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ACTIVITY 189

1. What are the primary causes of the obesity epidemic in South Africa as mentioned in the manuscript?
 - a. Energy-dense foods consumption and sedentary lifestyle.
 - b. Genetic factors alone.
 - c. High levels of physical activity.
2. Why is nutrition knowledge considered important in addressing the overweight/obesity crisis in South Africa?
 - a. It directly cures obesity without lifestyle changes.
 - b. It helps improve eating behaviours and attitudes towards a healthier lifestyle.
 - c. It replaces the need for healthcare professional interventions.
3. What age group was included in the South African Human Development Pulse Survey used in this study?
 - a. Adults aged 18 years and older.
 - b. Children under 18 years.
 - c. Elderly individuals aged 65 years and older.
4. How was the respondent selected within each household during the data collection process?
 - a. First person encountered in the household.
 - b. Automated Kish grid selection.
 - c. Volunteer basis.
5. What measure was used as an indicator of socioeconomic status (SES) in this study?
 - a. Monthly income reported by respondents.
 - b. Household asset score based on a tally of all major operational amenities.
 - c. Level of education attained.
6. What percentage of the total sample reported being told by a healthcare professional (HCP) that they were overweight or obese?
 - a. 3.2%
 - b. 15.7%
 - c. 68%
7. Which group reported the highest proportion of respondents being told by an HCP that they were overweight/obese?
 - a. Males
 - b. Females
 - c. Students
8. According to Figure 2, which group of respondents was most likely to indicate that "none of the suggestions made" were responsible for reducing the number of overweight/obese people in South Africa?
 - a. Respondents with high dietary recommendation knowledge (DRK) score.
 - b. Respondents with low dietary recommendation knowledge (DRK) score.
 - c. Respondents who had been told by a healthcare professional they were overweight/obese.
9. How did respondents with low dietary recommendation knowledge (DRK) generally feel about actions to reduce overweight/obesity?
 - a. Neutral to all actions but opposed banning adverts for high-fat foods.
 - b. Strongly in favour of increased taxation on unhealthy foods.
 - c. Strongly opposed all actions including weight management programs.
10. What was the general attitude towards government-implemented interventions such as raising taxes on fatty foods and fizzy drinks?
 - a. Majority opposed
 - b. Majority in favour
 - c. Neutral
11. Based on the results, which intervention to reduce overweight/obesity did the majority of respondents with moderate to high dietary recommendation knowledge scores oppose?
 - a. Implementing more free weight management courses.
 - b. Raising taxes on fatty foods and fizzy drinks.
 - c. Expanding government-operated weight loss programmes.
12. According to the study, what is a significant gap in health communication regarding obesity in South Africa?
 - a. Most adults are informed by healthcare professionals of their overweight/obese status.
 - b. Healthcare professionals frequently provide weight loss counselling to all patients.
 - c. Only a small percentage of adults have been told by healthcare professionals that they are overweight/obese.
13. How did respondents with higher dietary recommendation knowledge (DRK) view responsibility for reducing overweight/obesity in South Africa?
 - a. They believed only the government should be responsible.
 - b. They saw responsibility as both individual and collective, including gyms, healthcare professionals, and individuals themselves.
 - c. They thought no one was responsible for addressing obesity.
14. What was the general attitude of respondents towards government-implemented interventions such as taxation on unhealthy foods and size restrictions?
 - a. Majority were opposed to raising taxes and reducing the size of unhealthy consumables.
 - b. Majority were in favour of raising taxes and size restrictions.
 - c. They were neutral about these interventions.

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15. Which of the following is emphasised as a necessary approach to effectively reduce the overweight/obesity burden in South Africa according to this study?
 - a. Increasing taxes on unhealthy foods and beverages.
 - b. Implementing evidence-based interventions that include nutrition education targeting vulnerable groups.
 - c. Relying solely on healthcare professionals to inform individuals of their weight status.