Continuing Education Test
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Calcium and Dairy Intake: Longitudinal Trends during the Transition to Young Adulthood and Correlates of Calcium Intake

1. What is the Adequate Intake level for youth in *middle adolescence*?
   a. 500 mg/day
   b. 800 mg/day
   c. 1000 mg/day
   d. 1300 mg/day

2. What is the Adequate Intake level for youth in *young adulthood*?
   a. 500 mg/day
   b. 800 mg/day
   c. 1000 mg/day
   d. 1300 mg/day

3. On average, in the study sample, how did intakes of *calcium* change during the transition from middle adolescence to young adulthood?
   a. Females and males reduced their daily intake
   b. Females reduced their daily intake and males increased their daily intake
   c. Females increased their daily intake and males reduced their daily intake
   d. Females and males increased their daily intake

4. On average, in the study sample, how did intakes of *dairy products* change during the transition from middle adolescence to young adulthood?
   a. Females and males reduced their daily intake
   b. Females reduced their daily intake and males increased their daily intake
   c. Females increased their daily intake and males reduced their daily intake
   d. Females and males increased their daily intake

5. Approximately what percentage of *females* in the study sample had calcium intakes lower than the Adequate Intake level?
   a. 10% in middle adolescence, 60% in young adulthood
   b. 50% in middle adolescence, 60% in young adulthood
   c. 70% in middle adolescence, 10% in young adulthood
   d. 70% in middle adolescence, 70% in young adulthood

6. Approximately what percentage of *males* in the study sample had calcium intakes lower than the Adequate Intake level?
   a. 20% in middle adolescence, 80% in young adulthood
   b. 50% in middle adolescence, 50% in young adulthood
   c. 70% in middle adolescence, 10% in young adulthood
   d. 20% in middle adolescence, 30% in young adulthood

7. What baseline factor was associated with *increases in* calcium intake among *both females and males* in the study sample?
   a. Self-efficacy for healthful eating
   b. Breakfast frequency
   c. Mealtime milk availability
   d. Family meal frequency

8. What baseline factors were associated with *higher* follow-up calcium intake among *females* in the study sample?
   a. Breakfast frequency and peer support for healthful eating
   b. Time spent watching television and fast-food frequency
   c. Perceived barriers to healthful eating and snack frequency
   d. Concern about health and self-efficacy for healthful eating

9. What baseline factors were associated with *higher* follow-up calcium intake among *males* in the study sample?
   a. Taste preference for milk and peer support for healthful eating
   b. Lactose intolerance and perceived barriers to healthful eating
   c. Time spent watching television and soft drink intake
   d. Family meal frequency and frequency of snacking

10. Approximately what percentage of total variance in calcium intake was explained by the sociodemographic, personal, behavioral, and socioenvironmental factors examined in this study?
    a. 50% in females, 20% in males
    b. 20% in females, 40% in males
    c. 30% in females, 30% in males
    d. 50% in females, 50% in males

11. Please indicate how you can use the information presented in this study in your own practice.

12. Please indicate your satisfaction with the process of using this JNEB article for continuing education.
    a. Extremely satisfied
    b. Satisfied
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    d. Extremely satisfied

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