

PDU QUESTIONS FOR APRIL 2005 (97,2) ISSUE OF JFCS

Working with Families to Prevent Obesity: A Community-Campus Partnership

Dart, Frable, Bradley, Bae, Singh page20

1. Overweight and obesity have increased steadily in the United States over the last two decades, with _____ of adults overweight and another _____ obese.
 - a. 25%, 15%
 - b. 34%, 30%
 - c. 45%, 12%
 - d. 55%, 15%
2. Obesity disproportionately affects minorities and individuals with lower educational and socioeconomic status.
 - a. True
 - b. False
3. Research has shown that overweight adolescents have a _____ greater chance of becoming overweight adults, and children with one obese parent face _____ times the risk of becoming obese adults.
 - a. 45%, two
 - b. 50%, three
 - c. 70%, two
 - d. 80%, three
4. At baseline, more than _____ of adults were overweight or obese, and _____ of adolescents and children were overweight or at-risk for overweight.
 - a. 50%, 80%
 - b. 60%, 40%
 - c. 70%, 40%
 - d. 80%, 50%
5. Monolingual Spanish-speaking participants between the ages of 5-18 years showed the greatest improvement in the post Nutrition and Physical Activity Knowledge Quiz.
 - a. True
 - b. False
6. Following the 12 week intervention, _____ of participants reported an increase over baseline in frequency, intensity, or duration of exercise.
 - a. 42%
 - b. 54%
 - c. 62%
 - d. 68%

An Ecological Approach: A Community-School Strategy for Health Promotion
Ames, Farrell page 29

1. One strength of using the lay or paraprofessional health educator model is:
 - a. It is not resource intensive
 - b. They may have access to vulnerable, hard to reach populations
 - c. They are willing to work nontraditional hours
 - d. They may have experience a range of health problems

2. Full service schools:
 - a. Represent an opportunity for FCS professionals to serve children and families in nontraditional ways
 - b. Integrate health, educational and social welfare service
 - c. Involve multiple agencies
 - d. All of the above

3. Which statement is **true** concerning parents' role in influencing children's health?
 - a. Parents have little influence on children's health behaviors
 - b. Health education for children typically has not focused upon parents
 - c. Schools have a greater influence on children's health behaviors than do parents
 - d. None of the above statements are true

4. A primary lesson learned in this study regarding the effectiveness of selected health promotion outreach strategies was:
 - a. School children have a strong influence on their parents' health decisions
 - b. Community advisory committees may be useful, but they can create conflict in collaborative projects
 - c. Health promotion activities are best combined with other needs of participants
 - d. Participants preferred passive over active health promotion strategies

5. What core ecological concept was discussed as central to this project:
 - a. Adaptation
 - b. Boundary maintenance
 - c. Equifinality
 - d. Feedback

Study Finds Positive Financial Behaviors Increased: Credit Counseling, Debt Management Effective

Kim, Garman and Sorhaindo page 35

1. Which of the following statements is true?

- (A) Over 1.6 million consumers declared bankruptcy in a recent year
- (B) About 9 million people had some contact with credit counseling agencies in a recent year
- (C) It usually takes 5 to 7 years to complete a debt management plan
- (D) Both A and B are true

2. Which of the following is false?

- (A) Credit counseling agencies can negotiate with creditors to lower a client's interest rates
- (B) Credit counseling companies help pay off a person's unsecured and secured debts
- (C) A client's debt management program (DMP) must be approved by creditors
- (D) One source of income for credit counseling companies is "fair share contributions" from creditors

3. Credit counseling agencies do which one of the following?

- (A) Analyze one's income, debts, and expenses over the telephone or in a face-to-face meeting
- (B) Contact a person's creditors to determine if they are willing to make certain concessions to overly indebted consumer clients
- (C) Consumer clients are typically assessed a set-up fee as well as monthly fees
- (D) All the statements are true

4. One of the studies cited in the literature review in the article found that one year after receiving credit counseling, the survey respondents reported

- (A) decreases in personal financial stress
- (B) 87% reduced some of their personal debts
- (C) 78% cut down on living expenses
- (D) All of the above

5. Which of the following is false? After 18 months participation in a debt management plan,

- (A) Both groups (clients and similarly situated people who did not remain with the program) showed improvements in financial management behaviors
- (B) Clients reported better financial management behaviors than non-clients
- (C) Clients reported fewer financially stressful events than non-clients
- (D) The pre-assessment scores did not predict the scores after 18 months

6. Which one of the following positive financial management behaviors was reported by the active credit counseling clients?

- (A) Participated in and contributed to a pre-tax dependent care or health care program
- (B) Contributed to employer's retirement plan
- (C) Started or increased savings
- (D) All the above are true

Study Finds Consumer Food Safety Knowledge Lacking

Godwin, Coppins, Speller-Henderson, Pearson page 40

- True False 1. The majority of consumers who participated in the focus groups had thermometers in their refrigerators.
- True False 2. Hispanic women expressed more concern for their children's well-being than did the Caucasian or African-American participants.
- True False 3. Caucasian participants were more likely to follow the advice of their mother's than were the Hispanic participants.
- True False 4. Most consumers think they are exhibiting safe food practices in their homes.
- True False 5. Most consumers do not know what the temperature inside their refrigerator should be.

A Study in Iowa: Teaching Food Safety in Secondary FCS Classes

Ellis, Henroid

- True False 1. Even though high school students are increasingly involved in the foodservice work force, they have limited knowledge regarding food safety.
- True False 2. Food safety knowledge score of respondents was not influenced by age, years of teaching experience, or education attained.
- True False 3. Most respondents felt students have an appropriate amount of knowledge related to food safety.
- True False 4. The most frequently identified barriers to implementing food safety education in schools were time and fit in the curricula.
- True False 5. ServSafe, a training program for foodservice employees from the National Restaurant Association Education Foundation was the most common source for food safety teaching resources.

Now is the Time to Act: FCS Core Standards in Public Education Policy and Funding
Woods page 51

1. Which of the following is not a core FCS national education standard?
 - a. Evaluate the significance of family and its impact on the well being of individuals and society.
 - b. Integrate multiple life roles and responsibilities in family, career, and community.
 - c. Integrate knowledge, skills, and practices required for careers in family and community services.
 - d. Evaluate the significance of family and its impact on the well being of individuals and society.

2. According to William Raspberry, current U.S. education policy:
 - a. contributes to our country's competitiveness in a global economy.
 - b. gives attention to the correlation between good homes and good students.
 - c. stresses the importance of knowledge apart from its economic utility.
 - d. is short-sightedness in equating the importance of knowledge solely in terms of economic gain.

3. The author compares the similarity of FCS core national standards and those of:
 - a. technology education.
 - b. comprehensive health education.
 - c. career-related health education.
 - d. career-related FCS education.

4. The author suggests that FCS professionals, education leaders, external partners, and policy makers should give more attention and support to:
 - a. the contributions of FCS education to individual, family, and community well-being.
 - b. the contributions of FCS education to student academic achievement.
 - c. the contributions of FCS education to career preparation and workforce development.
 - d. Perkins legislation and funding.

5. Which of the following does the article identify as suggested action?
 - a. Promote publishing and conference presentations on FCS core education standards to external professional organizations.
 - b. Focus leadership, scholarship, and research on FCS core education standards and related education policy.
 - c. Enlist support of external partners in both public and private sector.
 - d. All of the above.