

## Final Exam Study Guide (Weeks 4-7)

The final exam is 40 item-multiple choice and True/False questions exam.

- *Review lectures/powerpoints, glossaries, readings, and quizzes*
- *Know definitions!*

### Week 4: Sleep, Stress, and Health Communication

- Sleep
  - Know sleep recommendations
  - Know the difference between acute (short-term) and chronic (long-term) inadequate sleep. Both the definitions and effects (physical and mental).
  - Know strategies to get enough sleep. Are there any myths related to sleep?
- Stress
  - Know the difference between acute (short-term) and chronic (long-term) stress. How does the body respond to stress? Why is chronic stress a concern (physically and mentally)?
  - Know strategies for healthy stress management
- Health Communications
  - What is the difference between literacy and health literacy? Why is health literacy important? What can health care providers do to help?
  - Why does it matter what kind of food and beverages are marketed to children? How does media exposure affect children?

### Week 5: Healthy Weight

- What is the difference between body weight and body composition?
  - What is BMI? What are the BMI categories for underweight, normal weight, overweight, and obese? What are some pros and cons to using BMI to assess body weight and body composition? (don't need to know how to calculate)
  - How is BMI interpreted in children (think trends!)? How are the categories for underweight, normal weight, overweight, and obese different than those for adults?
  - What are other ways to assess body composition? What are their pros and cons when compared to BMI?

- What are the health implications of having excess body fat? Are some groups of people that are more likely to be overweight/obese?
- Understand the concept of energy balance. Is the relationship between energy expenditure and energy ingestion the same for everyone?
- What factors influence body weight? Think of the social-ecological model-know factors at every level.
- Be able to name several strategies for weight loss. Which strategies are healthy, which are likely ineffective and potentially dangerous, and which should only be used if someone is very obese (pros/cons of each)?
- What is the difference between disordered eating and an eating disorder? How are anorexia, bulimia, and binge eating similar and different from one another? What are the health implications of each type of eating disorder?
- What are possible causes of malnutrition in adults and children? What is the difference between marasmus, kwashiorkor, and protein-calorie malnutrition? What are common micronutrient deficiencies globally?

### **Week 6: Infectious Disease**

- What causes infectious diseases? What are the risk factors for infectious disease? What are some ways to prevent the spread of infectious disease? Who is most at risk?
  - Think about it in general and for food in particular
  - Know important food safety temperatures: for meats and the food safety zone
- Know the impacts of infectious disease globally. Is the impact the same everywhere? What is the definition of an epidemic?
- What is immunity? What are the components of your immune system and how does it function? What are strategies and nutrients to improve your immunity?

### **Week 7: Chronic Disease**

- What makes chronic diseases different from other diseases? What are risk factors associated with chronic diseases in general? What are the top causes of death in the U.S. and globally?
- Know the definition/characteristic features, risk factors (including populations most at risk), and prevention strategies for: hypertension, cardiovascular disease, diabetes, cancer, and dementia
- Know the difference between types of diabetes and types of cardiovascular diseases