

Essay

1. Which two periods of growth are critical for the development of overweight and onset of obesity in both boys and girls?

Answer: Preschool years and middle childhood years

2. What are five measures most commonly used to describe a child's growth status?

Answer: Recumbent length, stature, weight, head circumference, BMI

3. What are two recommended metrics used for evaluating overweight and obesity?

Answer: BMI and weight-for-length

4. Which growth chart does the CDC recommend be used for U.S. children age 2 years and above?

Answer: CDC growth charts

5. What did the Intergrowth-21st Study help to develop?

Answer: New fetal and prematurity growth charts for all children

6. What are the three primary body tissues that change during growth?

Answer: Muscle, adipose tissue, bone

7. Where is skeletal muscle primarily located in boys?

Answer: Shoulders and arms

8. What are the primary anatomical locations associated with growth in stature?

Answer: The bones of the legs and the vertebrae

Multiple Choice

9. It is most important to assess a child's level of fatness because:

- A. children who are obese may be bullied.
- B. obesity is the most prevalent health problem of childhood.
- C. children who are obese may not have adequate micronutrients.

Answer: B

10. Body size and dimensions increase faster than at any other time in postnatal life during this growth period:

- A. Adolescence
- B. Infancy
- C. Middle childhood

Answer: B

True/False

11. During middle childhood, the increasing maturity of the average girl causes her to grow more per year in stature and weight than the average boy, which contributes, in part, to the larger size of girls at the start of adolescence. True or False?

Answer: True

Multiple Choice

12. The CDC/NCHS and the WHO each produce growth charts, both of which are recommended for use with U.S. children. Recently, however, the CDC recommended that health care practitioners use which growth chart for assessing U.S. Children from birth to 2 years of age.

- A. CDC growth charts
- B. WHO growth charts

Answer: B