

FEBRUARY 2008

ARTICLE 1: Metabolic Syndrome and Its Association with Diet and Physical Activity in US Adolescents

1. Which of the following conditions are indicative of metabolic syndrome?
 - a. Waist circumference \geq 90th percentile for age/gender
 - b. Fasting blood glucose \geq 100 mg/dL
 - c. Blood triglycerides \geq 100 mg/dL
 - d. All of the above

2. Dietary intake data for this study came from a self-administered 24-hour dietary recall.
 - a. True
 - b. False

3. What is the overall prevalence of metabolic syndrome among US adolescents?
 - a. 3.5%
 - b. 5%
 - c. 5.5%
 - d. 6.8%

4. Which gender shows a significantly higher incidence of metabolic syndrome?
 - a. Male
 - b. Female

5. Which of the following was most common among black adolescents?
 - a. Impaired fasting glucose levels
 - b. Central obesity
 - c. Elevated blood pressure
 - d. High triglycerides

6. Adolescents with low physical activity levels had the highest rates of all metabolic syndrome components.
 - a. True
 - b. False

7. Which group had the highest Healthy Eating Index score on fruits, vegetables, sodium and variety?
 - a. Blacks
 - b. Whites
 - c. Mexican Americans

- d. Males
8. Compared to female adolescents, males had better diets and lower prevalence of metabolic syndrome.
 - a. True
 - b. False
 9. Prevalence of metabolic syndrome was _____ times higher among adolescents who were overweight.
 - a. 10
 - b. 13
 - c. 16
 - d. 20
 10. Diets high in fruits were associated with lower prevalence of metabolic syndrome among adolescents.
 - a. True
 - b. False

ARTICLE 2: The Evidence for Dietary Prevention and Treatment of Cardiovascular Disease

1. Results of the Women's Health Initiative study suggest that dietary advice should focus predominately on the quantity of fatty acid intake in order to maximize blood cholesterol lowering.
 - a. True
 - b. False
2. Which of the following is characteristic of the "Portfolio Diet"?
 - a. It includes viscous fiber and plant sterols/stanols.
 - b. It includes soy protein and almonds.
 - c. It is a vegetarian approach.
 - d. All of the above.
3. A fat-modified diet that provides 25-30 grams of total dietary fiber with about 1/3 from soluble fiber is recommended for lipid lowering, a cardiovascular disease risk reduction.
 - a. True
 - b. False

4. Consumption of up to ____ ounces of unsalted nuts weekly, isocalorically substituted for other foods, is suggested to confer cardiovascular benefits.
 - a. 3
 - b. 4
 - c. 5
 - d. 6

5. Plant sterols and stanols interfere with the absorption of fat-soluble vitamins and carotenoids.
 - a. True
 - b. False

6. For every 1% change in total calories from saturated fatty acids, a ____ change in low-density lipoprotein cholesterol is expected.
 - a. 0.7 mg/dL
 - b. 1.2 mg/dL
 - c. 1.8 mg/dL
 - d. 2.0 mg/dL

7. Current research supports the finding that 25 gms per day of soy protein is associated with reduced risk of coronary heart disease.
 - a. True
 - b. False

8. Which of the following is equivalent to 15 grams of pure grain alcohol?
 - a. 10 oz beer
 - b. 8 oz of wine
 - c. 1.5 oz of 80-proof distilled spirits
 - d. All of the above

9. Fish oil supplementation is not recommended for patients with angina and those with implantable cardioverter defibrillators.
 - a. True
 - b. False

10. Which of the following is considered the “landmark study” on lowering hypertension through diet?
 - a. Diet, Exercise, and Weight Loss Intervention Trial (DEW-IT)
 - b. Trial of Nonpharmacological Intervention in the Elderly (TONE)
 - c. International Study of Macro and Micro Nutrients and Blood Pressure (INTERMAP)
 - d. Dietary Approaches to Stop Hypertension (DASH)

Activity Evaluation:

Were the activity's objectives met?

Do you feel the activity was fair, balanced and free of commercial bias?

What topic area(s) would you like to see covered in future educational activities? (if applicable)
