**Approach to obesity: MCQs**

1. A patient ,with a weight of *79Kg* and a height of *165 cm*, is considered:
2. Obese with a BMI of more then 30.
3. BMI = 24 and it is normal.
4. Underweight.
5. **Overweight and you advice him a healthy diet and exercise.**
6. All true about obesity except:
7. It affects all body systems.
8. It’s the fifth leading cause of death worldwide.
9. **It’s prevalence is decreasing due to new prevention methods.**
10. 80-90% of diabetics are obese.
11. Mainstay of treatment for obesity:
12. **Diet and exercise.**
13. Pharmacological.
14. Restrictive surgery.
15. Malabsorbative surgery.
16. Most effective surgical treatment for obese patients is:
17. Laparoscopic adjustable gastric banding (LAGB).
18. Sleeve gastrectomy (SG).
19. **Gastric bypass (GBP).**
20. Biliopancreatic diversion with duodenal switch.
21. Biliopancreatic diversion without duodenal switch.
22. What is true about preventing obesity?
23. Is one of the best methods for maintaining a stable BMI in adults.
24. Is effective in our community.
25. **Is not effective and requires further research and awareness.**
26. Is not needed since most of our society is underweight.
27. In children, prevention requires?
28. The child to constantly weigh he/her self
29. Go to the nearest nutritionist and start a diet regimen
30. **A proper coordination between the health educators, parents and child.**
31. Having one meal a day.