



Adult Obesity: Reversing the Trend

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Approved for 1 Free Category 1 Credit

CME Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Centers for Disease Control and Prevention (CDC) and the Agency for Healthcare Research and Quality (AHRQ). CDC is accredited by the ACCME to provide continuing medical education for physicians.

The Centers for Disease Control and Prevention designates this activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Approved for 1.2 Free Contact Hours

CNE Statement

This activity for 1.2 contact hours is provided by the Centers for Disease Control and Prevention, which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditations.

Approved for 0.1 Free Continuing Education Units (CEUs)

CEU Statement

The Centers for Disease Control and Prevention has been approved as an Authorized Provider of continuing education and training programs by the International Association for Continuing Education and Training and awards 0.1 Continuing Education Units (CEUs).

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CME Test

You must answer a minimum of 5 out of 7 questions in order to receive credit.

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- 1) Recent data from the CDC estimate the percentage of overweight and obese adults to be:
 - A. 15%
 - B. 35%
 - C. 65%
 - D. 75%

- 2) **The correct formula to calculate body mass index or BMI is:**
 - A. Height in inches \div (Weight in pounds)²
 - B. [Weight in pounds \div (Height in inches)²] x 703
 - C. Height in inches \div (Weight in pounds)
 - D. Weight in pounds \div (Height in inches)²

- 3) **Which of the following are health problems related to obesity?**
 - A. Cholelithiasis
 - B. Sleep Apnea
 - C. Hypertension
 - D. Type II Diabetes Mellitus
 - E. All of the above

- 4) **What are the key points to review when discussing nutrition with patients?**
 - A. Portion size
 - B. Balance of calories consumed and calories burned
 - C. Eating a variety of foods
 - D. All of the above

- 5) **The current recommendation for physical activity from the Institute of Medicine is:**
 - A. 60 minutes a day of light physical activity
 - B. 45 minutes a day of moderate physical activity
 - C. 20 minutes a day of vigorous physical activity
 - D. 60 minutes a day of moderate physical activity

- 6) **Pharmacologic indications for obesity treatment include:**
 - A. BMI > 25
 - B. BMI > 30
 - C. BMI > 27 and concomitant obesity-related risk factors
 - D. B & C
 - E. None of the above

- 7) **Bariatric surgery can be considered for patients with BMI greater than which value?**
 - A. BMI > 20
 - B. BMI > 25
 - C. BMI > 30
 - D. BMI > 40