

You can obtain 3 CEU's for reading the article "LIFESTYLE PATTERNS AND DIETARY HABITS OF PATIENTS LIVING WITH TYPE 2 DIABETES MELLITUS ATTENDING PRIMARY HEALTHCARE FACILITIES IN LIMPOPO 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/P00004/2025/00005)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za>.
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- 5) Choose a new CPD activity OR click continue to carry on from your last activity.
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- 7) Answer ALL the questions in the CPD questionnaire.
- 8) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

1. The study found that the majority of T2DM patients in Limpopo Province were:
 - a. Male and under 50 years (27.56%)
 - b. Female and over 60 years (72.44%)
 - c. Equally distributed across age groups
2. Regarding glycaemic control, what percentage had HGT readings >10 mmol/l?
 - a. 35.19%
 - b. 61.57%
 - c. 3.24%
3. The predominant carbohydrate source consumed was:
 - a. White rice (4%)
 - b. White porridge (76%)
 - c. Brown porridge (23%)
4. What percentage of participants consumed vegetables 2-3 times weekly?
 - a. 16.00%
 - b. 10.22%
 - c. 54.22%
5. The study found that most female participants had:
 - a. Normal waist circumference (<80cm)
 - b. Moderate-risk waist circumference (80-85cm)
 - c. High-risk waist circumference (>85cm) (88.28%)
6. Regarding physical activity, what percentage engaged in light activity?
 - a. 40.44%
 - b. 88.00%
 - c. 4.00%
7. The alcohol consumption rate among participants was:
 - a. 5.78%
 - b. 94.22%
 - c. 55.56%
8. What percentage of meals were home-prepared?
 - a. 68.89%
 - b. 8.00%
 - c. 90.67%
9. The most commonly consumed fruit was:
 - a. Banana (8%)
 - b. Orange (20%)
 - c. Apple (34.67%)
10. Regarding smoking habits:
 - a. 86.22% were non-smokers
 - b. 57.14% were current smokers
 - c. 28.57% smoked >20 cigarettes/day
11. The study recommends dietary advice should consider:
 - a. Strict low-carbohydrate diets
 - b. Complete elimination of traditional foods
 - c. Socio-economic status and affordability
12. For portion control, what percentage consumed double portions of starch?
 - a. 52.00%
 - b. 47.11%
 - c. 0.89%
13. The study suggests promoting vegetable gardens to:
 - a. Replace pharmacological treatment
 - b. Generate income exclusively
 - c. Improve dietary diversity and mobility
14. The predominant oil used for cooking was:
 - a. Sunflower oil (87.20%)
 - b. Olive oil (10.40%)
 - c. Canola oil (2.40%)
15. The study recommends training for:
 - a. Only specialist diabetes nurses
 - b. Hospital-based dietitians only
 - c. Healthcare workers and community health workers (CHWs)