

**ARTICLE 1: Metabolically Obese Normal Weight and Phenotypically Obese
Metabolically Normal Youths: CASPIAN Study (J08011)**

1. Which of the following parts of the world are beginning to experience the epidemic of childhood obesity?
 - a. Africa
 - b. South America
 - c. Eastern Mediterranean
 - d. All of the above

2. Individuals who may be predisposed to the development of metabolic syndrome despite having normal weight are termed:
 - a. POMN
 - b. MONW

3. Which of the following may be the best predictor of CVD risk factors among youths?
 - a. Waist circumference (WC)
 - b. Body mass index (BMI)
 - c. Use of both WC and BMI
 - d. None of the above

4. “Combined obesity” was the most frequent type of obesity found in both genders and all age groups in this study.
 - a. True
 - b. False

5. For data analysis in this study, what was the independent variable?
 - a. CVD risk factors
 - b. MetS
 - c. Obesity type
 - d. BMI

6. The prevalence of CVD risk factors and the MetS was _____ in those children with combined obesity than in those with isolated types of obesity.
 - a. lower
 - b. higher

7. Which of the following ethnicities may be less obese but more susceptible to metabolic disorders?
 - a. Caucasians
 - b. Blacks
 - c. Asians
 - d. Hispanics

8. The prevalence of the MetS is low among Iranian children and adolescents.
 - a. True
 - b. False

9. In this study, what percentage of normal weight girls had MetS?
 - a. 10%
 - b. 14.5%
 - c. 15.5%
 - d. 18.8%

10. The main strength of this study is describing MONW and POMN in pediatric literature.
 - a. True
 - a. False

**ARTICLE 2: Restricted Carbohydrate Diets in Patients with Type 2 Diabetes:
A Meta-Analysis (J08012)**

1. There is no standard definition of “low carbohydrate diet”.
 - a. True
 - b. False

2. Restricting carbohydrate intake to less than _____ grams per day is not recommended.
 - a. 100
 - b. 115
 - c. 130
 - d. 140

3. This study focused on published, English-language studies from around the world.
 - a. True
 - b. False

4. Carbohydrates in the diet provide glucose for energy as well as which of the following?
 - a. Dietary fiber
 - b. Water-soluble vitamins
 - c. Minerals
 - d. All of the above

5. To provide a uniform standard of comparison, the definition of restricted carbohydrate in this study was based on:
 - a. percentage of total calories
 - b. grams of carbohydrate

6. Of the 329 articles found in the search, how many published studies fulfilled the criteria for inclusion?
 - a. 9
 - b. 13
 - c. 18
 - d. 25

7. Studies of children were excluded from this meta analysis.
 - a. True
 - b. False

8. Decreasing carbohydrate intake from 65% to 35% showed a decrease of _____ percent in triglyceride level.
 - a. 10%
 - b. 18%
 - c. 23%
 - d. 28%

9. Restricted carbohydrate diets appear to have a beneficial effect on triglyceride levels in diabetic populations but not in non-diabetic populations.
 - a. True
 - b. False

10. Which of the following was a major limitation of this meta analysis?
 - a. The small number of studies available for inclusion
 - b. The limited duration of the studies included
 - c. Mixture of study designs included
 - d. All of the above

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)
