



قائمة الاسئلة

علم الأوبئة الغذائي - المستوى الثالث - قسم تغذية علاجية - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثالثة - درجة لامتحان

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- 1) In the definition of epidemiology, “distribution” refers to:
 - 1) - (A) Who
 - 2) - (B) When
 - 3) - (C)Where
 - 4) + (D)A, B and C are correct
- 2) In the definition of epidemiology, “determinants” generally includes
 - 1) - (A)Risk factors
 - 2) - (B) Causes
 - 3) - (c)Mode transmission
 - 4) + (D)A, B and C are correct
- 3) Nutritional epidemiology focuses on
 - 1) + (A) the relationship between our diet and our health.
 - 2) - (B) The relationship between agent and disease
 - 3) - (C)The relationship between environment and disease
 - 4) - (D) Not ahh the above
- 4) Advantages of Nutritional Epidemiology
 - 1) - (A) Direct relevance to human health.
 - 2) - (B)are used to calculate direct estimates of risk
 - 3) - (C)can even have direct implications for food processing and technology
 - 4) + (D)A, B and C are correct
- 5) Which of the following dietary factors has been associated with an increased risk of cardiovascular disease?
 - 1) - (A) High intake of fruits and vegetables
 - 2) + (B) High intake of saturated fats
 - 3) - (C) Moderate consumption of whole grains
 - 4) - (D) Regular consumption of fish
- 6) Which of the following related to lifestyle would be considered Major diseases throughout the world?
 - 1) + (A) Heart disease
 - 2) - (B) Malaria
 - 3) - (C)Tuberculosis
 - 4) - (D) Dephteria
- 7) Which of the following factors is considered a risk factor for malnutrition?
 - 1) - (A) Regular physical exercise
 - 2) - (B) Adequate protein intake
 - 3) + (C)Very low income
 - 4) - (D) Consumption of fortified foods
- 8) Which of the following factors is considered a risk factor for cancer?
 - 1) - (A) Adequate hydration
 - 2) + (B) Age
 - 3) - (C)Consumption of fruits and vegetables
 - 4) - (D) Regular physical exercise
- 9) John Snow was most famous for...
 - 1) - (A) Laying the foundation for the scientific method.
 - 2) + (B) Investigating and discovering the cause of a cholera outbreak.
 - 3) - (C)Developing the germ theory of disease.
 - 4) - (D)Developing the smallpox vaccine.





- 10) What does the term epidemiology mean?
- 1) (A) The study of the distribution, determinants, and occurrence of disease and health-related conditions in populations
 - 2) (B) Investigation process using systematic methods for collecting, analyzing, and interpretation of data
 - 3) (C) Systematic, controlled, empirical, and critical investigation of natural phenomena.
 - 4) (D) Generating new knowledge or get additional information
- 11) Which of the following characteristics describes a proportion
- 1) (A) Numerator is included in the denominator
 - 2) (B) Has a dimension
 - 3) (C) Ranges between 0 and 1.0
 - 4) (D) A and C
- 12) Which of the following best defines an epidemic?
- 1) (A) an epidemic disease which occurs worldwide
 - 2) (B) the occurrence of any health related condition in a given population in excess of the usual frequency in that population.
 - 3) (C) caused by microbes and can be transmitted to other persons
 - 4) (D) a disease that is usually present in a population or in an area at a more or less stable level
- 13) What does prevalence refer to in epidemiology?
- 1) (A) The total number of cases of a disease in a specific population.
 - 2) (B) The number of new and existing cases of a disease in a specific population.
 - 3) (C) The proportion of individuals with a specific condition in a population.
 - 4) (D) The rate at which a disease spreads within a community
- 14) an uncontrollable factors are following. EXCEPT:
- 1) (A) Age and gender
 - 2) (B) Race
 - 3) (C) Heredity
 - 4) (D) Socioeconomic status
- 15) Which of the following common cardiovascular diseases
- 1) (A) High blood pressure
 - 2) (B) Heart attack
 - 3) (C) Arteriosclerosis-fat deposition in the blood vessels
 - 4) (D) A , B and C correct
- 16) Which of the following is an effective strategy for the prevention of diabetes?
- 1) (A) Consuming a diet high in sugary beverages.
 - 2) (B) Leading a sedentary lifestyle with minimal physical activity.
 - 3) (C) Maintaining a healthy weight through balanced diet and regular exercise.
 - 4) (D) Smoking cigarettes regularly.
- 17) Which of the following is an effective strategy for the prevention of cardiovascular diseases?
- 1) (A) Trim your fat intake , eat healthy and don't smoke
 - 2) (B) Cut down on saltkeep , your weight healthy
 - 3) (C) Do exercise, monitor you blood pressure and cholestrol
 - 4) (D) All the above correct
- 18) Which of the following is a known common causes of cancer?
- 1) (A) Certain viruses (HPV)
 - 2) (B) Regular physical exercise
 - 3) (C) Radiation (UV rays, X-rays)
 - 4) (D) A and C
- 19) Which of the following is a non-pharmacological lifestyle intervention?





- 1) - A) Salt restriction and wieght reduction
 - 2) - B) Stop smoking
 - 3) - C)Diet modification, reduce intak of cholestrol and saturated fat and adequatw intake of calcium and magnesium
 - 4) D) A, B, and C
- 20) what is the kind of epidemiology
- 1) - (A) Descriptive
 - 2) - (B) Analytic
 - 3) - (C)Experimental
 - 4) (D) All the above correct
- 21) Multiple forms of malnutrition present in the context of crisis
- 1) (A) Wasting
 - 2) - (B) Severe stunting
 - 3) - (C)Micronutrient deficiencies and Obesity
 - 4) - (D) All the above correct
- 22) Triggers for nutrition emergencies is follow EXCEPT:
- 1) - (A) Nutrition disaster and conflict
 - 2) - (B) Political crisis and economic shocks
 - 3) (C)In conditions of peace
 - 4) - (D) Global food prices fluctuation
- 23) What is the most vulnerable groups
- 1) - (A) Children less than 5 years old
 - 2) - (B) Edlerly people
 - 3) - (C)Flood or drought and conflict areas
 - 4) (D) All the above correct
- 24) These indicators of severe acute malnutrition, except:
- 1) - (A) New cases of severe wasting +new cases of Kwashiorker
 - 2) - (B) MAM
 - 3) (C)Stunting
 - 4) - (D) SAM
- 25) Assessment can be take the following forms
- 1) - (A) Rapid assessment
 - 2) - (B) Detailed assessment
 - 3) - (C)Continual assessment
 - 4) (D) All the above correct
- 26) Food frequency questionnaire (FFQ) consists of sections
- 1) - (A) Food list
 - 2) - (B) Frequency of use categories
 - 3) - (C)Estimates of quantities usually consumed
 - 4) (D) A, B and C
- 27) Select which Methods of measuring dietary intake include
- 1) - (A) Diet history, 24h recall and food diaries
 - 2) - (B)Food frequency questionnaire and duplicate meals
 - 3) (C)All of above correct
 - 4) - (D) None of above
- 28) The characteristic of 24-hours recall (current intake)
- 1) - (A) Ask individual to remember what food and drinks the have consumed in previous 24 hours or day
 - 2) - (B) Usually performed by trained interviewer





- 3) (C) A and B are correct
4) (D) None of above
- 29) One of the statements is not of the advantages of prospective method of dietary assessment
- 1) (A) Current diet and direct observation
2) (B) Daily variation described
3) (C) Expensive
4) (D) Length of recording can be varied to suit study needs
- 30) What is the function of vitamin D?
- 1) (A) Helps the body absorb calcium
2) (B) Is present in foods such as salmon and canned sardines
3) (C) Is also called the "sunshine" vitamin
4) (D) All of above correct
- 31) Bones are composed of calcium and _____.
- 1) (A) Estrogen
2) (B) Collagen
3) (C) Gray matter
4) (D) Folic acid
- 32) Which of the following is NOT an established risk factor for osteoporosis
- 1) (A) Obesity
2) (B) Tobacco use
3) (C) Previous fracture
4) (D) Family history of osteoporosis
- 33) How can osteoporosis be prevented?
- 1) (A) Eat a low-fat diet
2) (B) Exercise every day
3) (C) Get enough calcium and vitamin D throughout your lifetime
4) (D) B and C
- 34) Which of the following tests is considered as most to assess osteoporosis
- 1) (A) Scan to measure bone mineral density (BMD).
2) (B) X-ray
3) (C) dual-energy X-ray absorptiometry (DEXA)
4) (D) None of the above
- 35) Biomarkers of nutrient indices of Pernicious anemia that may be altered (usually lowered)
- 1) (A) Fat-soluble vitamins, lipid levels, energy
2) (B) Especially vitamin A, lipid levels, protein
3) (C) Vitamin B12 (secondary effect on folate)
4) (D) None of the above

