

CPD Quiz for the Dietitian Connection Webinar

“Mediterranean diet and musculoskeletal health - latest findings and solutions” webinar with Ailsa Welch and Karen Murphy

1. What are the links between sarcopenia, low skeletal muscle mass or strength and risk of osteoporosis and fractures?
 - a. Recent research has found that low skeletal muscle mass, strength and sarcopenia are associated with increased risk of low bone density, osteoporosis and fractures
 - b. Low skeletal muscle mass and strength, and sarcopenia, are risk factors for frailty which also increases risks of falls and fractures
 - c. Low muscle mass, strength, sarcopenia and frailty increase the risk of falls and therefore fractures
 - d. There are many signals between muscle and bone: mechanical signals/muscle force, endocrine.

2. Which foods in the Mediterranean dietary pattern could be beneficial for bone health and why?
 - a. Fruits and vegetables – micronutrients: vitamin C, carotenes, magnesium, potassium
 - b. Fish and seafood – protein, vitamin D
 - c. Poultry – protein
 - d. Dairy foods – protein, calcium
 - e. Synergistic effects between different foods and nutrients in the Mediterranean Dietary pattern

3. What would you need to consider when suggesting a person follows a Mediterranean dietary pattern for bone health in children, adolescents and adults? Which nutrients or foods might be ‘at risk’?
 - a. Is there enough calcium in the diet for all age groups?
 - b. Is vitamin D intake sufficient?

4. How strong is the evidence that the Mediterranean dietary pattern is beneficial to skeletal muscle and bone health?
 - a. Some evidence in adults but more evidence needed
 - b. Only a small number of well conducted studies
 - c. Inadequate evidence in children and adolescents. More evidence needed.

5. The recommendations for calcium consumption differs between Mediterranean countries and Australia. What might NOT be the rationale for the differing recommendations?
 - a. less rates of osteoporosis and fractures than Australia
 - b. possibility of more daily vitamin D
 - c. more incidental exercise (more weight bearing activity)
 - d. possibly greater intakes of calcium from plant sources

ANSWERS

1. A
2. E
3. A
4. C
5. B & D
6. D

