

## ASSESSMENT OF 30 MCQs

**FPSC NO : 34**  
**MCQs on Update on Childhood Obesity**  
**Submission DEADLINE : 23 APRIL 2010**

**INSTRUCTIONS**

- **With effect from 1st April 2008, the College Assessment of 30 MCQs has gone paperless.**
- **To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal ([www.cfps2online.org](http://www.cfps2online.org))**
- **Attempt ALL the following multiple choice questions.**
- **There is only ONE correct answer for each question.**
- **The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.**

**Unit 1****1. About childhood obesity which of the following statements is CORRECT? Obesity is defined as:**

- (A) Excessive accumulation of body fat.
- (B) A BMI of more than 85th percentile of age.
- (C) A percentage weight for height (PWH) of 140%.
- (D) Waist circumference of 80cm and greater.
- (E) None of the above definitions is correct.

**2. About the methods for measuring body fat, which of the following statements is INCORRECT?**

- (A) Waist hip ratio (WHR) is infrequently used in studies of children and adolescents.
- (B) Waist circumference (WC) centiles for children have been developed in a number of countries.
- (C) Skin fold measurements can be difficult to measure reproducibly if the subject is fat.
- (D) Bioelectrical impedance analysers (BIA) are not suitable for use in field surveys because they are bulky.
- (E) Hydrodensitometry (underwater weighing) is often described as the gold standard for body fat measurement.

**3. Which of the following statements about BMI measurements is CORRECT?**

- (A) BMI remains constant throughout childhood and adolescence.
- (B) Male and female BMIs tend to be similar in adolescence.
- (C) In respect to age, BMI increases from birth to around one year, then declines to a nadir around age six, and increases again for the remainder of childhood and adolescence.
- (D) BMI is affected by relative arm length.
- (E) BMI directly measures body fatness.

**4. About the IOTF-BMI as a screening tool for childhood obesity, which of the following statements is CORRECT?**

- (A) It is a BMI data set from nine international countries, including Singapore.
- (B) It has high specificity so it will overdiagnose non-obese cases.
- (C) As a screening tool, it has a low sensitivity and this is no good because it will underestimate the true prevalence.
- (D) The IOTF-BMI is a better screening tool than population specific BMI charts.
- (E) None of the above statements is correct.

**5. Based on the existing trends of obesity, in 2010, which of the following regions will have the lowest rates of overweight based on IOFT criteria?**

- (A) Americas.
- (B) South East Asia.
- (C) Western Pacific.
- (D) Eastern Mediterranean.
- (E) European.

**Unit 2****6. The persistence of childhood obesity into adulthood depends on the:**

- (A) Presence of obesity in at least one parent.
- (B) Presence of obesity in both parents and all siblings.
- (C) Severity of obesity.
- (D) Age at which the child becomes obese.
- (E) All of the above.

- 7. Obese children are at risk of developing which of the following medical problems?**
- Non alcoholic fatty liver disease.
  - Chronic obstructive airway disease.
  - Insulin dependent diabetes.
  - Prolapse intervertebral disc.
  - All of the above.
- 8. Pathological causes of obesity include ALL of the following EXCEPT:**
- Growth hormone deficiency.
  - Prader Willi syndrome.
  - Hyperthyroidism.
  - Cushing's syndrome.
  - Hypopituitarism.
- 9. The management of childhood obesity includes ALL of the following EXCEPT:**
- Dietary changes.
  - Physical activity.
  - Behaviour modification.
  - Family involvement.
  - Bariatric surgery.
- 10. About behavioural modification for childhood obesity, the following are desirable behavioural change strategies EXCEPT:**
- Reinforcement through contracts, praise, rewards including food items.
  - Setting achievable weight maintenance and weight loss goals.
  - Teaching skills for weight loss.
  - Stimulus control which includes limiting the amount of unhealthy food stocked at home.
  - Educating the parents and children on the need for lifestyle changes.
- 11. In Singapore, the proportion of overweight students in 1993 was 11.7% of all students. Which of the following was the proportion of overweight students in 2006?**
- 13.5%.
  - 11.5%.
  - 9.5%.
  - 7.5%.
  - 6.5%.
- 12. The Health Promotion Board works with the Ministry of Education (MOE) to include key messages in the school curricula on healthy weight, diet and physical activity. These have been included in the following curricula EXCEPT:**
- Geography.
  - Science.
  - Home Economics.
  - Health Education.
  - Physical Activity.
- 13. The Health Promotion Board works closely with schools to implement the Model School Tuckshop Programme (MSTP). The MSTP provides schools with:**
- Funds to create healthy recipes for children.
  - A set of food service guidelines to ensure students have access to healthier food and beverage choices in school.
  - Courses to train canteen vendors on healthy cooking.
  - Recipes of healthy food and snacks.
  - None of the above.
- 14. Schools which participate in the Model School Tuckshop Programme (MSTP) are awarded the Model School Tuckshop status. To date what proportion of the schools have achieved the Model School Tuckshop status? About:**
- 57%.
  - 67%.
  - 77%.
  - 87%.
  - 97%.

### Unit 3

- 11. In 2005, WHO projected that there were 1.6 billion overweight adults (aged 15+). Of the children under 5, how many were overweight? At least:**
- 5 million.
  - 10 million.
  - 15 million.
  - 20 million.
  - 25 million.

### Unit 4

- 16. Which of the following items about physical activity is INCORRECT? It:**
- Increases fat-free mass.
  - Improves cardiovascular fitness.
  - Maintains weight loss.
  - Compared to dieting, it promotes a more negative behaviour.
  - Prevents chronic disease.

**17. Recent studies on step-counts in children 6- 12 years old, showed there is a minimum step count beyond which there is a lower chance of being overweight. What is this threshold?**

- (A) 15,000 steps for both girls and boys.
- (B) 15,000 steps for girls and 12,000 steps for boys.
- (C) 12,000 steps for girls and 15,000 steps for boys.
- (D) 12,000 steps for both girls and boys.
- (E) None of the above.

**18. An obese youth wishes to embark on an exercise programme, which of the following will be the best choice as the type of exercise to undertake?**

- (A) Resistance exercise using elastic bands, dumbbells or medicine balls.
- (B) Running exercise.
- (C) Skipping.
- (D) Plyometric exercises i.e. repetitive jumping or bouncing activities.
- (E) None of the above.

**19. Lifestyle activities are a good starting point to reduce weight for obese youths who are inactive. Which of the following is LEAST useful?**

- (A) Walking to and from school.
- (B) Perform household chores.
- (C) Cycling to and from school.
- (D) Taking the stairs instead of lift or elevator daily.
- (E) Feeding the cat or the parrot.

**20. The Borg scale can be used to rate intensity of exercise. Low to moderate activity corresponds to which of the following rating on this scale?**

- (A) 6 to 7.
- (B) 9 to 13.
- (C) 14 to 16.
- (D) 17 to 18.
- (E) 19 to 20.

**21. The common consensus for physical activity guidelines to combat childhood obesity is a participation of X minutes or more of moderate to vigorous physical activities each day. What is X?**

- (A) 15.
- (B) 30.
- (C) 45.
- (D) 60.
- (E) 75.

**22. Which of the following statements about aerobic exercise for obese youths is INCORRECT?**

- (A) Examples of low impact aerobic exercises are walking and cycling.
- (B) Examples of high impact exercises are dancing and running.
- (C) Progressive introduction of strenuous activities is recommended.
- (D) Low to moderate intensity aerobic exercise for beginners is generally well tolerated.
- (E) Exercise intensity can be monitored using the 'talk test'.

**Unit 5**

**23. Protein rich foods can be satiating and therefore useful for short term weight loss if their energy level is low. Which of the following food items will be the LEAST suitable in this context?**

- (A) Skinless chicken breast.
- (B) Fish.
- (C) Full cream milk.
- (D) Egg white.
- (E) Tofu.

**24. In Singapore, by law, every packaged food must have a label. Which of the following information need NOT be included in the label?**

- (A) Date marking.
- (B) Ingredient list.
- (C) Nutrition information.
- (D) Manufacturer's details.
- (E) All of the above must be included.

**25. Which of the following is CORRECT for one serving of food in The Healthy Diet Pyramid?**

- (A) Half a palm size skinless poultry.
- (B) Half a small apple.
- (C) 100g raw leafy vegetables.
- (D) 2 slices bread.
- (E) One-quarter bowl noodles, spaghetti or beehoon.

**26. Of the 5 to 7 servings of rice and alternatives for school children and adolescents, how many of these should comprise whole-grain foods?**

- (A) 1-2 servings.
- (B) 2-3 servings.
- (C) 3-4 servings.
- (D) 4-5 servings.
- (E) As much whole grain as possible.

27. For a child who is 7 to 12 months old, what is the recommended limit of sugar in teaspoonfuls?
- (A) 3.
  - (B) 5.
  - (C) 7.
  - (D) 9.
  - (E) 11.
28. For children aged 2 years and older, which one of the following recommendations on fat intake is **CORRECT**?
- (A) Dietary fat should be limited to 20% of total energy.
  - (B) Less than 15% of total energy should come from saturated fat.
  - (C) Less than 1% of total calories should come from trans fat.
  - (D) Up to 5% from polysaturated fat.
  - (E) Up to 5% from monosaturated fat.
29. With regards to salt intake for children aged 1-6 years old, what is the amount of sodium that could be consumed per day? **Not more than:**
- (A) 200 mg.
  - (B) 400 mg.
  - (C) 600 mg.
  - (D) 800 mg.
  - (E) 1000 mg.
30. Which one of the following food facts is **CORRECT**?
- (A) All vegetable oils are the same.
  - (B) Reduced-sugar products are lower in calories.
  - (C) The total amount of trans fat and saturated fat in soft margarine is half that in butter.
  - (D) Fruit and vegetable juices are effective substitutes for fresh fruit and vegetables.
  - (E) A food item with no added sugar means it is sugar free.