

**MAY 2008**

**ARTICLE 1: Validation of the MEDFICTS Dietary Assessment Questionnaire in a Diverse Population**

1. Which diet is characterized by less than 7% of calories from saturated fat, less than 30% of calories from total fat, and less than 200 mg of dietary cholesterol per day?
  - a. National Cholesterol Education Program (NCEP) Step 1 Diet
  - b. NCEP Step 2 Diet
  - c. The Therapeutic Lifestyle Changes (TLC) diet
  - d. The Adult Treatment Panel (ATP) diet
  
2. The difference in the Step 2 Diet and the TLC diet is that the TLC diet allows total fat up to 35% of calories for persons with metabolic syndrome.
  - a. True
  - b. False
  
3. The proportion of participants evaluated as adherent to the TLC diet by Block '98 food frequency questionnaire who were also evaluated as adherent by MEDFICTS (Meat, Eggs, Dairy, Fried foods, fat In baked goods, Convenience foods, fats added at the Table, and Snacks) is defined as:
  - a. specificity
  - b. probability
  - c. sensitivity
  - d. significance
  
4. For males, a MEDFICTS cut-point of less than 37 points was found to be optimal.
  - a. True
  - b. False
  
5. Approximately what percentage of participants in this study were racial/ethnic minorities?
  - a. 12%
  - b. 15%
  - c. 28%
  - d. 33%
  
6. MEDFICTS showed high specificity to identify non-adherent patients.
  - a. True
  - b. False
  
7. The proportion of participants evaluated as non-adherent to the TLC diet by the Block '98 food frequency questionnaire who were also evaluated as non-adherent by MEDFICTS is defined as:
  - a. specificity
  - b. probability
  - c. sensitivity
  - d. significance

8. A strength of this study the large sample size within age and race strata.
  - a. True
  - b. False
  
9. Which of the following is the major strength of the MEDFICTS instrument?
  - a. The MEDFICTS instrument is low cost to administer.
  - b. Correlation of the MEDFICTS score with TLC diet components.
  - c. The MEDFICTS instrument is brief.
  - d. MEDFICTS has been carefully translated into Spanish.
  
10. Good overall sensitivity means that MEDFICTS will identify patients who are adherent to the TLC diet most of the time.
  - a. True
  - b. False

## **ARTICLE 2: The Challenge of Treating Obesity: The Endocannabinoid System as a Potential Target**

1. Approximately how many adults in the United States are obese?
  - a. 15%
  - b. 25%
  - c. 33%
  - d. 45%
  
2. The direct cost of overweight and obesity in the United States in US dollars is estimated at \$50 billion.
  - a. True
  - b. False
  
3. Adipokines influence which of the following?
  - a. Body weight regulation
  - b. Vascular integrity
  - c. Inflammation
  - d. All of the above
  
4. It is estimated that 27% of the US adult population exhibits metabolism syndrome.
  - a. True
  - b. False

5. Surgical intervention to treat severe obesity should be reserved for those with which of the following:
  - a. Body mass index (BMI) of  $\geq 30$
  - b. BMI of  $\geq 27$  with co-morbidities
  - c. BMI of  $\geq 40$
  - d. None of the above
  
6. Which cannabinoid receptors modulate food intake and energy expenditure?
  - a. Cannabinoid receptors-1
  - b. Cannabinoid-receptors-2
  
7. At the end of 1 year, which of the following trials showed statistically significant reductions in weight in the 20 mg rimonabant groups?
  - a. Rimonabant In Obesity (RIO)-North America
  - b. RIO-Europe
  - c. RIO-Lipids
  - d. All of the above
  
8. Which of the following down-regulate endocannabinoid levels?
  - a. Leptin
  - b. Ghrelin
  
9. Which of the following was an outcome in the 20 mg rimonabant group versus the placebo-treated group?
  - a. Increased serum triglycerides
  - b. Decreased fasting glucose
  - c. Decreased levels of serum high-density-lipoprotein cholesterol
  - d. Increased insulin resistance
  
10. At the end of the 2-year mark in the RIO-North America trial, subjects who were randomized from 20 mg of rimonabant to placebo maintained their weight loss.
  - a. True
  - b. False

**Activity Evaluation:**

***Were the activity's objectives met?***

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

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

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