

***Health: The Basics, 12e (Donatelle)***

**Chapter 10 Reaching and Maintaining a Healthy Weight**

1) What percentage of adult Americans are overweight or obese?

- A) more than 20 percent but less than 30 percent
- B) more than 30 percent but less than 40 percent
- C) more than 50 percent but less than 60 percent
- D) more than 60 percent

Answer: D

Diff: 1

Skill: Remembering

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

2) Which of the following populations in the United States has the highest prevalence of overweight/obesity?

- A) non-Hispanic black women
- B) non-Hispanic white women
- C) Asian American men
- D) non-Hispanic black men

Answer: A

Diff: 2

Skill: Understanding

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

3) Glenna is trying to determine her healthy weight. She should assess

- A) how her weight compares to that of her friends.
- B) how often her weight fluctuates up and down and in what increments.
- C) her percentage of body fat and how her weight is distributed.
- D) how her clothes fit.

Answer: C

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

4) A 26-year-old male would be considered obese if he

- A) has a body mass index of 30 or higher.
- B) is 15 percent heavier than his ideal weight.
- C) has a body fat percentage of 20 percent.
- D) has a body mass index of 22-24.

Answer: A

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

5) Luke plays football. His coach measured his body fat at 24 percent. Luke is

- A) underweight.
- B) normal weight.
- C) overweight.
- D) obese.

Answer: C

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

6) Sharon is a gymnast. A personal trainer measured her body fat at 7 percent. Sharon is

- A) underweight.
- B) normal weight.
- C) overweight.
- D) obese.

Answer: A

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

7) A 20-year-old female with a BMI of 34 would be categorized as

- A) athletic.
- B) healthy.
- C) obese.
- D) morbidly obese.

Answer: C

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

8) One problem with the BMI measurement is that it

- A) is an indirect estimate of body fat.
- B) requires the use of special laboratory equipment.
- C) takes too long to calculate.
- D) cannot be used for children.

Answer: A

Diff: 4

Skill: Analyzing

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

9) John underwent a body composition test that involved being submerged to compare his underwater weight with land weight to determine his level of body fat. This method of assessment is known as a

- A) skinfold measure.
- B) hydrostatic weighing.
- C) bioelectrical impedance analysis.
- D) Bod Pod test.

Answer: B

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

10) The body fat percentage below which a male is considered to be underweight is

- A) 1 percent to 2 percent.
- B) 3 percent to 7 percent.
- C) 8 percent to 10 percent.
- D) 8 percent to 15 percent.

Answer: B

Diff: 1

Skill: Remembering

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

11) Which environmental factor encourages us to increase our food consumption?

- A) easy access to high-calorie foods in stores and restaurants
- B) increasing number of regulations that apply to food labeling
- C) social encouragement to work out and be active
- D) increasing use of texting for cell phone communication

Answer: A

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

12) A good way to control portion sizes when you eat at home is to

- A) serve the food buffet style to reduce trips to the kitchen.
- B) serve meals on smaller plates.
- C) eat more frozen and convenience foods.
- D) eat restaurant leftovers several times a week.

Answer: B

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

13) All of the following are scientific methods for determining body composition EXCEPT

- A) height and weight tables.
- B) bioelectrical impedance analysis.
- C) skinfold measures.
- D) hydrostatic measures.

Answer: A

Diff: 2

Skill: Understanding

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

14) Which of the following waist measurements indicates an increased health risk?

- A) 33 inches in a male
- B) 33 inches in a female
- C) 38 inches in a male
- D) 38 inches in a female

Answer: D

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

15) The method of body composition measurement that sends a small current through the body to measure the resistance based on percentage of body water is

- A) electrical conductivity test.
- B) bioelectrical impedance analysis.
- C) soft tissue roentgenogram.
- D) dual-energy x-ray absorptiometry.

Answer: B

Diff: 1

Skill: Remembering

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

16) A high waist-to-hip ratio would indicate that more fat is stored in the

- A) hips and thighs.
- B) abdominal area.
- C) upper body.
- D) neck and face.

Answer: B

Diff: 2

Skill: Understanding

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

- 17) Which of the following is TRUE with respect to genetics and obesity?
- A) Adopted children are more likely to be similar in weight to their adopted parents as compared to their biological parents.
  - B) Although genes may influence fat distribution, they do not affect metabolism.
  - C) Studies reveal that identical twins are more likely than fraternal twins to be of similar weight.
  - D) Studies reveal that fraternal twins are more likely than identical twins to be of similar weight.

Answer: C

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 18) When blood levels of the hormone leptin rise,
- A) appetite levels increase.
  - B) you feel like exercising.
  - C) appetite levels decrease.
  - D) you can consume large amounts of food without gaining weight.

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 19) What percentage of the U.S. population engages in physical activity that meets the national guidelines?
- A) fewer than 5 percent
  - B) fewer than 10 percent
  - C) fewer than 20 percent
  - D) The percentage is unknown.

Answer: D

Diff: 4

Skill: Analyzing

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 20) The minimum amount of energy the body uses at complete rest is known as the
- A) resting metabolic rate.
  - B) basal metabolic rate.
  - C) metabolic balance.
  - D) energy balance.

Answer: B

Diff: 1

Skill: Remembering

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 21) Over the last twenty years, the Americans' calorie intake has increased. This is due in part to
- A) increased consumption of fat.
  - B) increased availability of extremely large serving sizes of foods.
  - C) the increase in genetically modified foods.
  - D) increased consumption of organic food.

Answer: B

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 22) Foods consumed to meet emotional needs or reduce emotional insecurities are called
- A) comfort foods.
  - B) social foods.
  - C) junk foods.
  - D) convenience foods.

Answer: A

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 23) Middle-age weight gain is attributed to all of the following factors EXCEPT
- A) slower BMR.
  - B) less physical activity.
  - C) age-related muscle loss.
  - D) age-related appetite increase.

Answer: D

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 24) The surge in obesity rates around the world has become known as
- A) the obesogenic world syndrome.
  - B) globesity.
  - C) global overnourishment.
  - D) third-world obesity.

Answer: B

Diff: 1

Skill: Remembering

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

25) The body naturally experiences an increased metabolic rate

A) when we adopt a reduced-calorie diet.

B) as we age.

C) during pregnancy.

D) during sleep.

Answer: C

Diff: 4

Skill: Analyzing

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

26) Kevin wants to lose 5 pounds of fat. He finds it difficult to cut back on his eating, so he decides that he will walk an hour each day to burn more calories. How many extra calories must he expend to lose a pound of fat?

A) 2,000

B) 3,000

C) 3,500

D) 4,500

Answer: C

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

27) A weight gain of 11-18 pounds doubles the risk for

A) colon cancer.

B) type 2 diabetes.

C) arthritis.

D) osteoporosis.

Answer: B

Diff: 2

Skill: Understanding

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

28) Which of the following people would be most likely to notice the effects of an age-related decline in metabolic rate?

A) 20-year-old student

B) 20-year-old truck driver

C) 30-year-old computer programmer

D) 30-year-old pregnant woman

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 29) The concept of adaptive thermogenesis attempts to explain how
- A) genetics influences childhood obesity.
  - B) thin people can consume large amounts of calories without gaining weight.
  - C) people's bodies conserve calories in very hot and very cold environments.
  - D) metabolic rate slows down as we age.

Answer: B

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 30) An average adult has
- A) 25 to 35 million fat cells.
  - B) 250 to 350 million fat cells.
  - C) 25 to 35 billion fat cells.
  - D) 250 to 350 billion fat cells.

Answer: C

Diff: 1

Skill: Remembering

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 31) The increasingly high rate of overweight and obesity among Americans is primarily due to
- A) heredity.
  - B) lifestyle.
  - C) metabolism.
  - D) increased income inequality.

Answer: B

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 32) Which of the following is FALSE about weight management?
- A) Low-calorie diets almost always result in regained weight.
  - B) Careful attention to portions is a key factor in sustained weight loss.
  - C) Short-term diets are as effective as long-term behavior modification.
  - D) Restrictive diets may be both physiologically and psychologically harmful.

Answer: C

Diff: 4

Skill: Analyzing

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4



- 33) A good way to control portion sizes when you eat out is to
- A) choose your meal from a buffet instead of ordering from the menu.
  - B) split an entrée with a friend or eat only half and take the other half home.
  - C) order both appetizer and entrée courses.
  - D) select a vegetarian meal that contains no meat or dairy.

Answer: B

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

- 34) Aaron is trying to lose weight but he still wants a beverage while he is studying. A good choice might be

- A) a cup of low-sodium broth.
- B) an energy drink.
- C) a glass of cranberry juice.
- D) a glass of wine.

Answer: A

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

- 35) A person's exercise metabolic rate (EMR) will increase if he or she

- A) decreases the time spent exercising.
- B) performs light daily activities instead of structured exercise routines.
- C) increases the activity level from light to moderate.
- D) decreases the activity level from moderate to light.

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 36) In planning a weight management program that has the BEST chance of success you must

- A) decide to eliminate all fat from the diet.
- B) think of weight management as a temporary phase.
- C) establish short- and long-term plans.
- D) follow a formal plan such as Weight Watchers.

Answer: C

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

37) One dangerous consequence of very-low-calorie diets is that they increase the individual's risk for a condition in which the blood levels become acidic. This is known as

- A) anemia.
- B) ketoacidosis.
- C) hypertension.
- D) stenosis.

Answer: B

Diff: 1

Skill: Remembering

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

38) When eating a very-low-calorie diet for prolonged periods, the body may begin to obtain fuel from

- A) minerals stored in bone.
- B) fluid reabsorption by the kidneys.
- C) protein in lean body tissue.
- D) glycogen stored in the brain.

Answer: C

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

39) Problems associated with severe caloric restriction include all of the following EXCEPT

- A) blood sugar imbalance.
- B) fatigue.
- C) dehydration.
- D) increased tolerance for cold.

Answer: D

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

40) Sunil weighs 150 pounds and would like to lose a little weight by adding brisk walking to his normally sedentary life. About how long a walk would he have to take every day to lose about one pound per week?

- A) 30 minutes
- B) 60 minutes
- C) 90 minutes
- D) 2 hours

Answer: C

Diff: 4

Skill: Analyzing

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

41) The weight loss drugs Redux and Pondimin (also known as *fen-phen*) were recalled after FDA approval and widespread use because they were found to

- A) produce drastic ketosis.
- B) damage heart valves.
- C) cause cancer.
- D) damage the gastrointestinal tract.

Answer: B

Diff: 1

Skill: Remembering

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

42) A hormone produced in the stomach that is referred to as the "hunger hormone" is

- A) leptin.
- B) adrenaline.
- C) ghrelin.
- D) insulin.

Answer: C

Diff: 1

Skill: Remembering

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

43) A measurement based on the relationship between a person's height and weight that is highly correlated to the amount of body fat is the

- A) body composition index.
- B) obesity index.
- C) body fat index.
- D) body mass index.

Answer: D

Diff: 1

Skill: Remembering

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

44) The prescription drug orlistat (Xenical, marketed as Alli) has a number of unpleasant side effects but works to promote weight loss by

- A) increasing resting metabolic rate.
- B) inhibiting the digestion of fat.
- C) suppressing appetite.
- D) increasing water loss.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

45) Currently there is no prescription weight loss drug available that can be used over time without increasing the chances of

- A) relapse and weight gain.
- B) excess fluid loss.
- C) adverse effects.
- D) adverse effects and abuse.

Answer: D

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

46) Over-the-counter weight loss aids and supplements typically contain

- A) diuretics.
- B) vitamins.
- C) antidepressants.
- D) minerals.

Answer: A

Diff: 1

Skill: Remembering

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

47) Gastric bypass

- A) results in gradual loss of modest amounts of weight over several years' time.
- B) is a restrictive and malabsorption surgery.
- C) is one of the least common types of weight-loss surgery.
- D) is an elimination surgery.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

48) Benefits of weight-loss surgery include the potential to reverse

- A) certain types of cancers.
- B) type 2 diabetes.
- C) infections.
- D) Crohn's disease.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

- 49) Liposuction is used to
- A) restrict the calories absorbed by the body.
  - B) spot reduce or contour body shape.
  - C) decrease levels of leptin.
  - D) reroute the passage of food through the body.

Answer: B

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

- 50) Allen has just eaten a large meal and pushes his plate away, unable to eat any more. He is experiencing

- A) adaptive thermogenesis.
- B) hunger.
- C) appetite.
- D) satiety.

Answer: D

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 51) Jorge went for a run after his morning classes. He hadn't eaten breakfast and now he is feeling lightheaded and has a gnawing feeling in his stomach. Jorge is experiencing

- A) adaptive thermogenesis.
- B) hunger.
- C) appetite.
- D) satiety.

Answer: B

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

- 52) Annie had a long day at work and has an overwhelming craving for pasta. She decides to ask her friend Nicole to meet her at their favorite Italian restaurant. Annie is experiencing

- A) adaptive thermogenesis.
- B) hunger.
- C) appetite.
- D) satiety.

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

53) When an individual's body increases its metabolic rate to compensate for an increased food intake, this is the process known as

- A) adaptive thermogenesis.
- B) ketogenesis.
- C) digestion.
- D) enhanced metabolism.

Answer: A

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

54) An individual whose BMI is 42 would be classified as

- A) overweight.
- B) obese.
- C) morbidly obese.
- D) super obese.

Answer: C

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

55) When a clinician measures a person's body fat by pinching folds of skin at various locations on the body, the process being used is the

- A) skinfold method.
- B) DXA method.
- C) hydrostatic method.
- D) BIA method.

Answer: A

Diff: 2

Skill: Understanding

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

56) When a clinician measures a person's body fat by using x-rays to differentiate between bone, lean, and fat tissue, the process being used is the

- A) skinfold method.
- B) DXA method.
- C) hydrostatic method.
- D) BIA method.

Answer: B

Diff: 2

Skill: Understanding

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

57) Keith is having a complete fitness evaluation done at a health center. One of the measurements being taken is how much energy he expends while jogging on a treadmill, which is his

- A) calorie intake.
- B) basal metabolic rate.
- C) exercise metabolic rate.
- D) resting metabolic rate.

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

58) The measure of energy expended while a person is engaged in sedentary activities, such as sitting on a sofa or digesting food, is the

- A) calorie intake.
- B) basal metabolic rate.
- C) exercise metabolic rate.
- D) resting metabolic rate.

Answer: D

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

59) Which theory holds that our bodies fight to maintain our weight within a particular narrow range?

- A) hormone adjustment theory
- B) set point theory
- C) thrifty gene theory
- D) adaptive thermogenesis theory

Answer: B

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

60) Which theory holds that some people have a genetic disposition toward fat storage and retaining weight?

- A) hormone adjustment theory
- B) set point theory
- C) thrifty gene theory
- D) adaptive thermogenesis theory

Answer: C

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

61) Which type of dieting involves a cycle of restriction and weight loss followed by a period of weight gain?

- A) yo-yo diets
- B) low-carbohydrate diets
- C) very-low-calorie diets
- D) fasting

Answer: A

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

62) Cassie is morbidly obese, and is now following a medically supervised diet on which she consumes 500 calories a day in the form of a powdered supplement. What kind of diet is Cassie following?

- A) yo-yo diet
- B) low-carbohydrate diet
- C) very-low-calorie diet
- D) fasting

Answer: C

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

63) A condition in which a person has an excessive number of fat cells is

- A) hyperglycemia.
- B) dysplastic obesity.
- C) anaplastic obesity.
- D) hyperplastic obesity.

Answer: D

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2



64) The process that occurs when fat cells swell and enlarge is

- A) dystrophy.
- B) hypertrophy.
- C) hyperthyroidism.
- D) hyperbole.

Answer: B

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

65) Since 1960, the percentage of the U.S. population that is obese has

- A) increased by 25 percent.
- B) increased by 50 percent.
- C) doubled.
- D) more than doubled.

Answer: D

Diff: 1

Skill: Remembering

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

66) Paula maintained her normal weight during her freshman year in college. During her sophomore year, she moved into an apartment with two friends who are overweight. The three regularly enjoy high-calorie meals together, and Paula has gained more than twenty pounds. She wants to lose weight, but it seems as if, whenever she plans to prepare a healthful, low-calorie meal, her roommates come home with a box of pizza or take-out burgers and fries. What type of influence are her friends having on her behavior?

- A) moral support
- B) emotional encouragement
- C) social undermining
- D) informal persuasion

Answer: C

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

67) Emotions or situations that cause a person to make unhealthy eating choices are

- A) triggers.
- B) pressures.
- C) behaviors.
- D) feelings.

Answer: A

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

68) In working to improve your eating habits, one important step to take is to

- A) hire a nutritional life coach.
- B) eat more slowly and stop when you begin to feel full.
- C) read the best-selling diet books and choose a diet to follow.
- D) go on an all-liquid diet for the first two weeks to cleanse your system.

Answer: B

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

69) Which type of weight loss surgery involves a procedure that restricts stomach size to limit food intake?

- A) adipose tissue removal
- B) liposuction
- C) gastric banding
- D) gastric bypass

Answer: C

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

70) Some forms of cancer are associated with obesity.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

71) Extremely low body fat can contribute to loss of menstrual period.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

72) As body mass index decreases below 18.5, an adult's overall health risk increases.

Answer: TRUE

Diff: 3

Skill: Applying

Section: Assessing Body Weight and Body Composition

Learning Outcome: 10.3

73) Socioeconomic status can have a significant effect on risk for obesity.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

74) The prevalence of obesity is consistent across all subpopulations in the United States.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

75) A mother's decision to bottle-feed her baby, as opposed to breast-feeding, would increase the child's chances of becoming obese.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

76) Basal metabolic rate is relatively stable throughout life.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

77) An obese person burns fewer calories walking the same distance as a thin person.

Answer: FALSE

Diff: 3

Skill: Applying

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

78) The exercise metabolic rate would be lower for walking versus jogging.

Answer: TRUE

Diff: 3

Skill: Applying

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

79) Dietary supplements containing ephedra have dangerous side effects, but are effective in helping people lose weight and keep it off.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

80) Two males of equal size and leanness but different ages will burn the same amount of calories at rest.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

81) Very-low-calorie diets have been shown to cause significant health risks and can, in fact, be deadly.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

82) About one-third of people who undergo gastric surgery for weight loss relapse within five years.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

83) Obesity increases an individual's risk for numerous physical health problems. Identify at least two of the non-physical health risks associated with obesity.

Answer: (At least two of the following)

Obesity increases an individual's risk for psychosocial health problems, including social isolation, bullying, social stigmatization, and discrimination. Obesity also increases the risk for functional limitations, such as an inability to engage in activities of daily living like shopping or climbing stairs. Finally, obesity poses a risk to financial health: people who are obese have higher healthcare costs, miss more work days, have higher transportation costs, and are likely to be charged more for their health insurance. This amounts to a so-called "obesity penalty" equivalent to 16 percent lower earnings than people of normal weight.

Diff: 4

Skill: Analyzing

Section: Overweight and Obesity: A Growing Challenge

Learning Outcome: 10.1

84) Identify the three factors that determine how many calories a person expends during that activity.

Answer: The three factors that determine how many calories are burned during an activity are:

1. The number and proportion of muscles used
2. The amount of weight being moved
3. The amount of time spent performing the activity

Diff: 2

Skill: Understanding

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4

85) Discuss some of the concerns associated with eating out at restaurants and give some strategies that can be used to combat overeating.

Answer:

- Americans no longer know what a reasonable portion size is.
- Portion sizes in restaurants are considerably larger than those in past decades.
- Many restaurants are using larger plates, which encourage overeating.
- Often people choose high-calorie beverages when they eat out.

To combat the potential for overeating, you can share an entrée with a friend or consider having an appetizer for the main meal. You can eat half of the entrée and take the rest home to eat on another day. Avoid buffet restaurants and skip or share desserts. Ask for dressings or gravies on the side. Be aware of the speed at which you are eating and try to take your time.

Diff: 4

Skill: Analyzing

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

86) Identify at least three environmental factors that you believe have contributed to the increase in obesity in the U.S. in the last 50 years and explain how.

Answer: Answers will vary, but should include any three of the following:

- More food product advertising in all forms of media.
- Increased production of low-cost foods with empty calories.
- Increased use of convenience foods and fast food meals; many more options for fast food are available; people have less time to have family meals together because of busy lifestyle.
- Sedentary nature of many jobs.
- Use of automated equipment, digital technologies, and labor saving devices has reduced the physical activity required to complete daily tasks.
- Recreational time spent in front of the television, computer, or other electronic devices; more sedentary options are available than ever before, including video games.
- Decline of physical education in schools.

Diff: 4

Skill: Analyzing

Section: Factors Contributing to Overweight and Obesity

Learning Outcome: 10.2

87) Discuss several potential triggers that can cause a person to overeat, as well as strategies for dealing with those triggers.

Answer: Answers will vary. Examples include:

- Stress: Develop effective coping strategies and stress management techniques to practice daily.
- Emotions: Analyze emotions and look for a way to deal with them that doesn't involve food.
- Boredom or tiredness: Take needed breaks and substitute activities to combat boredom.
- Sight and smell of food: Avoid buying or coming into contact with high-calorie treats and put tempting snacks out of sight.
- Eating out of habit: Establish a new routine and constructive ways to occupy your time.
- Watching TV: Find something to do with your hands or body while watching to avoid reaching for food (e.g., ride an exercise bike, do yoga stretches, knit, do a craft, etc.).

Diff: 4

Skill: Analyzing

Section: Managing Your Weight: Individual Roles

Learning Outcome: 10.4