

**Continuing Education Test**  
*Journal for Nutrition Education & Behavior*

**Article Title:** *An Economic Evaluation of the Expanded Food and Nutrition Education Program.*

**Continuing professional education (CPE) article for Registered Dietitians**

1. Cost analysis
  - a. is important because it assesses both program efficiency and effectiveness.
  - b. is important because it estimates the value of inputs or resources that society could have employed elsewhere.
  - c. is a first step in cost-benefit analysis but has no other use.
  - d. includes program dollars expended but not participant costs incurred for program participation.
  
2. Quality-adjusted life years (QALYs)
  - a. assume that extending life in poor health is not equivalent to extending life in perfect health.
  - b. are based on data from published studies in which individuals' preferences for a particular health state have been assessed
  - c. are used in cost-effectiveness analysis
  - d. all of the above
  
3. The cost-effectiveness analysis in this study
  - a. estimated the impact of change in nutrition behavior resulting from EFNEP on quality of life expectancy.
  - b. asked each EFNEP participant about her personal preferences for a particular health state.
  - c. is a new method that has not been used before.
  - d. estimated the impact of nutrition behavior change on dollars saved by EFNEP.
  
4. The following is true regarding the cost-benefit analyses in this study:
  - a. The cost-benefit analyses monetized health benefits resulting from EFNEP and compared these to program costs.
  - b. The cost-effectiveness analysis was monetized by measuring actual QALYs saved and asking EFNEP participants what they were willing to pay for each QALY saved.
  - c. Estimated benefits included only decreased health care costs.
  - d. The standard governmental approach to cost-benefit analysis resulted in a higher cost savings for EFNEP than taking a broader societal perspective.
  
5. The societal approach used for the primary cost-benefit analyses in this study meant that
  - a. The investment was not considered worthwhile because the intervention cost more than the actual savings in health care costs.
  - b. Cost to participants of being a part of the program, such as expenditure of time they could have been using to earn money, was not included.
  - c. Value was placed on health improvements based on what society is reportedly willing to pay for extension of life years that are adjusted for quality of life.
  - d. Quality adjusted life years were used but not program cost in dollars.

6. Osteoporosis was a special case in estimating benefits from EFNEP because
  - a. Dietary calcium is the primary factor influencing an individual's bone density
  - b. Sensitivity analyses were incorporated because of the lack of agreement about the influence of physical fitness and genetics on bone density
  - c. Good data exist regarding lifetime risk of osteoporosis
  - d. No effect of the program on osteoporosis could be estimated
  
7. The economic analyses of EFNEP support the conclusion that
  - a. resources devoted to this program are not in a highly valued use
  - b. the program is ineffective because it costs more than the resulting health benefits are worth
  - c. even the lower results of the governmental approach to cost-benefit analysis are acceptable because all benefits were not able to be captured
  - d. the cost-effectiveness analysis, using the cost of one QALY saved, indicated that the program is much less effective than other current health interventions
  
8. Economic analyses provide a form of evaluation that is useful in federally funded programs for
  - a. Justification of funding and funding decisions
  - b. Program management decisions
  - c. Marketing
  - d. All of the above
  
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