Community and Public Health Nutrition 5th edition Edelstein Test Bank

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Multiple Choice

1. Dietary Guidelines are:
A) bench science.
B) evidence-based.
C) SNAP.
D) WIC.

Ans: B
Subject: Chapter 1
Complexity: Moderate

2. Cohorts means:
A) population.
B) animal studies.
C) literature search.
D) peer-reviewed.

Ans: A
Subject: Chapter 1
Complexity: Moderate

3. The National Health and Nutrition Examination Survey is a(n) _____ study.
A) animal study
B) short-term study
C) cross-sectional study
D) All of these are correct.

Ans: C
Subject: Chapter 1
Complexity: Moderate

4. Obesity in children is calculated differently from:
A) disease.
B) peer-reviewed.
C) cohorts.
D) adults.

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Ans: D
Subject: Chapter 1
Complexity: Moderate

5. Peer-reviewed literature is the _____ for scientific information.
A) standard
B) basic
C) update
D) gold standard

Ans: D
Subject: Chapter 1
Complexity: Moderate

6. The National Health and Nutrition Examination Survey abbreviation is:
A) NHANES.
B) NHNES.
C) NHNUTR.
D) NES.

Ans: A
Subject: Chapter 1
Complexity: Moderate

7. Epidemiologic studies are:
A) short term.
B) long term.
C) middle term.
D) All of these are correct.

Ans: B
Subject: Chapter 1
Complexity: Moderate

8. Clinical trials are often used for:
A) drug efficacy.
B) cohorts.
C) long term.

D) NHANES.

Ans: A
Subject: Chapter 1
Complexity: Moderate

9. DASH stands for:
A) Dietary Approaches to Stop Hypertension.
B) Dietary Applications to Stop Hypertension.
C) Dietary Applications to Seize Hypertension.
D) Dietary Approaches to Seize Hypertension.

Ans: A
Subject: Chapter 1
Complexity: Moderate

10. Dietary Guidelines for Americans start at:
A) birth.
B) puberty.
C) 1 year of age.
D) 2 years of age.

Ans: D
Subject: Chapter 1
Complexity: Moderate

11. If the scientific understanding of a nutrient is insufficient to determine the EAR, another recommendation is made for this nutrient that is judged to meet or exceed the needs of a healthy population. What is the name of this recommendation?
A) RDA
B) AI
C) UL
D) None of these is correct.

Ans: B
Subject: Chapter 1
Complexity: Moderate

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12. Results from the DASH studies showed that the most effective diet to lower blood pressure was:
A) a combination diet high in fruit, vegetables, low-fat dairy.
B) a combination diet high in fruit, vegetables, low-fat dairy, and low saturated fat and cholesterol.
C) a combination diet high in fruit, vegetables, low-fat dairy, and low saturated fat, cholesterol, and sodium.
D) a low-sodium diet.

Ans: C
Subject: Chapter 1
Complexity: Moderate

13. Data collected during the Bogalusa Heart Study were used as the science base for:
A) demonstrating that the Dietary Guidelines for Americans could be applied to children older than 2 years of age.
B) developing the Academy of Nutrition and Dietetics' position paper on dietary guidance for children 2 to 11 years.
C) monitoring secular trends in child nutrition.
D) All of these are correct.

Ans: D
Subject: Chapter 1
Complexity: Moderate

14. The Food Guide Pyramid:
A) emphasizes overall health.
B) is based on current scientific research.
C) addresses the total diet.
D) has been discontinued.

Ans: D
Subject: Chapter 1
Complexity: Moderate

15. The public health goals of the country are found in:
A) Healthy People 2030.
B) Dietary Guidelines for Americans.
C) Center for Nutrition Policy and Promotion.
D) Institute of Medicine.

Ans: A
Subject: Chapter 1
Complexity: Moderate

16. The Dietary Guidelines for Americans:
A) provide nutrition and diet advice to healthy Americans aged 2 years and older.
B) provide nutrition and diet advice to all healthy adult Americans.
C) provide nutrition and diet advice to all Americans.
D) None of these is correct.

Ans: A
Subject: Chapter 1
Complexity: Moderate

17. One of the strongest relationships in nutritional epidemiology is that increased consumption of fruits and vegetables reduces the risk of some cancers. This science foundation was used for the:
A) Dietary Guidelines for Americans.
B) National Cancer Institute's 5-A-Day Program.
C) some of the HP 2030 goals related to diet and overweight.
D) All of these are correct.

Ans: D
Subject: Chapter 1
Complexity: Moderate

18. Food labels are changing; they must include information on:
A) folate so that an excess of folate is *not* consumed.
B) trans-fat, to help reduce the risk of heart disease.
C) monounsaturated fat—the "good" fat that helps reduce the risk of heart disease.
D) "net carbs" so that people can better understand the issue of carbohydrates and weight loss.

Ans: B
Subject: Chapter 1
Complexity: Moderate

True/False

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1. True or False? Dietary Guidelines are not evidence-based.

Ans: False
Subject: Chapter 1
Complexity: Moderate

2. True or False? Cohorts means population.

Ans: True
Subject: Chapter 1
Complexity: Moderate

3. True or False? The National Health and Nutrition Examination Survey is a cross-sectional study.

Ans: True
Subject: Chapter 1
Complexity: Moderate

4. True or False? Obesity in children is calculated differently from adults.

Ans: True
Subject: Chapter 1
Complexity: Moderate

5. True or False? Peer-reviewed literature is the gold standard for scientific information.

Ans: True
Subject: Chapter 1
Complexity: Moderate

6. True or False? The National Health and Nutrition Examination Survey abbreviation is NHNES.

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Ans: False
Subject: Chapter 1
Complexity: Moderate

7. True or False? Epidemiologic studies are short term.

Ans: False
Subject: Chapter 1
Complexity: Moderate

8. True or False? Clinical trials are often used for drug efficacy.

Ans: True
Subject: Chapter 1
Complexity: Moderate

9. True or False? DASH stands for Dietary Approaches to Stop Hypertension.

Ans: True
Subject: Chapter 1
Complexity: Moderate

10. True or False? Dietary Guidelines for Americans start at age 2.

Ans: True
Subject: Chapter 1
Complexity: Moderate

11. True or False? NHANES III is the principal result of the National Nutrition Monitoring and Related Research Program.

Ans: False
Subject: Chapter 1
Complexity: Moderate

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12. True or False? MyPlate is responsible for the obesity epidemic.

Ans: False
Subject: Chapter 1
Complexity: Moderate

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