

Continuing Education

Obesity and Weight Loss

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- 1. What four states were reported to have the highest rates of obesity in the U.S. in 2015?**
 - a) Alabama, Louisiana, Mississippi, West Virginia
 - b) Georgia, Alabama, Louisiana, Mississippi
 - c) New York, California, West Virginia, Illinois
 - d) Pennsylvania, Louisiana, Texas, Ohio
 - 2. What is an appropriate definition for overweight and obese?**
 - a) Weight in kilograms divided by height in meters squared
 - b) Abnormal or excessive fat accumulation that may impair health
 - c) Circumference between the last rib and the top of the iliac crest in inches or centimeters
 - d) Waist circumference divided by hip circumference
 - 3. What is the recommended sex-specific cut-off points of Waist-Hip-Ratio (WHR) for substantially increased risk of metabolic complications?**
 - a) >37 inches (94 cm) for men and >31.5 inches (80 cm) for women
 - b) >40 inches (102 cm) for men and >34.6 inches (88 cm) for women
 - c) >0.85 for men and 0.90 for women
 - d) ≥ 0.90 for men and ≥ 0.85 for women
 - 4. Which is considered a congenital risk factor of obesity?**
 - a) Gene mutations
 - b) Family lifestyle
 - c) Lack of sleep
 - d) Age
 - 5. A comprehensive lifestyle intervention program must include a healthy diet, adequate physical activity, and behavioral modifications in order to accomplish meaningful weight loss goals.**
 - a) True
 - b) False
 - 6. According to the current guidelines, what caloric deficit is recommended to result in consistent weight loss?**
 - a) 250-300 kcal/day
 - b) 100-250 kcal/day
 - c) 800-1000 kcal/day
 - d) 500-750 kcal/day
 - 7. Which of the following is NOT used off-label to treat obesity?**
 - a) Fluoxetine
 - b) Zonisamide
 - c) Omeprazole
 - d) Metformin
 - 8. Which of the following is legally able to write a prescription for a Controlled weight loss medication (except for Belviq and Qysmia)?**
 - a) Nurse Practitioner
 - b) Doctor of Osteopathy
 - c) Physician Assistant
 - d) Veterinarian
 - 9. Which of the following medication schedules cannot be used for weight loss?**
 - a) II
 - b) III
 - c) IV
 - d) VI
 - 10. Which of the following is FDA-approved for weight loss and is also available, at a lower strength, over-the-counter?**
 - a) Orlistat
 - b) Qsymia
 - c) Contrave
 - d) Adipex-P
 - 11. Which of the following is NOT a common ADR of the currently available FDA-approved prescription weight loss medications?**
 - a) Constipation
 - b) Euphoria
 - c) Nasopharyngitis
 - d) Dry Mouth
-

12. Which of the following is NOT a suggested mechanism of action of herbal products used for weight loss?

- a) Increased urination
- b) Blocks carbohydrate absorption
- c) Alters fat metabolism
- d) Lysis of fat cells

13. Which of the following is a free state-wide program geared toward helping Alabamians reach their health goals?

- a) Tipping the Scales Alabama
- b) Real Appeal
- c) Yellow Hammer Runner
- d) Scale Back Alabama

14. Which of the following is NOT a counseling point for Orlistat (Xenical)?

- a) Take with a high fat meal
 - b) Take multivitamin 2 hours before or after drug
 - c) May cause oily soiling
 - d) Take with nutritional meals
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4.	A	B	C	D
5.	A	B		
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
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10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D
14.	A	B	C	D

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