

1. \_\_\_\_ is used to screen and diagnose obesity.
    - a. Ideal vs Actual Body Weight
    - b. Waist circumference
    - c. Body mass index (BMI)
    - d. Percentage of body fat
  2. The World Health Organization (WHO) defines obesity as a BMI greater than or equal to \_\_\_\_?
    - a. 25 kg/m<sup>2</sup>
    - b. 30 kg/m<sup>2</sup>
    - c. 35 kg/m<sup>2</sup>
    - d. 40 kg/m<sup>2</sup>
  3. In 2008, obesity related medical costs were approximately \_\_\_\_\_.
    - a. \$147 million
    - b. \$529 million
    - c. \$147 billion
    - d. \$529 billion
  4. The state of Alabama has the \_\_\_\_ highest adult obesity rate in the nation, measuring at 35.7%.
    - a. First
    - b. Third
    - c. Fifth
    - d. Tenth
  5. Evidence indicates that \_\_\_\_ can induce sustained reductions in weight, improve comorbidities, and prolong survival in severely obese individuals.
    - a. Reducing caloric intake by 500-1,000 calories per day over a 6 month period
    - b. Engaging in moderate exercise 3 to 4 times per week
    - c. Anti-obesity medications
    - d. Bariatric surgery
  6. Which bariatric surgery is considered the gold standard?
    - a. Sleeve Gastrectomy
    - b. Laparoscopic Adjustable Gastric Band
    - c. Biliopancreatic Diversion with Duodenal Switch
    - d. Gastric Bypass
  7. Laparoscopic Gastric Band Surgery is considered a malabsorptive procedure.
    - a. True
    - b. False
  8. What are the two most commonly performed bariatric surgeries in the United States?
    - a. Gastric Bypass and Laparoscopic Adjustable Gastric Band
    - b. Sleeve Gastrectomy and Gastric Bypass
    - c. Biliopancreatic Diversion with Duodenal Switch and Gastric Bypass
    - d. Laparoscopic Adjustable Gastric Band and Sleeve Gastrectomy
  9. \_\_\_\_ has been shown to have a greater reduction in weight within the first year after the procedure as compared to gastric bypass, but it is associated with more perioperative complications.
    - a. Sleeve Gastrectomy
    - b. Laparoscopic Adjustable Gastric Band
    - c. Biliopancreatic Diversion with Duodenal Switch
  10. Which bariatric surgery has the disadvantage of being a non-reversible procedure?
    - a. Gastric Bypass
    - b. Sleeve Gastrectomy
    - c. Laparoscopic Adjustable Gastric Band
    - d. Biliopancreatic Diversion with Duodenal Switch
  11. Which of the following micronutrients does not require supplementation following bariatric surgery?
    - a. Vitamin A
    - b. Vitamin B complexes
    - c. Vitamin C
    - d. Vitamin D
  12. At what point can patients expect to see maximal excess weight loss following the procedure?
    - a. Within 30 days
    - b. 3 to 6 months
    - c. 12 to 18 months
    - d. We cannot confidently provide a timeframe
  13. What goal is set for daily dietary protein requirements in post-surgical patients?
    - a. 20 – 40 grams
    - b. 40 – 60 grams
    - c. 60 – 80 grams
    - d. 80 – 100 grams
-

**Participant Information:**

AL License # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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MM/DD (month/day of birth) \_\_\_\_\_

How long did it take you to read the article and complete this test?

\_\_\_\_\_ hours \_\_\_\_\_ minutes

My signature certifies that I have independently taken this CE examination.

\_\_\_\_\_

**CE Assessment Answers**

Please circle your answers (one answer per question)

1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B		
8.	A	B	C	D
9.	A	B	C	
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D
13.	A	B	C	D

**Program Evaluation – Must be completed for credit.**

Please rate the following items on a scale from 1 (poor) to 4 (excellent).

1. Overall quality of the article    1        2        3        4

2. Relevance to pharmacy practice    1        2        3        4

3. Value of the content    1        2        3        4

*Please answer each question, marking whether you agree or disagree.*

4. This course met the learning objectives.     Agree     Disagree

5. The article did not promote a particular product or company.     Yes     No

**Impact of the Activity**

The information presented (check all that apply):

6.  Reinforced my current practice/treatment habits     Will improve my practice/patient outcomes

Provided new ideas or information I expect to use     Adds to my knowledge

7. Will the information presented cause you to make any changes in how you do your job?     Yes     No

8. How committed are you to making these changes?

(Not committed) 1    2    3    4 (Very committed).

9. Do you feel future activities on this subject matter are necessary and/or important?     Yes     No

**Follow-Up**

As part of our ongoing quality-improvement effort, we would like to be able to contact you in the event we conduct a follow-up survey to assess the impact of our educational interventions on professional practice. Are you willing to participate in such a survey?

Yes     No



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