### ACTIVITY 74
You can obtain 3 CEUs for reading the article: "FOOD AND BEVERAGE MARKETING TO CHILDREN IN SOUTH AFRICA: MAPPING THE TERRAIN" and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2010/00007

**PLEASE ANSWER ALL THE QUESTIONS (True or False)**

1. The "precautionary principle" suggests that empirical evidence should be used to inform the measures selected to protect children.
   - True
   - False

2. World Health Organization statistics indicate that 155 million children globally are overweight or obese.
   - True
   - False

3. Researchers in the field often use exposure to media as a proxy for the exposure to marketing communications.
   - True
   - False

4. With regard to advertising, the most exposed group of children are between the ages of 8 and 12, who see on average 21 food advertisements per day on television.
   - True
   - False

5. In general terms, there is no effect of exposure to advertising on the diets and diet-related behaviour of children.
   - True
   - False

6. South African studies show low levels of exposure to food advertising to children.
   - True
   - False

7. In 2007, about 10% of South Africa's total advertising expenditure was for food and beverage products.
   - True
   - False

8. The regulation of food marketing to children is the last resort policy option for the protection of children.
   - True
   - False

9. Most regulations on food marketing to children in recent years have been developed by the communications industry.
   - True
   - False

10. South Africa has statutory regulations on food marketing and advertising to children.
    - True
    - False

11. South Africa's government has taken the lead in developing policy interventions on food marketing to children.
    - True
    - False

12. South African policy makers need to work in collaborative relationships with industry and media to ensure that food marketing is geared towards the health and well-being of children, and the youth in general.
    - True
    - False

### ACTIVITY 75
You can obtain 3 CEUs for reading the article: "NUTRITIONAL STATUS OF HIV-INFECTED ADULTS ON ANTIRETROVIRAL THERAPY AND THE IMPACT OF NUTRITIONAL SUPPLEMENTATION IN THE NORTHERN CAPE PROVINCE" and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2010/00007

**PLEASE ANSWER ALL THE QUESTIONS (True or False)**

1. The National Food Consumption Survey showed that the Northern Cape was the province with the highest incidence of stunting and malnutrition amongst children, and the second highest incidence of underweight among women.
   - True
   - False

2. According to a meta-analysis by Rosen et al.,* between 9.6% and 20% of patients were lost to follow-up or died at six ARV roll-out sites in South Africa where patients were monitored for at least one year.
   - True
   - False

3. Dietary counselling and provision of an optimal diet is important in the management of HIV-infected patients, but it is generally not a feasible solution in developing countries.
   - True
   - False

4. The number of new patients admitted at the ARV sites in the study was much lower than expected, because of the large number of vacant dietetics posts.
   - True
   - False

5. In this study, a loss of 10% or more was regarded as significant weight loss, and weight gain of 10% or more of body weight measured at baseline was regarded as significant weight gain.
   - True
   - False

6. More than a quarter of participants had a baseline BMI of lower than 18.5 kg/m².
   - True
   - False

7. No significant association was observed between baseline BMI and whether or not nutritional problems (such as constipation, diarrhoea and nausea) were experienced.
   - True
   - False

8. In Kuruman, almost 70% of patients experienced unintentional weight loss prior to the study.
   - True
   - False

9. More than 20% of patients lost more than 10% of their baseline weight, which was also classified as significant weight loss.
   - True
   - False

10. The nutritional status of the malnourished group seemed to benefit more from inclusion in the ARV programme with supplementation than those with normal weight.
    - True
    - False

11. Nutritional support was initially withheld from one group of patients in order to have a comparative control group to determine the impact of initiating ARVs alone on weight changes.
    - True
    - False

12. Sufficient funding for sustainable supplementation and more aggressive supplementation are recommended to increase the success rate in terms of weight gain.
    - True
    - False

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**HOW TO EARN YOUR CEUs**

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2. Read the article and answer all the questions.
3. Only ONE answer sheet may be submitted per article.
4. Indicate your answers to the questions by coloring the appropriate block on this answer sheet. This CPD questionnaire can now be completed online at www.sajcn.co.za. Click on "CPD" on the main page. You are now linked to the ecpds website. Register with the ecpds website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate.
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6. Answer sheets must be submitted no later than March 2011. Answer sheets received after this date will not be processed.
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