WELCOA HEALTH BULLETINS

EIN: _____

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May 2016 Quiz

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# Monthly Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

**1** **A recent study has found that the introduction of peanut products into the diets of infants at high risk of developing peanut allergy was safe and led to an 81 percent reduction in the subsequent development of the allergy.**

☐ True ☐ False

**2** **Which of the below terms is not what doctors refer to GER as:**

☐

a. acid indigestion
b. acid reflux
c. stomach burn
d. reflux

**3** **To improve your health, aim for at least _____ minutes per week of moderately intense aerobic activity.**

☐

a. 150
b. 75
c. 100
d. 90

**4** **If you are overweight and inactive, you may be more likely to develop all but the following:**

☐

a. certain forms of cancer
b. heart disease
c. lean muscle
d. stroke
e. type 2 diabetes (high blood sugar)

**5** **Prior to 2008, clinical practice guidelines recommended avoidance of potentially allergenic foods in the diets of young children at heightened risk for development of food allergies.**

☐ True ☐ False

**6** **GERD affects about 10 percent of the U.S. population.**

☐ True ☐ False

**7** **Being more active may also help you do the following:**

☐

a. Keep your body flexible.
b. Help you to improve your balance.
c. Control high blood sugar, especially if you lose weight.
d. All of the above.

**8** **In addition to improving your physical health, moving more and eating better may also reduce stress and set an example for your family.**

☐ True ☐ False