

Maternal Behavior and Infant Weight Gain in the First Year

1. The present report makes a case for studying the risk of overweight during infancy. Which of the following groups currently appear to be most at risk for early overweight, as based on prevalence as well as recent increase?
 - a. Asian-American infants
 - b. Hispanic-American infants
 - c. Non-Hispanic black infants
 - d. Non-Hispanic white infants

2. Which of the following is not mentioned in the literature review as a factor in the risk for childhood obesity?
 - a. Formula feeding exclusively
 - b. Low-income status
 - c. Multiparous birth
 - d. Minority status

3. Maternal feeding attitudes were measured in this investigation in order to determine:
 - a. the mothers' inclination to push feeding irrespective of infant hunger
 - b. the mothers' reasons for choosing to formula feed
 - c. when the mothers would be likely to introduce solid foods
 - d. the mothers' understanding of food safety issues with jarred baby foods

4. The NCAST Feeding Scales were used in this investigation for the purpose of :
 - a. measuring infant energy intake
 - b. comparing breastfeeding mothers to formula feeding mothers
 - c. measuring maternal sensitivity to infant cues
 - d. quantifying the time spent in feeding versus quieting the infants

5. The sample for this study was comprised entirely of minority mother-infant dyads. Which group was most represented?
 - a. African-American mothers and infants
 - b. Mexican-born mothers and infants
 - c. Asian (eastern Indian) mothers and infants
 - d. Puerto Rican mothers and infants

6. The sample for this study was characterized as low-income. How was this determined?
 - a. The mothers were asked to report their family income
 - b. The mothers furnished the investigators with a recent pay stub
 - c. The mothers were recruited at WIC and presumed to be low-income

- d. The mothers responded to a recruitment flyer which stated that the participants should be low-income.
7. What percentage of the infant sample appeared to be at or above the 85th percentile of weight-for-length for age and sex when they reached 12 months?
- a. 15%
 - b. 20%
 - c. 30%
 - d. 40%
8. The results of this study indicated that two factors were the primary predictors of infant weight gain from 6–12 months. Which of the following showed the strongest association with weight gain?
- a. Maternal sensitivity to infant cues
 - b. Maternal BMI before pregnancy
 - c. Maternal feeding attitudes
 - d. Number of feeds per day
9. Based on their results, which type of intervention do the authors recommend with mothers regarding the issues of feeding that they identified?
- a. Counseling by a psychoanalytically trained therapist during the first month following birth
 - b. Meeting with a lactation consultant immediately following birth
 - c. Nutrition education during the weeks preceding birth
 - d. Peer support during the first three months from a mother whose toddler is of normal weight
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