100 g, the KFC meal contained 1257 kJ, the "quarter" 1162 kJ, the McDonald's meal 1039 kJ and the Steers meal 960 kJ. This energy density is 1.8-2.4 times higher than the healthy recommendation.  True  False
- Energy density may be the mechanism by which fast foods contribute to overweight, since down regulation of food intake after their consumption does not usually occur.  True  False
- A limitation of this study was that it was longitudinal in nature and therefore only assess exposure and outcome at one time point.  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](http://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 March 2010**. 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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