

Childhood Obesity

- CEU Program Quiz -

(Complete the quiz. Fill in the form at end of quiz with Payment Information.)

Name: _____

Credential #: _____

Date Completed: _____

- 1) According to the CDC what percentage of Children in the US are either Overweight or Obese?**
 - a) Less than 20%
 - b) More than 1/3
 - c) More than 50%
 - d) Less than 1/4

- 2) According to the article – 20-30% of the population has an arch that never develops either unilaterally or bilaterally:**
 - a) True
 - b) False

- 3) Blounts Disease is a disorder of which Bone?**
 - a) Tibia
 - b) Fibula
 - c) Calcaneus
 - d) Femur

- 4) Children with Flat Feet can suffer from?**
 - a) Early Fatigue
 - b) Clumsiness
 - c) Loss of interest in physical activity
 - d) All of the above

- 5) Misalignment of joints can cause bigger issues than just pain in Obese Children:**
 - a) True
 - b) False

- 6) **According to the article – Orthotics may help re-structure a flat foot until age?**
- a) 3
 - b) 9
 - c) 13
 - d) 18
- 7) **It is best to address Childhood obesity after the child has stopped growing:**
- a) True
 - b) False
- 8) **Who should be part of an Obese Childs Support Team?**
- a) Pediatrician
 - b) Podiatrist
 - c) Parents
 - d) Pedorthist
 - e) All of the above
- 9) **Childhood Obesity can cause many of the same disorders as Adult Obesity:**
- a) True
 - b) False
- 10) **Healthy Eating; Less Screen Time; More Physical Activity; and a good night's sleep are some recommended ways to achieve and maintain a healthy weight?**
- a) True
 - b) False

*-end of "Childhood Obesity" Quiz
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