

CONTINUING PROFESSIONAL EDUCATION

COURSE QUIZ

After watching the webinar and reading the supplemental materials, please answer the following questions by circling the appropriate answer. When you have answered all the questions, download the AH&H CPE Quiz Answer Key to evaluate your answers.

1. Which of the following characteristics best describe the African Heritage Diet?
 - a. Similar in eating pattern to the Mediterranean diet.
 - b. Healthy staple starches such as squash, pumpkin, tubers, root vegetables, and yams are primary foods.
 - c. Meat, poultry, and wild game are eaten modestly and often used as flavorings.
 - d. Meets the nutritional guidelines linked to improved cardiovascular disease, diabetes, and stroke.
 - e. All of the above
2. African Americans are likely to suffer disproportionately from which of the following conditions?
 - a. Obesity
 - b. Asthma
 - c. Prostate cancer
 - d. Diabetes
 - e. A and D
 - f. All of the above
3. Shifts from traditional to modern lifestyle patterns include increases in all of the following EXCEPT:
 - a. Unhealthy types of fats
 - b. Sodium
 - c. Physical activity
 - d. Refined sugar
 - e. All of the above
4. According to the Jackson Heart Study, what food supplies Mississippi Delta residents with most of the dietary fiber they consume:
 - a. White bread
 - b. Collard greens
 - c. Apples
 - d. Grits

5. Which of the following messages are NOT a part of the African Heritage Diet?
 - a. Boost flavors with spices, herbs and salt
 - b. Lower your carbohydrate intake
 - c. Increase healthy one-pot cooking
 - d. Jazz up fruits for dessert
 - e. A and B
 - f. None of the above

6. Approximately ____% of African American adults currently have diabetes?
 - a. 47%
 - b. 23%
 - c. 11%
 - d. 4%

7. What can you do to improve the health of African Americans?
 - a. Share Oldways' African Heritage & Health educational materials and practical tools with patients
 - b. Register to teach *A Taste of African Heritage* nutritional cooking class series to patients or within your community
 - c. Display the African Heritage Diet Pyramid poster in your office
 - d. All of the above

Akan, a 35 year old African immigrant, has been in the United States for 3 years. At a recent doctor visit, he was told he had pre-diabetes. Akan's doctor referred him to you for nutrition counseling. During your nutrition assessment Akan reveals that his diet has changed over the last three years. Prior to coming to the United States, he prepared his families meals. Reluctantly, he admits to eating fast food every day over the past few years.

8. The change in Akan's eating habits is best known as:
 - a. Dietary Devolution
 - b. Nutrition Transition
 - c. Fast Food Fixation
 - d. Ancient Modern Migration

9. What nutrition intervention strategies will you use for Akan?
 - a. Health Through Heritage principle
 - b. Avoid using education materials depicting other ethnic groups
 - c. Find the positives in Akan's eating habits and discuss them with Akan.
 - d. All of the above
 - e. B and C

10. Akan would benefit from:
 - a. *A Taste of African Heritage* Cooking Class
 - b. A return to his traditional way of eating
 - c. A and B
 - d. None of the above