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Quiz: A Qualitative Pilot Study of Pediatricians' Approach to Childhood Obesity

EDUCATIONAL OBJECTIVES

Upon completion of this activity, participants will be able to:

1. Identify current state and national obesity trends.
2. Diagnose obesity and identify appropriate obesity treatment methods.
3. Describe the current perspective of Wisconsin pediatricians regarding pediatric obesity.

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QUESTIONS

1. What is the current estimate of children who are obese in the United States?
 - 25%
 - 42%
 - 17%
 - 15%

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2. In which of the following areas did the pediatricians represented in this study feel least effective when addressing obesity in their patients?
 - Discussing a new diagnosis of obesity in pediatric patients.
 - Connecting patients to community organizations focused on exercise and nutrition.
 - Providing patient education regarding strategies for weight loss.
 - Using their electronic health record as a tool to facilitate diagnosis.
 - Referring patients to on-site dietitians for nutrition counseling.
3. When it comes to strategies for counseling patients regarding behavior change, which of the following statements would be supported most by the current evidence?
 - Patient education is more effective than motivational interviewing.
 - Motivational interviewing is more effective than patient education.
 - Patient education and motivational interviewing are equally effective.
 - Neither patient education or motivational interviewing are effective.
4. According to the physicians interviewed, which of the following statements is false?
 - An onsite dietitian resulted in a more positive physician-dietitian relationship.
 - Consistent bidirectional communication between physician and dietitian was important to the physicians interviewed.
 - Family-based strategies for behavior change appeared most effective when addressing obesity in children.
 - Overall, physicians felt moderately effective in treating pediatric obesity.
 - Most physicians felt they were unable to connect patients with community organizations focused on exercise and nutrition.