

Continuing Education Test
Journal of Nutrition Education and Behavior

Article title: Use of a Weight-Loss Index for Evaluating Weight Management in Adults

With the exception of the last questions, the following items are multiple choice. Select the best response to each question.

- 1) The traditional method for evaluating weight loss success, by comparing BMI at two points in time, is inadequate because it ...
 - a. is a qualitative and not a quantitative assessment
 - b. does not account for fluctuations in weight throughout the weight loss period
 - c. allows for missing data points when evaluating the weight loss attempt
 - d. describes a curvilinear event with a non-linear model
- 2) The Weight Loss Index is based on the assumption that
 - a. even though weight losses are regained, the longer they are maintained the better.
 - b. the meaningful figure in evaluating weight loss success is the net difference between the initial and final weights.
 - c. BMI is an inadequate unit for assessing weight change.
 - d. although most people regain their losses, some do not.
- 3) Using the two-point comparison model for evaluating weight loss success, a person's determined success or failure depends upon...
 - a. the sensitivity of the scale used to measure body weight
 - b. the length of time the person maintains the reduced weight maintenance
 - c. the initial weight of the person measured before the weight loss attempt
 - d. which two points in time are used for comparison
- 4) One fundamental of the WLI method for evaluating weight loss success is that
 - a. the WLI cannot be used to compare weight loss attempts of different individuals
 - b. the WLI cannot be used to compare weight loss attempts of different lengths of time
 - c. the WLI uses integrative techniques to describe a curvilinear event that occurs on a continuum
 - d. the WLI uses the two-point comparison technique repeatedly to evaluate weight loss success over time
- 5) In the reliability study, the WLI was shown to...
 - a. give the same result as the two-point model for evaluation, thus making the WLI just as accurate as the traditional evaluation technique
 - b. give a value significantly less than the two-point comparison model for

- evaluation, thus making it more sensitive to small changes in weight than the traditional evaluation technique
- c. be unreliable, but highly precise
 - d. have an integral for defining success too large to estimate the area under the weight loss curve, thus giving the WLI a reliability coefficient similar to the two-point comparison model
- 6) When a chart review was performed on 50 patients who participated in a clinical weight-loss program, the WLI was able to...
- a. capture and quantify fluctuations in weight that were undetectable to the 2-point-comparison method
 - b. quantify weight loss success just as well as the trained professionals performing a chart review
 - c. quantify highs and lows in the weight loss success of individual patients
 - d. characterize patients as successful or not, depending on whether their net weight loss was significant
- 7) By using the WLI, dietitians will be able to...
- a. compare pre- and post weight loss BMI values better than the two-point comparison model
 - b. compare the weight-loss attempts within an individual, among individuals, and among groups of individuals against the recognized standard reference point, the BMI of 25.0.
 - c. determine which points in time are most critical to the weight loss attempt
 - d. determine if a person will truly maintain a BMI close to 25.0
- 8) By using the WLI, dietitians will be able to...
- a. determine why a person is unsuccessful at reduced body weight maintenance
 - b. understand the behavioral factors that inhibit reduced weight maintenance
 - c. understand why clinicians cannot perform weight loss chart reviews
 - d. account for fluctuations in body weight in spite of different initial body weights, differing target weights, varying time periods of treatment, and missing data points
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