Module 3: Knowledge Check

Optimizing Your Environment

1. According to research examining people’s preferences for weight terminology, which of the following terms is most preferred?
   
   A. Obese  
   B. Excess weight  
   C. Large body size  
   D. High body weight

2. When measuring a patient’s weight at a medical visit, what is the best way to initiate the weighing procedure?

   A. Offer the patient the option to face away from the scale  
   B. Ask the patient’s permission to be weighed  
   C. Discuss the importance of regular weight measurements  
   D. Ask the patient whether they would like to be informed of their weight

3. The OARS approach is a helpful technique for improving which of the following:

   A. Person-first language  
   B. Health behavior goal setting  
   C. Reflective listening  
   D. Sensitive weighing procedures

Answers: D, B, C