

1. **True** or False: Obesity is the second leading cause of preventable death in the United States.
2. **True** or False: About 400,000 deaths per year are attributed to poor diet and low physical activity?
3. What percentage of adult obesity cases begin with childhood obesity?
  - a. 5-10%
  - b. 10-15%
  - c. 20-25%
  - d. 25-30%**
4. True or **False**: Being overweight is only genetic.
5. Which group of people are more likely to become overweight?
  - a. White or non Hispanic
  - b. Hispanic and African American**
6. What condition is not known to increase with obesity?
  - a. Gall bladder disease
  - b. Diabetes
  - c. Stomach Flu**
  - d. Heart disease
7. The cost of childhood obesity at hospitals has\_\_\_\_\_ from 1980 to 1998?
  - a. Doubled
  - b. Tripled**
  - c. Quadrupled
  - d. Stayed the same

8. How many hours do children spend per day doing sedentary activities?
- a. 1-2
  - b. 2-4
  - c. 3-5
  - d. 4-6
9. True or False: Most parents do not believe their children are overweight or do not consider it a problem if they are.
10. Which region of the United States has the highest overall percentage of overweight and obese people?
- a. Southern
  - b. Northern
  - c. Pacific
  - d. Western
11. How much fruit should you consume each day?
- a. Less than a cup
  - b. 1 cup
  - c. 2 cups
  - d. More than 2 cups
12. How many vegetables should you consume each day?
- a. Less than 2 cups
  - b. 2 cups
  - c. 2 and  $\frac{1}{2}$  cups

d. More than 2 and  $\frac{1}{2}$  cups

13. How many meats or beans should you consume each day (*a deck of cards is about 3 ounces*)?

a. Less than 5 ounces

b. 5 ounces

c. 5 and  $\frac{1}{2}$  ounces

d. More than 5 and  $\frac{1}{2}$  ounces

14. How many ounces of Grains should you consume each day (*1 slice of bread = 1 ounce or a hand full of cereal = 1 ounce*)?

a. 2 ounce

b. 4 ounce

c. 6 ounce

d. 8 ounce

15. How much milk should you consume each day?

a. 1 cup

b. 2 cups

c. 3 cups

d. More than 3 cups

16. If no one were obese, the added output from workers would give the country how much of a monetary boost?

a. \$176 billion

b. \$492 billion

c. \$257 billion

d. \$361 billion

17. True or False: The medical cost of obesity-related problems like diabetes, stroke, and heart disease run near \$140 billion, or, more than 6% of all health-care costs.

18. Plus-sized clothing can be 10% to 15% more expensive. How much do you think shoppers would save on shirts, pants and dresses?

a. \$1 billion

b. \$5 billion

c. \$10 billion

d. \$15 billion

19. Each overweight driver burns about how many additional gallons of gas a year?

a. 4

b. 9

c. 18

d. 21

20. What is the BMI range for an adult that is obese (*BMI is an index of a person's weight in relation to their height*)?

a. Less than 18.5

b. 18.5-24.9

c. 25.0-29.9

d. Greater than 30

21. How are children's overweight status measured?
- a. The amount of fat on their body
  - b. How much they weigh
  - c. BMI-for-age charts
  - d. Their appearance
22. At what percentile on the BMI-for-age growth charts are children considered at risk for being overweight?
- a. 65<sup>th</sup> percentile and above
  - b. 75<sup>th</sup> percentile and above
  - c. 85<sup>th</sup> percentile and above
  - d. 95<sup>th</sup> percentile and above
23. What are the estimated costs for obesity related conditions by the year 2020 for each state?
- a. \$1.2 billion annually
  - b. \$2.6 billion annually
  - c. \$3.7 billion annually
  - d. \$5.7 billion annually

