Knowledge Assessment Questions: HEALTH BEHAVIOR

Note: The order in which these questions are listed is the order in which they will be presented on a Diplomate’s first time through the Knowledge Assessment. On subsequent visits to the assessment, the questions will be presented in groups organized by competency (content area).

1. Which one of the following is true regarding smoking and cancer?
   A) Smoking causes cancer in only three organ systems
   B) Smoking causes adult leukemia
   C) Lung cancer causes fewer deaths in women than breast cancer
   D) Smoking causes colon cancer


2. A 40-year-old female sees you for a routine evaluation. She reports difficulty becoming sexually aroused with her spouse of 10 years, and says she often cannot achieve orgasm. She takes sertraline (Zoloft) for anxiety, but is otherwise healthy. Her physical examination is normal.

   Recommended general measures to help with her sexual dysfunction include which of the following? (Mark all that are true.)

   - Increasing the dosage of sertraline
   - The use of erotic materials to enhance stimulation
   - Sensate-focus exercises
   - The use of fantasy to provide distraction
Kegel exercises (pelvic muscle contraction and relaxation) during intercourse


3. A young couple comes to your office for an initial prenatal visit. When asked if they have any questions, the mother explains that her two other children are substantially overweight, so she wants to know what she can do to help prevent obesity in this child.

Which of the following recommendations are supported by good evidence? (Mark all that are true.)

- No television before age 2
- Introducing solid foods at 3 months of age to help the baby feel more full
- Breastfeeding
- Changing to reduced-fat milk at age 1
- Offering juice before milk, starting at 6 months of age
- Parental modeling of healthy lifestyles


4. In children, risk factors for being overweight include which of the following? (Mark all that are true.)

- Birth weight categorized as small for gestational age
- High birth weight
- High socioeconomic level
- BMI >25 kg/m²
- Change of >2 BMI units per year

5. A 72-year-old female sees you for a routine evaluation. She has well controlled hypertension and is otherwise in good health. She comments that she recently slipped and fell on her hip and is now concerned that she may fall and actually break her hip. She asks if there is anything she can do to prevent further falls.

Which one of the following would be appropriate advice?

A) Karate has been proven to improve balance
B) Tai chi has been proven to decrease the risk of falls
C) Stretching programs have the greatest success at decreasing injurious falls

D) Exercise could increase her blood pressure and thus increase her risk of stroke and subsequent falls

E) She should increase her calcium intake, but exercise is not necessary because she is not at high risk for further falls


6. Behavioral therapy intervention for weight loss is contraindicated in which of the following? (Mark all that are true.)

○ Pregnant or lactating women

○ Patients with a controlled psychiatric disorder

○ Patients with active substance abuse

○ Patients who plan to undergo bariatric surgery

○ Patients with a history of anorexia nervosa or bulimia nervosa


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7. Complications of smoking during pregnancy include which of the following? (Mark all that are true.)

- Low birth weight and premature delivery
- Preeclampsia
- Abruptio placentae
- Congenital malformations
- Ectopic pregnancy
- Spontaneous abortion


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8. True statements about aerobic exercise in older patients include which of the following? (Mark all that are true.)

- Exercise is superior to social intervention in the treatment of depression
- Patients with coronary heart disease should be instructed to perform regular light to moderate aerobic exercise
- The American Heart Association recommends a target heart rate range of 100–155 beats/min for a 70-year-old adult during exercise
Men are more likely than women to report engaging in no physical activity


American Heart Association: Target heart rates. AHA recommendation.


9. A 13-year-old male is brought to your office by his mother for a routine annual exam. When you question the patient about substance abuse, the mother explains that the child’s father drinks heavily and smokes in their home but the son has never seemed interested. Just before you leave the examination room, the mother asks to speak with you in private. She explains that she found a dirty rag in her son’s room and asks for information about inhalant abuse.

Which one of the following would be accurate advice?

A) Children who abuse inhalants are more likely to use other illicit drugs
B) A urine drug test can be used to detect inhalant abuse
C) It is usually obvious in the office setting whether a patient is abusing inhalants
D) The mean age of first-time inhalant use is 15 years of age
E) Rates of inhalant abuse are highest in African-Americans

10. True statements regarding the use of varenicline (Chantix) for smoking cessation include which of the following? (Mark all that are true.)

- It has both nicotine receptor agonist and nicotine receptor antagonist properties
- It requires titration to a therapeutic dose
- It is known to be safe in pregnancy
- It has been shown to be effective in combination with other agents for cessation
- It is less effective than bupropion for smoking cessation


11. True statements regarding the consumption of trans-fatty acids include which of the following? (Mark all that are true.)

- In the United States the main sources are meats and dairy products
- They result in a rise in LDL-cholesterol and a reduction in HDL-cholesterol
They have been linked to vascular inflammation and elevation of C-reactive protein
Consumers can avoid them by consuming foods with zero trans-fatty acids listed on the nutrition label
Consumers should be advised to avoid foods containing hydrogenated oils


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12. Which of the following should trigger concern about possible sexual abuse? (Mark all that are true.)

- A 5-year-old girl using the term “vagina” to describe her anatomy
- A 7-year-old boy masturbating in the bathtub
- A 4-year-old boy and a 3-year-old girl playing “doctor” and showing each other their genitalia
- A 12-year-old boy touching the genitals of a 5-year-old neighbor


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13. A 47-year-old female has been a patient of yours for many years. She continues to smoke almost 2 packs of cigarettes a day and has a number of problems including hypertension, repeated bouts of bronchitis, allergies, and insomnia. During a visit today, the patient admits that
smoking has been bad for her health and that she should quit, but she is under a great deal of stress right now at work and wants to wait about 6 months before attempting to quit.

Which stage of change is this patient in?

A) Precontemplation
B) Contemplation
C) Preparation
D) Action
E) Maintenance


14. Components of effective brief behavioral interventions for managing hazardous drinkers include which of the following? (Mark all that are true.)

- Comparisons to drinking norms
- Feedback on the results of clinical assessment
- Recommending complete alcohol abstinence
- Patient education materials
- Repeated office sessions and telephone contact to reinforce the intervention
15. A 17-year-old patient asks about pharmacologic options to consider as part of her plan to lose weight. Accurate advice would include which of the following? (Mark all that are true.)

- Weight loss that occurs while a patient is taking these agents is usually sustained after discontinuation of the agent
- Pharmacologic intervention in the absence of lifestyle intervention can decrease a person’s ability to lose weight
- Sibutramine (Meridia) and orlistat (Alli, Xenical) have been approved for use in adolescents
- The majority of weight loss with sibutramine or orlistat occurs in the first 6–9 months of treatment
- It is not safe to use the two currently available anti-obesity agents at the same time


16. True statements regarding pharmacotherapy for nicotine dependence include which of the following? (Mark all that are true.)

- Of the three classes of pharmacotherapy for nicotine dependence, nicotine replacement therapy (NRT) has the greatest flexibility in dosage forms
- All forms of NRT are now available over the counter
- The nicotine inhaler most closely mimics the uptake of smoked or chewed nicotine
- Combinations of different types of NRT can be used together safely
- A patient using the nicotine patch who complains of early morning cravings should use the 24-hour patch


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17. Moderate daily alcohol use has generally been defined as two or fewer standard alcoholic drinks/day for men and one or fewer drinks/day for women.

Which of the following would be considered a standard alcoholic drink? (Mark all that are true.)

☐ 12 oz of beer

☐ 8.5 oz of malt liquor

☐ 8 oz of table wine

☐ 1.5 oz of brandy

☐ 1.5 oz of whiskey


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18. One of your middle-aged female patients has decided to take your advice and lose weight. She now wants your recommendations regarding the effectiveness of various diets.

Which of the following would be accurate advice? (Mark all that are true.)

☐ An average caloric deficit of 300 kcal/day will result in a 1-lb weight loss per week

☐ Only very-low-calorie diets have been proven to aid in long-term weight loss

☐ Low-carbohydrate diets are too dangerous to recommend

☐ Low-fat diets are superior to low-calorie diets for weight loss
- Very-low-calorie diets produce results similar to those of low-calorie diets at 1 year
- Meal replacement shakes can improve long-term weight loss


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19. Which of the following patients should be screened for a chlamydial infection? (Mark all that are true.)

- An unmarried, sexually active 22-year-old female who has been in a mutually monogamous relationship with the same partner for the past 3 years
- A 40-year-old divorcee with a new sexual partner in the past 2 months
- A 23-year-old married pregnant female in a monogamous relationship
- A 27-year-old married female in her first trimester of pregnancy, with a past history of genital herpes
- A sexually active 31-year-old unmarried female who reports condom use by her boyfriend only during the “fertile” part of her cycle

US Preventive Services Task Force: Screening for chlamydial infection.

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20. “Red flags” for substance abuse problems include which of the following? (Mark all that are true.)

- Frequent absences from school
21. Which one of the following is the most effective screening test for detecting hazardous or harmful alcohol use?

A) CAGE questionnaire
B) AUDIT (Alcohol Use Disorders Identification Test)
C) SMAST (Short Michigan Alcoholism Screening Test)
D) Serum measurement of γ-glutamyl transferase
E) Determination of mean corpuscular volume


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22. A 32-year-old female who was recently discharged from an inpatient alcohol detoxification facility requests your assistance with ongoing sobriety and relapse prevention. She admits to a decreased interest in activities and a depressed mood.

Which of the following medications might be helpful in treating her alcoholism? (Mark all that are true.)
- Naltrexone (ReVia)
- Acamprosate (Campral)
- Disulfiram (Antabuse)
- Sertraline (Zoloft)
- Buprenorphine (Subutex)


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23. Periodically, the National Center for Health Statistics, in collaboration with the Centers for Disease Control and Prevention, conducts nationwide surveys to assess the prevalence of overweight and obesity among the U.S. population. The most recent survey found that approximately what percentage of the U.S. population was overweight or obese during the years 2003–2004?

A) 25%

B) 40%

C) 50%

D) 65%

E) 80%
24. You are counseling a 65-year-old male whose LDL-cholesterol level is above the target recommended by the National Cholesterol Education Program. When discussing the nutritional aspects of the recommended therapeutic lifestyle changes for lipid lowering, which of the following would be accurate advice? (Mark all that are true.)

- Insoluble fiber will help decrease his lipid levels
- Soluble fiber will help decrease his lipid levels
- He should consume at least 5–10 grams of viscous soluble fiber per day
- Foods high in viscous soluble fiber include black beans, brussels sprouts, and whole-grain cereals
- \(\beta\)-Glucan derived from whole wheat and psyllium supplements is effective for lowering cardiovascular disease risk
- Saturated fats should be reduced to 25% or less of total calories

Northwestern University Feinberg School of Medicine: Nutrition Fact Sheet: Dietary Fiber.


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25. An overweight 35-year-old female asks if you can prescribe “diet pills” for her. Her body mass index (BMI) is 31.3 kg/m². She is otherwise healthy, but her mother and father both have hypertension. Her examination is notable only for a blood pressure of 138/86 mm Hg.

Which one of the following would be appropriate advice?

A) There is firm evidence that some drugs are more effective than others for short-term weight loss

B) Pharmacologic therapy produces an average weight loss of 10 kg (22 lb) over 1 year

C) Orlistat (Alli, Xenical) may reduce her risk for developing type 2 diabetes

D) Sibutramine (Meridia) has been linked to the development of valvular heart disease

E) Pharmacologic therapy has been shown to reduce morbidity and mortality from obesity-related conditions
26. True statements regarding pharmacotherapy for tobacco cessation include which of the following? (Mark all that are true.)

- Pharmacotherapy is useful for most smokers who smoke more than 10–15 cigarettes/day
- Most of the time, physicians recommend pharmacotherapy to patients who smoke
- When combined with even brief counseling, first-line pharmacotherapy for cessation doubles the abstinence rate among persons making a quit attempt
- The FDA has approved nortriptyline for use in smoking cessation
- Bupropion (Wellbutrin) is one of two antidepressants that are effective for smoking cessation


27. True statements regarding the use of antidepressants for smoking cessation include which of the following? (Mark all that are true.)
● Bupropion may only be used as monotherapy for smoking cessation

● Bupropion is safe to use in patients with heart disease, including hospitalized patients

● The U.S. Public Health Service (USPHS) guidelines on tobacco cessation recommend against the use of all SSRIs for smoking cessation

● USPHS guidelines on tobacco cessation recommend against the use of all tricyclic antidepressants for smoking cessation

● Bupropion is contraindicated in a patient with an eating disorder


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28. A 45-year-old male expresses concern about his inability to maintain an erection long enough to have sexual intercourse with his wife. He has hypertension and osteoarthritis and is obese. He takes clonidine (Catapres) for hypertension and ibuprofen for osteoarthritis. He also takes a multivitamin daily. He smokes 1 pack of cigarettes per day. He denies heavy drinking, but his wife reports frequent binge drinking and intermittent blackouts.

Appropriate counseling regarding his erectile dysfunction (ED) would include which of the following statements? (Mark all that are true.)
Most cases of ED have a psychogenic etiology

Cigarette smoking is an independent risk factor for ED

Clonidine may be contributing to his ED

Heavy alcohol use may be contributing to his ED

Regular exercise and weight loss may help reverse ED


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29. Which of the following office strategies are recommended by the Centers for Disease Control for preventing STDs? (Mark all that are true.)

Educating patients at risk

Incorporating the 5 Ps during sexual history taking

Counseling and evaluating partners of infected patients

Recommending abstinence as the preventive measure of choice


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30. True statements regarding telephone quit lines for smokers include which of the following? (Mark all that are true.)

- They are free for smokers
- They connect smokers with trained counselors who prepare a customized cessation plan
- They are available only to English-speaking patients
- They have been shown to be more effective than nicotine replacement therapy
- They are a widely used form of tobacco control


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31. Behavioral therapy techniques that help promote weight loss include which of the following? (Mark all that are true.)

- Self-monitoring
- Classical conditioning
- Stimulus control
- Mass trials
- Food provision/meal replacements


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32. The mother of two daughters asks if they should receive the human papillomavirus (HPV) vaccine. One daughter is 12 years old, and the mother is certain she has never been sexually active. The other daughter is 21 years old and the mother believes she has had two sexual partners.

Which of the following would be appropriate advice? (Mark all that are true.)

☑ The 12-year-old SHOULD be vaccinated because the recommended target age is 11-12 years of age

☑ The 21-year-old SHOULD NOT be offered the vaccine because it is not approved by the FDA for women over age 18

☑ The 21-year-old SHOULD NOT be offered the vaccine, as it is ineffective in women who are already sexually active

☑ The vaccine is a two-dose series, with a booster dose given 6–12 months after the first dose


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33. A 44-year-old male with hypercholesterolemia sees you for a routine visit. He tells you that he has started a resistance exercise program. He states that his routine consists of the following: chest press, biceps curl, shoulder press, abdominal crunch, and quadriceps extension. He says he works out 3 days a week, completing 2 sets of 10 repetitions.

Which one of the following adjustments to his routine would you recommend?
A) The frequency of training should be increased to at least 5 times/week
B) He should strive for a target heart rate of 50%–60% of his maximum rate in the middle of his routine
C) He should train the front and back of major muscle groups
D) He should increase the number of repetitions to 15–20
E) He should do fewer repetitions with heavier weights


34. True statements regarding the effects of regular aerobic exercise include which of the following? (Mark all that are true.)

- It reduces blood pressure in normotensive patients
- It reduces blood pressure in hypertensive patients
- It reduces insulin resistance
- Any favorable impact on blood pressure is dependent on associated weight loss
- Attenuation of atherosclerosis is dependent on statin use


35. A 23-year-old gravida 5 para 4 sees you for follow-up 26 days after a routine vaginal delivery. She is not breastfeeding and would like to start a contraceptive method. Her previous medical history is notable only for a past history of migraine headaches.

True statements regarding the initiation of contraception in this patient include which of the following? (Mark all that are true.)

- A history of migraine without aura would preclude the use of a progestin-only method at this visit
- Regardless of her headache history, a history of migraine with aura would preclude the use of a progestin-only method at this visit
- A history of migraines without aura would preclude the use of a combined estrogen/progestin method at any time post partum
- A history of migraine with aura would preclude the use of a combined estrogen/progestin method at any time post partum


36. During a sports preparticipation evaluation, a 17-year-old female who has been your patient for 8 years tells you she has been sexually active for 6 months. Which of the following sexual health counseling interventions would be helpful? (Mark all that are true.)

- Linking prevention of pregnancy and prevention of STDs
- Encouraging condom use regardless of whether another contraceptive method is used
- Providing periodic counseling about effective contraceptive methods
- Obtaining a more detailed sexual history
- Encouraging parent involvement
- Avoiding direct discussion of abstinence


37. Characteristics of behavioral treatment for weight control include which of the following? (Mark all that are true.)

- Reinforcing the adoption of positive behaviors
- Focusing mostly on the behavior itself and less on the conditions that may influence the behavior
- Incorporation of cognitive therapies
- Being process oriented
- Being goal oriented
- Advocating large rather than small changes


38. A 29-year-old female comes in for her annual examination. On questioning, she indicates that she generally has 1–2 glasses of wine with
dinner on weeknights, and up to 3–4 glasses on weekends when she and her husband go out with friends. Your evaluation reveals her to be in excellent physical health without problems at work or with her social life.

According to criteria established by the National Institute on Alcohol Abuse and Alcoholism, her alcohol use would be classified as

A) moderate drinking
B) risky drinking
C) harmful drinking
D) alcohol abuse
E) alcohol dependence


39. Approximately what percentage of patients seen in a family practice setting have substance abuse problems, excluding tobacco use?

A) 5%
B) 10%
C) 20%
D) 40%
E) 50%
A 32-year-old male presents to your office for help for his drug abuse problem. He has abused methamphetamine for 8 years, and was recently incarcerated for methamphetamine-related charges.

Considerations regarding withdrawal in this situation include which of the following? (Mark all that are true.)

- Symptoms related to methamphetamine withdrawal are similar to those seen with opioid and sedative withdrawal
- Multiple medications, such as buprenorphine (Subutex) and acamprosate (Campral), have been approved for managing withdrawal from methamphetamine or other stimulants
- Methamphetamine withdrawal is frequently associated with profound dysphoria and subsequent potential suicidal ideation or suicide attempts
- Persistent headaches are an expected sequela of methamphetamine withdrawal and do not require further evaluation
- Pharmacologic therapy is the cornerstone of substance abuse treatment

Physical detoxification services for withdrawal from specific substances, in Center for Substance Abuse Treatment (CSAT): Detoxification and Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series 45. DHHS pub no (SMA) 06-4131, 2006.


41. A 60-year-old female with a history of stable angina tells you that a friend of hers has told her that taking 400 IU of vitamin E daily has been shown to maintain and improve one's health.

Which one of the following would you tell her regarding this supplement?

A) Vitamin E may help prevent macular degeneration
B) Vitamin E has been shown to reduce the risk of Alzheimer’s dementia
C) Vitamin E is an antioxidant and may reduce the risk of certain cancers
D) Vitamin E may reduce her risk of a heart attack
E) High-dose vitamin E supplementation should be avoided
F) Although the benefits are unproven, at that dosage vitamin E is regarded as safe


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42. The abbreviated Fagerstrom Test for nicotine dependence is used to determine the intensity of addiction in smokers. This test consists of which one of the following sets of questions?

A) Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, movies)? How soon after you wake do you smoke your first cigarette?
B) How soon after you wake do you smoke your first cigarette? How many cigarettes do you smoke each day?

C) Which cigarette would you most hate to give up? How soon after you wake do you smoke your first cigarette?

D) Do you smoke if you are so ill that you are in bed most of the day? Which cigarette would you most hate to give up?


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43. True statements regarding reimbursement for tobacco cessation include which of the following? (Mark all that are true.)

- Coverage/reimbursement for tobacco cessation services have no impact on cessation rates

- Physicians may use “health and behavior” codes when billing for smoking cessation services

- Most state Medicaid programs pay for all medication and counseling services recommended by the U.S. Public Health Service tobacco cessation guidelines

- Medicare will reimburse both brief and intensive counseling for cessation services, in outpatient clinic and inpatient hospital settings


44. True statements regarding physical activity in children include which of the following? (Mark all that are true.)

- Children who are influenced to watch less TV tend to be more active and are less likely to be obese
- Both African-American and Caucasian girls show significant declines in physical activity in adolescence
- Boys and girls have similar reasons for exercising, so a program that gets one gender to increase activity will work for both
- The physical activity level of children in relation to their peers is in place by age 3 for most children


45. A 20-year-old male is brought to your office by friends a few hours after attending a “rave” party. His friends report that he has been combative and confused, and that he keeps clenching his jaw. Examination reveals a temperature of 38.2°C (100.8°F), a blood pressure of 160/94 mm Hg, and a heart rate of 108 beats/min. He has a mildly ataxic gait.
Which one of the following club drugs is the most likely cause of these findings?

A) MDMA (3,4-methylenedioxymethamphetamine)

B) Flunitrazepam (Rohypnol)

C) GHB (α-hydroxybutyrate)

D) Ketamine

E) Hashish


Date rape drugs. National Women’s Health Information Center, 2004.

46. A 42-year-old female sees you for a routine evaluation. She mentions that she has a new sexual partner and would like him to use condoms in order to prevent pregnancy and decrease her STD risk.

Which of the following would be appropriate counseling? (Mark all that are true.)

- Oil-based lubricants should be used with latex condoms, as water-based lubricants can weaken latex and lead to increased breakage

- Natural membrane condoms (also called “natural” or “lambskin” condoms) are not recommended for STD prevention

- Failure of the condom to prevent STD transmission or unintended pregnancy is usually due to breakage

- Condom use may decrease transmission of HSV-2 from an infected male partner to an uninfected female partner

- Condoms are regulated by the FDA as a medical device and are subject to random testing and sampling for quality
47. According to the Task Force on Community Preventive Services convened by the Centers for Disease Control and Prevention, there is sufficient evidence to recommend which of the following public policy initiatives to reduce or prevent tobacco use? (Mark all that are true.)

- Increasing the unit price of tobacco products
- Mass media educational campaigns as part of a comprehensive approach
- Smoking bans and restrictions in public places
- Laws preventing purchase of tobacco by minors


Ling PM, Landman A, Glantz SA: It is time to abandon youth access tobacco programmes. Tob Control 2002;11(1):3-6.

48. Effects seen to a greater degree with resistance training than with aerobic exercise include which of the following? (Mark all that are true.)

- Increased lean body mass
- Increased basal metabolism
- Increased maximum oxygen uptake
- Increased cardiac stroke volume
- Decreased resting heart rate


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49. Which of the following strategies have been shown to be useful smoking cessation interventions? (Mark all that are true.)

- Motivational interviewing
- The Stages of Change model
- The 5 As
- Recognizing that behavioral change is often a discrete single event
- Attempting to advance patients in the action stage to the preparation stage


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50. A 30-year-old female sees you for an annual examination. She is in good health and has no complaints. She is up-to-date on all preventive services. The only notable change from 1 year ago is an increase in her BMI from 24 kg/m² to 27 kg/m².

The most appropriate management for this patient would be to

A) reassure her that her BMI is still within the normal range for her age
B) recommend regular exercise to avoid further weight gain
C) recommend diet, exercise, and behavior modification
D) recommend diet, exercise, and pharmacotherapy
E) prescribe low-dose pharmacotherapy for weight loss


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51. Foods associated with a reduction in blood pressure include which of the following? (Mark all that are true.)

- Dark chocolate
- Licorice
- White chocolate
Sugar-containing beverages
Soybean protein


52. In obese patients, which of the following comorbidities require aggressive management because of the associated increased risk for mortality? (Mark all that are true.)

- Previous coronary artery stenting
- Peripheral vascular disease
- Type 2 diabetes mellitus
- Sleep apnea
- Gallstones


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53. Which one of the following is true regarding secondhand smoke exposure?

A) Cancer is the main cause of deaths due to secondhand smoke in nonsmokers

B) Secondhand smoke causes most new cases of asthma among adults

C) Secondhand smoke has not been designated a class A, or known, carcinogen

D) Secondhand smoke is a frequent cause of lower respiratory illness among children


Rulemaking to consider proposed identification of tobacco smoke as toxic air contaminant (January 26, 2006). California Air Resources Board, 2006–2007

54. Factors associated with adolescent tobacco use include which of the following? (Mark all that are true.)

- Socioeconomic status
- Parental smoking
- Prices of tobacco products
- Viewing movies in which actors smoke
- Maternal smoking during pregnancy


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55. Criteria for recommending bariatric bypass surgery include which of the following? (Mark all that are true.)

- A BMI >40 kg/m²
- The presence of obesity-related comorbidities such as hypertension, diabetes, or obstructive sleep apnea
- Psychological stability
- The presence of an eating disorder
- Repeated attempts to lose weight by diet, exercise, and/or weight loss drugs only to eventually gain the weight back


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56. American Heart Association recommendations for child nutrition include which of the following? (Mark all that are true.)

- Remove the skin from poultry before serving
○ Serve whole-grain breads with whole grain listed as the first ingredient on the food label

○ Serve high-fiber, low-salt, low-sugar breads and breakfast cereals

○ Introduce and regularly serve fish

○ Serve fresh, frozen, and canned vegetables and fruits at every meal, being careful of added sugars


*Last modified 01/08*

57. An 11-year-old girl presents with recurring headaches and abdominal pain. A workup for her complaints is negative. She lives with her mother and her mother’s boyfriend. She reports that her mother’s boyfriend drinks too much and frequently hits her mother. They live in a rural area where a large factory recently closed, leaving many unemployed. On examination, she has no evidence of physical or sexual abuse, but with further questioning she admits to being touched inappropriately by her mother’s partner.

Which of the following place her at higher risk for sexual abuse? (Mark all that are true.)

○ Her gender

○ Her age

○ Living with a nonbiological caretaker

○ A caregiver with substance abuse problems

○ High local unemployment rates
58. A 44-year-old male who stopped smoking 3 months ago sees you for a follow-up visit. He began smoking again over the weekend, smoking 10 cigarettes over 2 days.

Which of the following would be appropriate strategies to counter his relapse? (Mark all that are true.)

- Encouraging the patient to identify his smoking cues and triggers and decide on alternate coping strategies to replace smoking
- Counseling the patient on the proper use of pharmacotherapy
- Scheduling a follow-up visit
- Reviewing the health benefits of quitting
- Telling the patient that he has let his family down by resuming smoking


59. A 52-year-old sees you for a routine annual visit. On examination her heart rate is 82 beats/min, her respiratory rate is 16/min, and her blood pressure is 150/90 mm Hg. Her body mass index (BMI) is 30 kg/m², and she has a waist circumference of 102 cm (40 in). Laboratory screening reveals an LDL-cholesterol level of 190 mg/dL, a fasting glucose level of
98 mg/dL, and a 2-hour blood glucose level of 160 mg/dL on an oral glucose tolerance test.

When counseling this patient regarding weight loss, which of the following would be accurate advice? (Mark all that are true.)

○ Losing just 10 kg (22 lb) could eliminate her need for antihypertensive medications

○ Losing 10 kg would lower her LDL cholesterol level by about 20 mg/dL

○ Reducing her body weight by 5%–10% would reduce her risk of developing type 2 diabetes

○ She does not really need to lose weight because it is mostly in her abdominal area


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60. True statements regarding dietary counseling programs for weight loss include which of the following? (Mark all that are true.)

○ They typically produce weight loss of 10%

○ Their effect on weight loss tends to diminish over time
○ Their effect on weight loss is greater in patients with diabetes

○ Frequent scheduled support meetings increase the weight loss achieved

○ They are not as effective as pharmacologic management


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