

The purpose of this continuing education series is to increase the pediatric nurse's awareness and understanding about a selection of dietary issues of importance in childhood.

The consequences of overweight and obesity in childhood is a growing concern. Dietary preferences and habits are established early in childhood. An important role for pediatric nurses is educating children and parents about healthy eating. Knowledge of the components of a healthy diet and implications of children and families' attitudes and beliefs help prepare pediatric nurses to provide appropriate guidance to children and their families.

This continuing nursing education series consists of three articles. The first article discusses the risks of and recommendations for trans fat intake in children. The second article describes various evidence-based practices to prevent and treat pediatric overweight with a particular reference to Hispanic youth. The third article presents findings from a study that explored the beliefs of Mexican parents of preschoolers regarding weight and health.

ASSIGNMENT

Bauer, L., & Waldrop, J. (2009). Trans fat intake in children: Risks and recommendations. *Pediatric Nursing, 35*(6), 346-351.
 Centrella-Nigro, A. (2009). Hispanic children and overweight: Causes and interventions. *Pediatric Nursing, 35*(6), 352-356.
 Small, L., Melnyk, B.M., Anderson-Gifford, D., & Hampl, J.S. (2009). Exploring the meaning of excess child weight and health: Shared viewpoints of Mexican parents of preschool children. *Pediatric Nursing, 35*(6), 357-366.

Earn 3.0 Contact Hours

OBJECTIVES

1. Discuss the importance of a healthy diet for children.
2. Describe the effects of trans fat consumption on health.
3. List three recommendations for healthcare professionals for the prevention and treatment of childhood overweight and obesity.
4. Discuss the meaning of overweight and its relationship to health as perceived by Mexican immigrant parents of preschool children.
5. Identify opportunities for pediatric nurses to keep current on children's dietary issues.

This offering for 3.0 contact hours is provided by Anthony J. Jannetti, Inc. Anthony J. Jannetti, Inc is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC-COA).

Anthony J. Jannetti, Inc. is an approved provider of continuing education by the California Board of Registered Nursing, CEP No. 5387.

Articles accepted for publication in the continuing education series are refereed manuscripts that are reviewed in the standard *Pediatric Nursing* review process with other articles appearing in the journal.

This test was reviewed and edited by Judy A. Rollins, PhD, RN, *Pediatric Nursing* associate editor, Veronica D. Feeg, PhD, RN, FAAN, *Pediatric Nursing* editor, and Rosemarie Marmion, MSN, RN-BC, NE-BC, and Sally S. Russell, MN, CMSRN, CPP, AJJ Education Directors.

QUESTIONS

1. **Trans fatty acids are:**
 - a. saturated fatty acids.
 - b. made from animal fat.
 - c. unsaturated fatty acids.
 - d. hydrogenated fatty acids.
 - e. not found in animals.
2. **Trans fat intake has been associated with:**
 - a. large for gestational age infants.
 - b. type 1 diabetes mellitus.
 - c. Inflammation.
 - d. increased HDL levels.
 - e. increased triglyceride levels.
3. **Increased plasma levels of trans fatty acids in pregnant women have been associated with decreased levels of alpha linoleic acid and Linoleic acid, which has an impact on:**
 - a. fetal neurodevelopment.
 - b. increased birth weight.
 - c. premature birth.
 - d. placental insufficiency.
 - e. infant attachment.
4. **Feeding patterns are established by:**
 - a. 6 months of age.
 - b. 7 to 8 months of age.
 - c. 9 to 11 months of age.
 - d. 12 to 18 months of age.
 - e. 2 years of age.
5. **The simplest way to decrease trans fat in a child's diet is to:**
 - a. read food labels.
 - b. identify products by the package label "0g trans fat."
 - c. decrease serving sizes.
 - d. eliminate snacking between meals.
 - e. eat whole grains, fruits and vegetables.
6. **Which of the following statements regarding childhood overweight are true?**
 - a. Overweight toddlers and preschoolers have a great tendency toward adult overweight than older children.
 - b. Overweight adolescents have a great tendency toward adult overweight than younger children.
 - c. There is no relationship between overweight status in young children and adult overweight.
 - d. There is no relationship between overweight status in adolescents and adult overweight
 - e. Overweight adolescents tend to lose weight into young adulthood.
7. **Which of the following is characteristic of the Hispanic family?**
 - a. Matriarchal
 - b. Cultural values transmitted outside the home
 - c. Nuclear family most important
 - d. Nuclear and extended family important
 - e. Both parents work outside the home
8. **What is the effect of acculturation and overweight among Hispanics?**
 - a. Acculturation has a negative effect on diet among Hispanics.
 - b. Acculturation has a positive effect on diet among Hispanics.
 - c. The longer time Hispanics are in the U.S., the more they exercise.
 - d. The shorter time Hispanics are in the U.S., the less they exercise.
 - e. Acculturation has no effect on diet or physical activity among Hispanics.
9. **Various school-based interventions have been used to prevent and treat childhood overweight. Which of the following outcomes of these interventions is most commonly found?**
 - a. Decrease in BMI
 - b. Increase in muscle mass
 - c. Increase knowledge of nutrition and physical exercise
 - d. Decrease in body fat
 - e. No effect found in most studies
10. **All but which of the following are recommendations for nurses to intervene when working with Hispanic children to prevent or treat childhood overweight?**
 - a. Use a promotora in community programs when feasible.
 - b. Establish community-based nutrition and exercise programs.
 - c. Involve children only in teaching about healthy nutrition.
 - d. Incorporate nutritional teaching in school curricula.
 - e. Use a culturally competent curriculum regarding nutrition.
11. **What percent of U.S. preschool children, 3 to 6 years of age, are greater than the 85th BMI percentile?**
 - a. 65%
 - b. 10%
 - c. 21%
 - d. 37%
 - e. 15%
12. **What percent of U.S. Hispanic preschool and school-aged children are estimated to be overweight or obese?**
 - a. 65%
 - b. 45%
 - c. 21%
 - d. 37%
 - e. 15%

13. Is it important to learn if parents of young children of different cultural groups perceive excess child weight as problematic?
- a. Yes, because parents of young children who do not perceive excess weight as a problem may not engage in an intervention designed to help their young child.
 - b. No, because young children make decisions regarding what they will eat and what they will not eat; therefore, it does not matter what the parents believe.
 - c. No, because all parents of children with excess weight should do what they are asked to do by health care providers regardless of how they feel.
 - d. Yes, because health care workers should not waste their time working with parents who don't care about their young child's weight.
 - e. It doesn't really matter because parents and their children are going to do whatever they like regardless of what health care providers say or do.
14. What did the parents of Mexican descent who participated in the focus group in Small and colleagues' study believe about the relationship between child weight and health?
- a. Young children who have excess weight are cute and healthy.
 - b. Excess weight is unhealthy even for preschool children.
 - c. It is important and healthy for young children to be "thick and solid."
 - d. Some young children are born to be fat and some thin and there is not anything you can do about it.
 - e. Weight does not have any affect on health in young children.
15. Did the parents who participated in the focus group indicate that they knew whether or not their preschool-aged child was overweight?
- a. Yes, they told stories of how they knew that their child was a normal weight.
 - b. Yes, the parents attending this focus group indicated that their child's health care provider told them what their child's weight status was.
 - c. Yes, the parents participating in this group indicated that they had scales in their homes.
 - d. No, the parents were concerned that they might not understand information or lack knowledge regarding their preschooler's weight status.
 - e. No, the parents who attended this group didn't appear to care about their child's weight status.

Answer Form: Dietary Issues in Childhood

*PED J0907

Check the box next to the correct answer.

1.	A	2.	A	3.	A	4.	A	5.	A	6.	A	7.	A	8.	A	9.	A	10.	A	11.	A	12.	A	13.	A	14.	A	15.	A
	B		B		B		B		B		B		B		B		B		B		B		B		B		B		B
	C		C		C		C		C		C		C		C		C		C		C		C		C		C		C
	D		D		D		D		D		D		D		D		D		D		D		D		D		D		D
	E		E		E		E		E		E		E		E		E		E		E		E		E		E		E

COMPLETE THE FOLLOWING:

This test may be copied for use by others.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evaluation	Strongly disagree		Strongly agree		
	1	2	3	4	5
1. The objectives relate to the overall purpose/goals of the education activity.					
2. The activity met the stated objectives.					
a. Discuss the importance of a healthy diet for children.					
b. Describe the effects of trans fat consumption on health.					
c. List three recommendations for healthcare professionals for the prevention and treatment of childhood overweight and obesity.					
d. Discuss the meaning of overweight and its relationship to health as perceived by Mexican immigrant parents of preschool children.					
e. Identify opportunities for pediatric nurses to keep current on children's dietary issues.					
3. Home study format was appropriate.					
4. The content was relevant to my practice.					
5. The content met my needs.					
6. How much time was used to complete reading assignment and posttest:					
a. Less than 1 hour _____					
b. 1-2 hours _____					
c. 2-3 hours _____					
d. 3 hours or more _____					

Comments _____

Signature _____

POSTTEST INSTRUCTIONS

- Select the best answer and check the corresponding box on the answer form. Retain the test questions as your record.
- Complete the information requested in the space provided.
- Detach the answer form or a copy of the answer form and mail to: *Pediatric Nursing* CNE Series, Jannetti Publications Inc.; East Holly Avenue Box 56; Pitman, NJ 08071-0056 with a check or money order payable to Jannetti Publications, Inc. for \$10.00 (subscriber) or \$15.00 (Regular).
- Test returns **must** be postmarked by December 31, 2011. If you pass the test (70% or better), a certificate will be awarded by Anthony J. Jannetti, Inc.

Please allow 6-8 weeks for processing. For recertification purposes, the date that contact hours are awarded will reflect the date of processing.

Test Scoring, CNE Awarding/Recording fees:

PN Subscriber	\$10.00
Regular Price	\$15.00
Exp. Date	_____