



Commonwealth Educational Seminars Certification Exam

The "Childhood Obesity Epidemic." What is The Real Problem and What Can We Do About It?

Select a response for each question below.

1. In Radley Balko's forward, he states that a recent report in the British Journal of Developmental Psychology says that girls as young as five years old are beginning to have problems with body image.

- ☐ a. True ☐ b. False

2. According to Dr. Robison, the rhetoric reached a new zenith in 2003, when Surgeon General Richard Carmona warned that obesity was, for Americans, "a greater threat than weapons of mass destruction" from which nothing short of a "cultural transformation" could save us.

- ☐ a. True ☐ b. False

3. According to Dr. Robison, growing efforts by the "food police" to promote "healthy eating" have led to organized searches through children's lunch boxes, prohibition of cupcakes from birthday parties and confiscation of other "contraband" foods. Taken together these types of measures help both the physiological and psychological health of our children.

- ☐ a. True ☐ b. False

4. The concern about high BMIs in children is based on the traditional “wisdom” that children who track at or above the 95th percentile will inevitably end up as fat adults. This, however, is not supported by the available scientific evidence.

- ☒ a. True ☒ b. False

5. According to Dr. Robison, many studies over the last few decades show that when adults try to regulate or control what children eat, the children are less likely to end up with weight, body image and eating-related problems.

- ☒ a. True ☒ b. False

6. According to Dr. Robison, the first step in the process of helping our children become healthier is to accept and value themselves and others regardless of differences in body shape and size.

- ☒ a. True ☒ b. False

You have now completed the exam. Please complete the following

7. I have completed all of the requirements for this Home Study course without any assistance from others.

- ☐ a. True ☐ b. False

8. The author, Jonathan Robison, Ph.D., was knowledgeable in the content area.

- ☐ a. True ☐ b. False

9. The course information was relevant and can be applied to practice.

- ☐ a. True ☐ b. False

10. The course information contributed to achieving personal, professional goals.

- ☐ a. True ☐ b. False

11. I would recommend this program to others.

- ☐ a. True ☐ b. False