

You can obtain 3 CEU's for reading the article "HAEMOGLOBIN LEVELS AND GROWTH OF SOUTH AFRICAN INFANTS AGED 6-12 MONTHS EXPOSED TO MATERNAL HIV INFECTION" 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/P00004/2025/00007)

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1. Anaemia remains a significant health problem, especially among women of reproductive age and children under five, due to their high nutritional needs and vulnerability. This concern is intensified in which setting?
 - a) Low malaria-prevalent areas
 - b) High HIV-prevalent settings
 - c) Urban communities only
2. In this study, mothers' haemoglobin levels and anaemia status differed significantly based on their HIV infection, highlighting that:
 - a) HIV infection can affect maternal nutritional status
 - b) HIV has no relation to haemoglobin concentration
 - c) HIV increases maternal appetite
3. Anaemia was common among HIV-exposed-uninfected (HEU) infants at various time points, with prevalence rates of 27%, 33%, and 30% at 6, 9, and 12 months, respectively, indicating:
 - a) A complete recovery from anaemia by one year
 - b) No anaemia risk among HEU infants
 - c) A persistent burden of anaemia during infancy
4. Which prophylaxis was given to HEU infants to prevent vertical HIV transmission?
 - a) All received zidovudine (AZT) only
 - b) Only 10% received any prophylaxis
 - c) 55.8% received nevirapine alone; others received nevirapine + zidovudine (AZT)
5. Breastfeeding rates were substantially lower in HEU infants at both 9 and 12 months, indicating that:
 - a) Mothers living with HIV breastfeed for longer durations
 - b) Maternal HIV status may influence infant feeding practices
 - c) HIV has no association with breastfeeding decisions
6. The lower rates of breastfeeding among mothers living with HIV may be influenced by:
 - a) Fear of HIV transmission through breast milk
 - b) Lack of infant formula access
 - c) Preference for longer breastfeeding durations
7. Improving maternal nutrition during pregnancy and lactation is critical in HIV-prevalent settings because:
 - a) Infant anaemia develops independently of maternal health
 - b) Maternal haemoglobin and nutrient levels strongly influence infant growth and anaemia outcomes
 - c) Only infant supplementation matters
8. Studies in sub-Saharan Africa have shown that HEU infants tend to have lower WAZ and LAZ scores, which are indicators of:
 - a) Normal developmental progress
 - b) Overweight and obesity
 - c) Growth retardation and potential stunting
9. At 6 months, the lack of correlation between haemoglobin levels and growth Z-scores in HEU infants shows that:
 - a) Measurement errors prevent accurate assessment
 - b) Growth is influenced by multiple factors, not just haemoglobin
 - c) Haemoglobin and growth are inversely related
10. Although undernutrition is a concern, maternal overweight and obesity are increasingly common. What does this trend emphasise?
 - a) The need to focus only on vitamin supplementation during pregnancy
 - b) The importance of promoting balanced diets and regular physical activity for maternal health
 - c) The need to reduce all physical activity among mothers
11. The HEU infants' haemoglobin levels at 6 months showed no correlation with their mothers' HIV status, possibly because:
 - a) Infant haemoglobin was not measured
 - b) Infants were unaffected by maternal health
 - c) Maternal health had improved due to high ART coverage
12. A South African study found that 30% of infants had never consumed meat products at 12 months. Why is this finding concerning from a nutrition perspective?
 - a) Meat is an important source of iron and other nutrients essential for preventing anaemia and supporting growth
 - b) Meat consumption has no role in infant nutrition during the first year of life
 - c) Avoiding meat ensures better digestion and prevents nutrient overload in infants
13. Based on the study, what public health recommendation is most appropriate?
 - a) Focus only on maternal weight management
 - b) Monitor anaemia and growth in HEU infants and provide targeted nutrition interventions
 - c) Reduce breastfeeding in all infants

ACTIVITY 190

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ACTIVITY 190

14. According to the World Health Organisation, which haemoglobin levels indicate anaemia in infants and non-pregnant women?
 - a) < 10 g/dl for infants and < 11 g/dl for non-pregnant women
 - b) < 12 g/dl for both infants and non-pregnant women
 - c) < 11 g/dl for 6-12-month-old infants and < 12 g/dl for non-pregnant women
15. What is the main purpose of providing nutrition education to women before, during, and after pregnancy?
 - a) To promote fashion and body image trends among women
 - b) To ensure women make informed dietary choices that support maternal health and infant development
 - c) To encourage women to rely solely on supplements rather than balanced meals