

# CME Post-Test

## Obesity Management Strategies *Overview of the Obesity Epidemic*

**Instructions for Credit:** There is no charge to participate in this activity. Participants who correctly answer 3 questions on the post-test are eligible for continuing education credit. Participants must review the activity, then complete and return the post-test answer sheet, evaluation and certificate information to:

**ABcomm, Inc.**  
**2005 Round Barn Road**  
**Champaign, IL 61821**  
**Fax: (217) 352-3956**

Please allow 3 to 4 weeks for processing  
**Submission Deadline: October 31, 2008**

### Certificate of Credit Mailing Information:

Name \_\_\_\_\_ Social Security No. \_\_\_\_\_  
(For record-keeping purposes only)

Address \_\_\_\_\_  
\_\_\_\_\_  
(City) (State) (Zip Code)

Phone Number \_\_\_\_\_

**Learning Assessment:** The following questions are designed to help you reflect on the slide presentation on this CD. Based on the material you have read, please choose the most correct answer to each question.

- America is experiencing an obesity epidemic, with 65% of Americans now overweight or obese.  
True False
- There is a decline in the number of children participating in daily physical education.  
True False
- Most obese individuals have abnormal psychological function.  
True False
- Modest changes in weight will not impair or improve physical functioning.  
True False

**Program Evaluation:** Please rate your opinions of this program below.

	Strongly Disagree				Strongly Agree
1. The material was addressed in sufficient depth.....	1	2	3	4	5
2. The information was fair and well-balanced. ....	1	2	3	4	5
3. The content was relevant to your practice. ....	1	2	3	4	5
4. The activity learning objectives were met. ....	1	2	3	4	5

How will this information impact your practice?

What future topics would be of interest to you?