



Home Study Continuing Education Program

**The “Childhood Obesity Epidemic”
By Jonathan Robison, Ph.D.**

1.5 CE Hours credit

Commonwealth Educational Seminars

**1020 West Barnstable Rd
Marstons Mills, MA 02648
(800) 376-3345—Fax: (508) 420-3360
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Home Study Program

Instructions

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
 - a. You may take it online if you wish.**

Please refer to the instructions on the registration page at the end of this test packet.
 - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

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Questions? Phone: (800) 376-3345 or email to:
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We are approved to offer Continuing Education credit for Social Workers, Psychologists, Nurses, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Registered Dietitians, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and Massachusetts Educators.



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

The Childhood Obesity Epidemic Certification Test
You may take this certification test online.

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *The Childhood Obesity Epidemic* in the articles listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

Or you can fill out this printed test and send it to us.
Please fill in the following information and Mail/fax it to:

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Fax: (508) 420-3360

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: () _____ e-mail: _____@_____

I am seeking CE credit for the following profession(s):

Profession	License Number	State
____ Psychologist (APA):	_____	_____

____ Social Work (ASWB):	_____	_____
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____ Certified Counselor (NBCC):	_____	_____
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____ LMHC (NBCC):	_____	_____
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____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
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____ Licensed Marriage/Family Therapist (NBCC):	_____	_____
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____ Nurse (APA/ANCC):	_____	_____
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____ Dietitian:	_____	_____
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ID Number: _____