Community Nutrition 3rd edition Nnakwe Test Bank

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Chapter: Chapter 01 - Quiz

Multiple Choice

1. Health promotion is defined as the process of enabling people to increase control over and to improve their health. The approach in which instruction is directed at the entire population is the:
A) population approach.
B) collaboration approach.
C) interdisciplinary team approach.
D) individual approach.
Ans: A
Ahead: Health Promotion
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

2. The disadvantage that screening may not be universal and some high-risk individuals may not be identified is true for which of the following?
A) The individual approach
B) The population approach
C) The societal approach
D) The consensus approach
Ans: A
Ahead: Health Promotion
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

3. Which would be classified as a community approach?
A) New regulations for folate fortification of certain foods
B) Fat and calorie labels
C) Bone density screening for an individual at risk
D) Blood pressure screening at the community center
Ans: D
Ahead: Health Promotion
Subject: Chapter 1

Complexity: Moderate
Title: Community Nutrition and Public Health

4. Health promotion is defined as the process of enabling people to increase control over and to improve their health. The two important strategies to choose from when designing a health promotion campaign aimed at risk reduction are:
A) population approach and individual approach.
B) collaboration approach.
C) interdisciplinary team approach.
D) All of these are correct.
Ans: A
Ahead: Health Promotion
Subject: Chapter 1
Complexity: Difficult
Title: Community Nutrition and Public Health

5. A low-income elderly woman is being screened for blood cholesterol level by a community nutritionist at a community health center. What level of prevention is the nutritionist using?
A) Primary prevention
B) Tertiary prevention
C) Secondary prevention
Ans: C
Ahead: Level of Prevention
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

6. An individual who is undergoing treatment as a result of osteoporosis is receiving which level of prevention?
A) Primary prevention
B) Secondary prevention
C) Tertiary prevention
Ans: C
Ahead: Level of Prevention
Subject: Chapter 1
Complexity: Easy
Title: Community Nutrition and Public Health

7. A low-income pregnant woman is seen by a community nutritionist at WIC. What level of prevention is the nutritionist using to reduce the woman's risk of malnutrition?
A) Primary prevention
B) Tertiary prevention
C) Secondary prevention
Ans: C
Ahead: Level of Prevention
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

8. A deficiency caused by an inadequate intake of a nutrient could be prevented by:
A) primary prevention.
B) secondary prevention.
C) clinical prevention.
D) subclinical prevention.
E) tertiary prevention.
Ans: A
Ahead: Level of Prevention
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

9. A community nutritionist is developing a program to reduce most of today's major public health problems in the United States. Which of the following is the leading cause of death in the United States?
A) Heart disease
B) Stroke and diabetes
C) Hypertension
D) Septicemia
E) Malaria
Ans: A
Ahead: The Relationship Between Eating Behaviors and Chronic Diseases
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

10. Many government, health, and scientific organizations have provided comprehensive analyses of the relationship between:
A) stroke, cancer, and diabetes.
B) economic depression, wars, and civil rights.
C) infant mortality, heart disease, and poverty.
D) diet, lifestyle, and major chronic diseases.
Ans: D
Ahead: The Relationship Between Eating Behaviors and Chronic Diseases
Subject: Chapter 1
Complexity: Difficult
Title: Community Nutrition and Public Health

11. There has been a decrease in cardiovascular disease mortality in the past 25 years in the United States and most industrialized countries due to a massive preventive campaign to:
A) aid the WFA in worldwide hunger.
B) increase folic acid intake.
C) reduce fat intake and increase physical activity.
D) reduce amino acid consumption.
Ans: C
Ahead: The Relationship Between Eating Behaviors and Chronic Diseases
Subject: Chapter 1

Complexity: Moderate
Title: Community Nutrition and Public Health

12. Public health and community nutritionists engage in multitasking roles that can include all of the following *except*:
A) blood pressure screening.
B) diet counseling.
C) chemotherapy.
D) medical nutrition therapy.
Ans: C
Ahead: Public Health and Nutrition
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

13. In public health, who is seen as the patient?
A) The individual
B) The community
C) The elderly
D) Only those in the hospital setting
Ans: B
Ahead: Public Health and Nutrition
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

14. Secondary intervention includes designing activities:
A) to prevent a problem or disease before it starts.
B) to treat a disease that is already present.
C) related to early diagnosis and treatment, including screening for diseases.
Ans: C
Ahead: Level of Prevention
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

15. The Cooperative Extension System (CES) works in all of the following areas *except*:
A) natural resources.
B) the purchasing of wholesale goods.
C) family and consumer sciences.
D) community and economic development.
Ans: B
Ahead: The Cooperative Extension System
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

16. EFNEP is short for:
A) Expanded Food and Nutrition Education Program.
B) Educating Family and Newborn Entitlement Policy.
C) Environmental Funding and Nutrition Education Program.
D) Educating Family and Nutrition Education Program.
Ans: A
Ahead: The Cooperative Extension System
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

17. In the Clemson University Cooperative Extension Nutrition Program, individuals in the intervention community had:
A) fewer cases of neural tube defects compared to the control community.
B) a significant decrease in the intake of dietary fat compared to the control community.
C) exceedingly high blood pressures compared to the control community.
D) more of a desire to consume high-carbohydrate foods compared to the control community.
Ans: B
Ahead: Successful Community Strategies
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

18. In his socioeconomic model, Mackenbach describes the selection process as represented by childhood health, which then determines adulthood health and which of the following?
A) Socioeconomic position
B) Psychological state
C) Heart disease risk
D) Governmental view
Ans: A
Ahead: Reducing Risk Through Prevention
Subject: Chapter 1
Complexity: Difficult
Title: Community Nutrition and Public Health

19. A community nutritionist is developing a program to address most of Healthy People 2010 Focus Areas, which include which of the following?
A) Heart disease and cancer
B) Stroke and diabetes
C) Respiratory disease and tobacco use
D) All of these are correct.
E) None of these is correct.
Ans: D
Ahead: Healthy People 2010
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

20. A community can also be defined on the basis of a common interest or goal. A nutritionist was asked to identify and design a program for common-interest communities. All of these are examples of common-interest communities *except*:
A) Members of the Academy of Nutrition and Dietetics.
B) teenage mothers.
C) coworkers.
D) members of churches.
E) homebound elderly persons.
Ans: C
Ahead: The Concept of Community
Subject: Chapter 1
Complexity: Easy
Title: Community Nutrition and Public Health

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Chapter: Chapter 01 - eBook Quiz

Multiple Choice

1. Which of the following is *not* a key virtue of the American Board of Internal Medicine?
A) Integrity
B) Honesty
C) Compassion
D) Respect
Ans: B
Ahead: Ethics and Community Nutrition Professionals
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

2. In promoting health and preventing diseases, community and public health nutritionists must interpret _____scientific information without bias in order to enable the community or clients to make informed decisions.
A) Evidence-based
B) Cited
C) Published
D) Ethical
Ans: A
Ahead: Ethics and Community Nutrition Professionals
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

3. _____ are the number one cause of hospitalizations.
A) Long bone fractures
B) Birth defects
C) Stroke

D) Diabetes
Ans: B
Ahead: Preventive Nutrition
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

4. It is reported that infants who were never breastfed required more care for _____ than infants breastfed for at least 3 months.
A) Lower respiratory tract illness
B) Otitis media (ear infection)
C) Gastrointestinal disease
D) All of these are correct.
Ans: D
Ahead: Preventive Nutrition
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

5. In Step One of the Nutrition Care Process, the nutrition diagnosis is summarized into a structured sentence called a nutrition diagnosis statement or:
A. diet prescription.
B. nutrition assessment.
C. PES statement.
D. public health statement.
Ans: C
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

6. Sign(s) that can be observed and measured are called _____ and are used to quantify the changes that occurred due to nutrition intervention. The indicators for nutrition monitoring should reflect the community/clients' nutrition diagnosis, etiology, and signs/symptoms.
A) nutrition implementation
B) assessment
C) nutrition care indicators
D) nutrition prescription
Ans: C
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

7. Which of the following is *not* a component of monitoring and evaluation?
A) Measure outcomes.
B) Monitor progress.
C) Diagnose nutrition problem.
D) Evaluate outcomes.
Ans: C
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

8. Which of the following is an important part of planning in which the nutrition intervention is specified and is the community or individualized recommended dietary intake of selected foods or nutrients based on current reference standards and dietary guidelines and the client's or community's health condition and nutrition diagnosis?
A) Nutrition counseling
B) Assessment
C) Nutrition care indicators
D) Nutrition prescription
Ans: D
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

9. Which of the following is a supportive process, characterized by a collaborative counselor–client relationship that sets priorities, establishes goals, and creates individualized action plans that acknowledge and promote responsibility for self- or group care?
A) Nutrition counseling
B) Assessment
C) Nutrition care indicators
D) Nutrition prescription
Ans: A
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

10. What does PES stand for in PES statement?
A) Planned Execution of Nutrition Solutions
B) Problem. Etiology. Signs/Symptoms.
C) Preventive. Evaluation. Sign/Symptoms.
D) Problem. Evaluation. Solution.
Ans: B
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1

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11. The proper format of a PES statement involves what?
A) P, E in relation to S.
B) P caused by E due to S.
C) P as described by E proven through S.
D) P related to E as evidenced by S.
Ans: D
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Difficult
Title: Community Nutrition and Public Health

12. _____ is the way individuals learn to assess and modify a situation before acting. A critical thinker is simultaneously problem solving and self-improving his or her thinking ability.
A) Nutrition implementation
B) Nutrition counseling
C) Critical thinking
D) Decision evaluation
Ans: C
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Difficult
Title: Community Nutrition and Public Health

13. The way individuals learn to assess and modify a situation before acting is called:
A) nutrition diagnosis.
B) nutrition assessment.
C) nutrition care.
D) critical thinking.
Ans: D
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

14. Which of the following is *not* a data source for nutrition assessment?
A) Interviewing
B) Community-based survey
C) Epidemiologic studies
D) All of these are data sources
Ans: D
Ahead: Nutrition Care Process: Evidence-Based Practice

Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

15. A nutrition strategy that utilizes food and/or nutrient delivery is part of which step of the Nutrition Care Process?
A) Nutrition assessment
B) Nutrition diagnosis
C) Nutrition intervention
D) Nutrition monitoring
Ans: C
Ahead: Nutrition Care Process: Evidence-Based Practice
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

16. Public health has been viewed as the scientific diagnosis and treatment of the community. In this vision:
A) community is a better term because it includes everyone.
B) the community, instead of the individual, is seen as the patient.
C) the government regulates public health departments to focus on community.
Ans: B
Ahead: Public Health and Nutrition
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

17. Medical geneticists working on the Human Genome Project, which was a major international initiative to decipher the 3 billion-unit code of DNA in the 80,000 to 100,000 genes found in humans, have already identified genes associated with many chronic diseases. Factors associated with chronic disease include:
A) dietary intake, genetics, and lifestyle.
B) dietary intake, teen pregnancy, and diabetes.
C) dietary intake, education, and genetics.
D) dietary intake, lifestyle, and socioeconomic factors.
Ans: A
Ahead: The Relationship Between Eating Behaviors and Chronic Diseases
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

18. A group of dietitians worked hard to change the laws on food safety. This action is an example of:
A) educating and supporting a breastfeeding mother.
B) systems-based prevention.
C) public campaigns for decreasing the incidence of obesity.

D) community.
Ans: B
Ahead: Reducing Risk Through Prevention
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

True/False

1. The Cooperative Extension System is an agency under the U.S. Department of Agriculture. It provides educational programs that help individuals and families acquire life skills.
Ans: True
Ahead: The Cooperative Extension System
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health

2. The Cooperative Extension System is a nationwide, tax-supported, educational program that enables people to make practical decisions in life.
Ans: True
Ahead: The Cooperative Extension System
Subject: Chapter 1
Complexity: Moderate
Title: Community Nutrition and Public Health