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Chapter: Chapter 02 - Quiz

Multiple Choice

1. In the 1960s, the incidence of malnutrition was not noticed because little or no attention was given to nutritional health. The acronym for one of the surveys for monitoring nutritional health is NHANES, which stands for:

- A) National Health Americans Nutrition Examination Survey.
- B) National Help Americans Not Eat Stupidly.
- C) National Health and Nutrition Examination Study.
- D) National Health and Nutrition Examination Survey.

Ans: D

Ahead: Nutrition Assessment in the United States

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

2. Larry is a dietitian at the local community health clinic, and one of his responsibilities is to conduct nutrition assessments of the clients. Which one of the following is *not* considered a technique used in conducting a nutrition assessment?

- A) Anthropometric measures
- B) Biochemical analysis
- C) Note taking
- D) Physical examination

Ans: C

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

3. An outpatient dietitian such as Debbie counsels clients after they have left the hospital. If Debbie wants to obtain her clients' food intake patterns, she may use all of the following tools *except*:

- A) 24-hour recall.
- B) food frequency questionnaire.
- C) usual intake record.
- D) food record.

Ans: C

Ahead: Nutritional Needs Assessment
Subject: Chapter 2
Complexity: Moderate
Title: Nutrition Screening and Assessment

4. Which technique(s) could Mary use to properly assess the needs of the community?

- A) Existing data approach
- B) Key informant approach
- C) Focus group interview approach
- D) Community forum
- E) All of these are correct.

Ans: E

Ahead: Community Needs Assessment
Subject: Chapter 2
Complexity: Moderate
Title: Nutrition Screening and Assessment

5. A nutritionist screening individuals who are at risk for poor nutritional status, such as low hemoglobin levels, will yield:

- A) a high sensitivity rate.
- B) a high negative rate.
- C) a high specificity rate.
- D) All of these are correct.

Ans: A

Ahead: Sensitivity and Specificity
Subject: Chapter 2
Complexity: Difficult
Title: Nutrition Screening and Assessment

6. What are the ABCDs of nutrition assessment?

- A) Anthropometrics, Biomedical tests, Clinical tests, and Diet history
- B) Anthropometrics, Biochemical tests, Clinical tests, and Diet history
- C) Anthropometrics, Biochemical tests, Clinical observations, Dietary intake
- D) Assessment, Biochemical tests, Clinical observations, Dietary intake

Ans: C

Ahead: Different Methods and Tools for Assessing Nutrition Status
Subject: Chapter 2
Complexity: Moderate
Title: Nutrition Screening and Assessment

7. By conducting community needs assessments, a dietitian allows community groups to:

- A) collect information about community attitudes and opinions regarding specific nutrition, health, and other issues.
- B) determine how the communities would prioritize the issues.
- C) provide the community the opportunity to determine policy, goals, methods, and procedures for solving problems.
- D) evaluate current programs and policies and available resources.
- E) All of these are correct.

Ans: E

Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

8. Marcellinus, a nutritionist, was asked to list at least three factors that may influence the nutrition status of individuals or populations that he serves. These factors may include:

A) income and ethnicity.

B) religion and household composition.

C) education and employment status.

D) All of these are correct.

Ans: D

Ahead: Nutrition Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

9. In the Delta Nutrition Intervention Research Initiative, several strategies were utilized to assess rural communities regarding nutrition and health problems. What were the most important findings?

A) High prevalence of teen pregnancy

B) High prevalence of heart disease

C) High prevalence of hypertension

D) Unwillingness to change

E) All of these are correct.

Ans: E

Ahead: The Delta Nutrition Intervention Research Initiative

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

10. The National Center for Health Statistics percentiles for physical growth charts are standard for evaluating the physical growth of males and females from:

A) birth to 20 years.

B) 2 to 20 years.

C) 2 to 18 years.

D) All of these are correct.

E) None of these is correct.

Ans: A

Ahead: Growth Charts

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

11. An outpatient dietitian such as Sue counsels clients after they have left the hospital. If Sue wants to obtain one of her client's body mass index, she may use all of the following *except*:

A) height.

B) weight.

C) usual intake record.

Ans: C

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

12. A community nutritionist needs to collect data on food intake from clients. Which of the following would he use to obtain an estimate of typical food intakes of a small number of people?

A) Food diary

B) Food frequency questionnaire

C) 24-hour recall

D) Usual intake record

E) Food frequency questionnaire and 24-hour recall

Ans: E

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

13. Maria is a dietitian at the local community health clinic and one of her responsibilities is to conduct nutrition assessments of the clients. Which one of the following is *not* considered a technique used in conducting a nutrition assessment?

A) Anthropometric measures

B) Biochemical tests

C) Dietary intakes

D) Key informant

Ans: D

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

14. In the late 60s and early 70s, the TSNS and NHANES discovered that population groups that were at nutritional risk were also deprived:

A) psychologically.

B) medically.

C) emotionally.

D) economically.

E) All of these are correct.

Ans: E

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

15. A community nutrition assessment needs includes all of the following *except*:

A) the health of the community itself.

- B) the health of individuals within the community.
- C) the characteristics, resources, and needs of the community.
- D) strictly behaviors of individuals.

Ans: D

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

16. Jeff is a dietitian and is going to perform several clinical/physical observations on his client. These will include observations such as:

- A) protein, carbohydrate, and fat intake.
- B) blood and urine test results to ensure the client doesn't have disease or infection.
- C) changes in skin color, eyes, fingernail shape, and hair texture.
- D) growth measurements that can show changes in weight that can reflect diseases.

Ans: C

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

17. Danielle is a dietitian who constantly performs biochemical tests at her community health center. Some of the most common tests that she executes include all of the following *except*:

- A) blood glucose.
- B) iron status.
- C) body protein status.
- D) vitamin K deficiency.

Ans: D

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

True/False

1. The purpose of a broad community nutrition assessment is to not reveal the important nutrition-related needs in the community together with finding opportunities for interception.

Ans: False

Ahead: The Purpose of Community Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

2. Nutrition assessment is a constant and evolving process.

Ans: True

Ahead: Nutrition Needs Assessment

Subject: Chapter 2
Complexity: Easy
Title: Nutrition Screening and Assessment

3. Community needs assessment studies allow community groups or sponsoring agencies to disregard community attitudes and opinions involving specific nutrition, health, and other issues.

Ans: False

Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

4. Between 1968 and 1970, the National Center for Health Statistics conducted the Ten State Survey.

Ans: True

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

5. The National Center for Health Statistics conducted the Ten State Survey, which is an ongoing nutritional surveillance program.

Ans: False

Ahead: Nutrition Assessment in the United States

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

6. The third NHANES survey was conducted between 1988 and 1994, using nationwide samples of about 40,000 noninstitutionalized persons, ages 2 months and older.

Ans: True

Ahead: Nutrition Assessment in the United States

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

7. One of the disadvantages of 24-hour dietary recall is that clients may underreport their intake.

Ans: True

Ahead: Dietary Assessment Methods

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

8. Community needs assessment studies are not an effective way to find out what people are thinking and how they feel.

Ans: False

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

9. Annual reports that present detailed data including nationality, mortality, marriage, and divorce are called census reports.

Ans: True

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

10. Community and public health nutritionists must abide by the Academy of Nutrition and Dietetics (AND) ethical code, regardless of where they practice.

Ans: True

Ahead: Ethics and Community Nutrition Professionals

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

11. The World Health Organization estimated that prevention of the major nutrition-related risk factors (high fat, sodium, and sugar intake; cigarette smoking; inactivity; poor dietary behavior; and alcohol abuse) could translate into a gain of 5 years of disability-free life expectancy.

Ans: True

Ahead: Public Health and Nutrition

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

Essay

1. Public health nutrition was developed in the United States in response to societal events and changes; list five of these events.

Ans:

1. Infant mortality

2. Access to health care

3. Epidemics of communicable disease

4. Poor hygiene and sanitation

5. Malnutrition

Ahead: Public Health and Nutrition

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

2. Name three types of generally used biochemical nutrition indicators in community and public health settings, and list at least three likely public health problems that may be associated with the nutrition indicators.

Ans:

1. Body protein status: Prevalence of children and pregnant women with abnormal blood protein levels is likely to be a public health problem of severe malnutrition. Prevalence of stunting. Prevalence of wasting. Prevalence of kwashiorkor. 2. Iron status: Prevalence of iron deficiency anemia is likely to be a public health problem. Proportion of children and pregnant women with two or more abnormal iron indicates abnormal hemoglobin. 3. Serum retinol: Vitamin A deficiency is likely to be a public health problem. Vitamin A deficiency is a severe public health problem in developing countries. 4. Iodine status: Severe risk of iodine deficiency disorders is likely to be a public health problem. 5. Blood lipids and lipoproteins status: Proportion of men and women with abnormal blood cholesterol and lipoprotein levels. Coronary heart disease risk is likely to be a public health problem. 6. Lead status: Prevalence of abnormal blood lead levels is likely to be a public health problem. Proportion of children with abnormal levels is a severe public health problem. 7. Blood glucose: Diabetes mellitus is likely to be a public health problem.

Ahead: Clinical Observations and Physical Examinations

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment