Import Settings:

Base Settings: Brownstone Default

Information Field: Complexity

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Information Field: Subject

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Highest Answer Letter: E

Multiple Keywords in Same Paragraph: No

NAS ISBN13: 9781284348262, add to Ahead, Title tags

# Chapter: Chapter 02 - eBook Quiz

Multiple Choice

1. In the 1960s, the incidence of malnutrition was not noticed because little or no attention was given to nutritional health. The acronym for one of the surveys for monitoring nutritional health is NHANES, which stands for:

A) National Health Americans Nutrition Examination Survey.

B) National Help Americans Not Eat Stupidly.

C) National Health and Nutrition Examination Study.

D) National Health and Nutrition Examination Survey.

Ans: D

### Ahead Nutrition Assessment in the United States

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

2. After Mary collected and analyzed the dietary intake of her clients, she compared the results using:

A) Recommended Dietary Allowances.

B) MyPlate.

C) Dietary Guidelines for Americans.

D) All of these are correct.

E) None of these is correct.

Ans: D

### Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

3. Kelly has been trying to lose weight recently since she found out that her BMI is 32.4. Measurements such as this, also known as anthropometric measurements, are concerned with:

A) biochemical indices.

B) bodily measurements.

C) clinical observations.

D) dietary intake.

Ans: B

### Ahead: Anthropometric Measurements and Body Composition

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

4. Larry is a dietitian at the local community health clinic, and one of his responsibilities is to conduct nutrition assessments of the clients. Which one of the following is not considered a technique used in conducting a nutrition assessment?

A) Anthropometric measures

B) Biochemical analysis

C) Note taking

D) Physical examination

Ans: C

### Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

5. An outpatient dietitian such as Debbie counsels clients after they have left the hospital. If Debbie wants to obtain her clients’ food intake patterns, she may use all of the following tools *except*:

A) 24-hour recall.

B) food frequency questionnaire.

C) usual intake record.

D) food record.

Ans: C

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

6. Which of the following would the nutritionist use if quantified intake was very important?

A) Food frequency questionnaire

B) Food record

C) 24-hour recall

D) Usual intake record.

E) Food record and 24-hour recall

Ans: E

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

7. Mary is a nutritionist who was recently hired to address the nutritional needs of the community. Her first action was to conduct a community needs assessment. This needs assessment will allow her to:

A) give the community a voice in determining policy, goals, and priorities.

B) determine how the community would prioritize the nutrition issues.

C) evaluate current programs and policies and available resources.

D) collect information about community attitudes and opinions regarding specific nutrition issues.

E) All of these are correct.

Ans: E

### Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

8. Which technique(s) could Mary use to properly assess the needs of the community?

A) Existing data approach

B) Key informant approach

C) Focus group interview approach

D) Community forum

E) All of these are correct.

Ans: E

### Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

9. A nutritionist screening individuals who are at risk for poor nutritional status, such as low hemoglobin levels, will yield:

A) a high sensitivity rate.

B) a high negative rate.

C) a high specificity rate.

D) All of these are correct.

Ans: A

### Ahead: Sensitivity and Specificity

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

10. What are the ABCDs of nutrition assessment?

A) Anthropometrics, Biomedical tests, Clinical tests, and Diet history

B) Anthropometrics, Biochemical tests, Clinical tests, and Diet history

C) Anthropometrics, Biochemical tests, Clinical observations, Dietary intake

D) Assessment, Biochemical tests, Clinical observations, Dietary intake

Ans: C

Ahead: Different Methods and Tools for Assessing Nutrition Status

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

11. By conducting community needs assessments, a dietitian allows community groups to:

A) collect information about community attitudes and opinions regarding specific nutrition, health, and other issues.

B) determine how the communities would prioritize the issues.

C) provide the community the opportunity to determine policy, goals, methods, and procedures for solving problems.

D) evaluate current programs and policies and available resources.

E) All of these are correct.

Ans: E

Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

12. The preferred method to be used for those individuals who cannot stand is:

A) knee-height.

B) stature.

C) height.

D) arm span.

E) All of these are correct.

Ans: A

Ahead: Methods of Performing a Community Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

13. A community nutritionist conducting a needs assessment may use the nine-step framework such as:

A) decide when to conduct the needs assessment, set up a committee that will motivate community members to become involved in the needs assessment, and then develop a plan of action.

B) start with listing important issues or needs of the community. Determine the information that needs to be collected after reviewing available information.

C) determine the target population to be surveyed and how the data will be collected.

D) determine the availability of existing data that must be collected, or information gathered using a survey. Determine the cost estimates and the time frame.

E) All of these are correct.

Ans: E

Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

14. Marcellinus, a nutritionist, was asked to list at least three factors that may influence the nutrition status of individuals or populations that he serves. These factors may include:

A) income and ethnicity.

B) religion and household composition.

C) education and employment status.

D) All of these are correct.

Ans: D

Ahead: Nutrition Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

15. In the Delta Nutrition Intervention Research Initiative, several strategies were utilized to assess rural communities regarding nutrition and health problems. What were the most important findings?

A) High prevalence of teen pregnancy

B) High prevalence of heart disease

C) High prevalence of hypertension

D) Unwillingness to change

E) All of these are correct.

Ans: E

Ahead: The Delta Nutrition Intervention Research Initiative

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

16. The National Center for Health Statistics percentiles for physical growth charts are standard for evaluating the physical growth of males and females from:

A) birth–20 years.

B) 2–20 years.

C) 2–18 years.

D) All of these are correct.

E) None of these is correct.

Ans: A

Ahead: Growth Charts

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

17. The MyPlate food guide is a tool that Heather, a dietitian, likes to use with her clients. How is MyPlate helpful for nutrition professionals?

A) Helps market fruits and vegetables

B) Allows the dietitian to categorize foods into different groups to determine the number

of servings or amounts the respondents ate

C) Encourages school-age children to increase their carbohydrate intake

D) All of these are correct.

Ans: B

Ahead: Comparison to Dietary Standards

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

18. A dietitian collecting detailed information from her clients about the dietary makeup of meals, plus other risk factors such as the economic status, could use which method?

A) Food frequency questionnaire

B) Diet history

C) A 24-hour recall

D) None of these is correct.

Ans: B

Ahead: Nutrition Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

19. John is a dietitian at the local community health clinic, and one of his responsibilities is to conduct nutrition assessments of the clients. Which one of the following is *not* considered a technique used in conducting a nutrition assessment?

A) Anthropometric measures

B) Focus group

C) Note taking

D) Key informant

Ans: C

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

20. After Mary collected and analyzed the dietary intake of her clients, she compared the results using:

A) Recommended Dietary Allowances.

B) MyPlate.

C) Dietary Guidelines for Americans.

D) All of these are correct.

E) None of these is correct.

Ans: D

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

21. Kelly has been trying to lose weight recently since she found out that her BMI is 32.4. Measurements such as this, also known as anthropometric measurements, are concerned with:

A) biochemical indices.

B) bodily measurements.

C) clinical observations.

D) dietary intake.

Ans: B

Ahead: Anthropometric Measurements and Body Composition

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

22. Which of the following the preferred method to be used for those individuals who cannot stand?

A) Knee-height

B) Stature

C) Height

D) Arm span

E) All of these are correct.

Ans: A

Ahead: Methods of Performing a Community Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

23. Which of the following describes how a community nutritionist conducting a needs assessment may use the nine-step framework?

A) Decide when to conduct the needs assessment, set up a committee that will motivate community members to become involved in the needs assessment, and then develop a plan of action.

B) Start with listing important issues or needs of the community and then determine the information that needs to be collected after reviewing available information.

C) Determine the target population to be surveyed and how the data will be collected.

D) Determine the availability of existing data that must be collected or information gathered using a survey then determine the cost estimates and the time frame.

E) All of these are correct.

Ans: E

Ahead: Community Needs Assessment

Subject: Chapter 2

Complexity: Difficult

Title: Nutrition Screening and Assessment

24. Doris, an outpatient dietitian, counsels a young mother 6 months after she left the hospital. If Doris wants to evaluate the infant’s physical growth, she may use which of the following?

A) 24-hour recall

B) NCHS growth chart

C) Usual intake record

Ans: B

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

25. A community nutritionist needs to collect data on food intake from clients. She could use the following to obtain an estimate of typical food intakes *except*:

A) food diary.

B) food frequency questionnaire.

C) 24-hour recall.

D) usual intake record.

Ans: D

Ahead: Nutritional Needs Assessment

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

**True/False**

1. The purpose of a broad community nutrition assessment is not to reveal the important nutrition-related needs in the community together with finding opportunities for interception.

Ans: False

Ahead: The Purpose of Community Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

2. Nutrition assessment is a constant and evolving process.

Ans: True

Ahead: Nutrition Needs Assessment

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

3. Nikki has been trying to lose weight recently since she found out that her BMI is 34.4. The BMI is an index calculated by a ratio of height to weight that is used as a measure of obesity.

Ans: True

Ahead: Anthropometric Measurements and Body Composition

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

4. Between 1968 and 1970, the National Center for Health Statistics conducted the Ten State Survey.

Ans: True

Ahead: Nutrition Assessment in the United States

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

5. A nutritionist could measure body fluids such as blood, urine, or feces as part of a physical examination test.

Ans: False

Ahead: Biochemical Tests and Data

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

6. A nutritionist conducting physical examinations of individuals should evaluate hair, fingernails, skin color, lips, and eyes.

Ans: True

Ahead: Clinical Observations and Physical Examinations

Subject: Chapter 2

Complexity: Moderate

Title: Nutrition Screening and Assessment

7. The relationship between eating behaviors and chronic diseases is significant and impacts individuals and communities greatly.

Ans: True

Ahead: The Relationship Between Eating Behaviors and Chronic Diseases

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment

8. There have been concerns about the eating patterns of the U.S. population since the 1980s.

Ans: True

Ahead: The Relationship Between Eating Behaviors and Chronic Diseases

Subject: Chapter 2

Complexity: Easy

Title: Nutrition Screening and Assessment