

You can obtain **3 CEU's** for reading the article **"FOOD INSECURITY AND DIETARY DIVERSITY AMONG WOMEN OF REPRODUCTIVE AGE IN AN INFORMAL SETTLEMENT IN TSHWANE, 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/P00004/2026/00006)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za/courses>.
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Only online questionnaires will be accepted.

ACTIVITY 197

1. The following is true regarding the dietary intake and health status of women of reproductive age (WRA) who live in informal settlements:
 - a) They often consume caloric-dense foods.
 - b) They consume foods with low levels of protein and vitamins A and C.
 - c) They consume foods with low levels of micronutrients, especially iron, folate and calcium.
 - d) A and C
 - e) A, B and C
2. Characteristic features of informal settlements are:
 - a) Poor environmental conditions
 - b) Decreased job opportunities
 - c) Limited access to education
 - d) All options
3. The following sampling method was employed to select study participants:
 - a) Simple random sampling
 - b) Stratified sampling
 - c) Nonprobability convenience sampling
 - d) Cluster sampling
4. The following is true regarding the study methodology:
 - a) Questionnaires were available in all home languages.
 - b) Participants had to be between the ages of 18 and 49 years old.
 - c) Data collection took place at household level.
 - d) Once they provided consent, participants were not allowed to withdraw from the study.
 - e) A and B
5. A score of 15 on the Household Food Insecurity Access Scale (HFIAS) fell in which category:
 - a) Food secure household
 - b) Mildly food insecure household
 - c) Moderately food insecure household
 - d) Severely food insecure household
6. In this study, the Minimum Dietary Diversity for Women (MDD-W) tool was used as a proxy for:
 - a) A balanced diet
 - b) Macronutrient adequacy
 - c) Micronutrient adequacy
 - d) Individual food insecurity
7. In this study, food intake was assessed through:
 - a) A single 24-hour recall
 - b) Multiple 24-hour recalls
 - c) A food frequency questionnaire
 - d) A combination of a 24-hour recall and a food frequency questionnaire
8. A mid-upper arm circumference of less than 23 cm was classified as undernutrition.
 - a) True
 - b) False
9. From the sociodemographic data of the study population, most women were:
 - a) Aged 20-29 years
 - b) Single
 - c) Unemployed
 - d) A, B and C
 - e) B and C
10. What proportion of the overall study population achieved minimum dietary diversity?
 - a) 20.4%
 - b) 28.6%
 - c) 17.9%
11. The median BMI of all groups can be classified as:
 - a) Underweight
 - b) Normal weight
 - c) Overweight
 - d) Obese
12. The following is true for food group consumption:
 - a) The severely food insecure group (SFI) consumed proportionally more meat/poultry and fish compared to the moderately food insecure group (MFI).
 - b) SFI consumed proportionally more dark green leafy vegetables compared to MFI.
 - c) SFI consumed proportionally more pulses compared to MFI.
 - d) A and B
13. The prevalence of severe food insecurity found in this study is higher than global averages.
 - a) True
 - b) False
14. An inverse correlation exists between dietary diversity and food insecurity.
 - a) True
 - b) False
15. According to the authors, the findings of this study contribute to the achievement of the following sustainable development goals (SDG):
 - a) SDG 1 and 2
 - b) SDG 2 and 3
 - c) SDG 2 and 11
 - d) SDG 2 and 13