Recognizing and Treating Underserved Eating Disorder Populations: US Military, Food Insecure, Elderly, Disabled and Hispanic/Latine
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Credit: One (1) Continuing Education Credit Awarded

Post-Test *(For reference only. You must take and pass the test online for CE credit.)*

1. Prevalence rates for eating disorders in the military population compared to the civilian population
    a. Are lower
    b. Are higher
    c. Do not exist
    d. Are the same

2. Food insecurity:
    a. Is defined as inadequate access to sufficient food resources.
    b. Includes inadequate access to cooking utensils.
    c. Does not exist in the USA.
    d. Does not influence eating behaviors.

3. Food insecurity in eating disorders manifests primarily in the symptoms of:
    a. Restriction
    b. Binge eating
    c. Diabetes
    d. Anxiety

4. Cultural considerations for treatment of eating disorders in the Hispanic/Latinx populations include all but:
    a. Food around family events
    b. Education levels
    c. Family roles
    d. Beliefs/religion

5. The Latinx/Hispanic population
    a. Has a lower percentage of diabetes compared to the Anglo population
    b. Is the largest ethnic group in the USA
    c. Has primarily lower and under-weight-related body health concerns
    d. Receive Eating disorder diagnoses of mostly AN and rarely BN or BED

6. Diagnosis and recognition of an eating disorder in older men and women
    a. is overlooked and often unrecognized
    b. is over-diagnosed and more prevalent
    c. is not important as eating disorders are not present in the elderly population
    d. is not important as eating disorders occur primarily in the adolescent population

7. In the Food Insecure population of San Antonio, Texas
   a. Approximately 50% with child hunger were found to have a clinically significant ed
   b. Approximately 17% with child hunger presented with a clinically significant ed
   c. As food insecurity increased, eating disorder pathology decreased
   d. As food insecurity increased, depression and anxiety decreased

8. Body image is the number one risk factor for development of an eating disorder
   a. in the disabled population
   b. in the elderly population
   c. in the food insecure population
   d. in the military population

9. The Hispanic population underuses mental health services due to:
   a. Lack of Spanish-speaking counselors and inadequate financial resources
   b. Shame and conflict with financial institutions
   c. Lack of transportation to eating disorder centers
   d. Lack of knowledge of need for services

10. _____ of the Hispanic population has diabetes versus 7.1% of the Anglo population.
    a. 50%
    b. 20%
    c. 12%
    d. 80%