

*Module 2, Lesson 4 Quiz:*

**Diseases & Medical Issues in the Obese**

1. As health professionals, we are most concerned with obesity because:
  - a. We know obesity is unhealthy, we just don't know exactly why
  - b. Obesity is a gateway for disability
  - c. Obesity is linked to serious illnesses, such as cancers and heart disease**
  - d. Health professionals do not have the tools to handle the population
  
2. Obesity is a major risk factor for all of these medical conditions, except:
  - a. Heart disease
  - b. Infertility
  - c. Cancers
  - d. Kidney and liver diseases
  - e. None of the above**
  
3. The best way to support your clients in their mission to attain a healthy weight is to:
  - a. Set small and measurable goals**
  - b. Change your approach if they are noncompliant or plateau
  - c. Focus on BMI charts and getting in a healthy range
  - d. Put them on a diet and exercise plan that has been helpful to other clients you've worked with