



CPE Credit Self-Study Module Test UNDERSTANDING THE HEALTHY EATING INDEX

1. The HEI is a measure of diet quality with total scores that range from 0 to 100. An ideal overall HEI score of 100 indicates that:

- a) The set of foods reflects a vegan diet
- b) *The set of foods aligns with key recommendations from the Dietary Guidelines for Americans*
- c) The set of foods reflects a lacto-ovo vegetarian diet
- d) The set of foods is expensive

2. How would you interpret Americans' average HEI-2015 total score of 59 out of 100?

- a) 59% of Americans eat according to the *Dietary Guidelines for Americans*
- b) Americans need 59 more points to eat according to MyPlate
- c) The average American diet does not align with the 2015-2020 Dietary Guidelines for Americans
- d) 59% of Americans try to follow a MyPlate plan

3. Identify the two agencies that collaborate to develop and evaluate the HEI-2015 and the unique information provided on their websites.

- a) U.S. Department of Agriculture, Center for Nutrition Policy and Promotion hosts an informative website where you can find the HEI-2015 scores for Americans
- b) U.S. Department of Health and Human Services, National Cancer Institute hosts an informative website where researchers can find technical details and SAS code for calculating HEI-2015 scores
- c) U.S. Department of Health and Human Services, Food and Drug Administration has guidance for putting HEI scores on food packages
- d) a and b
- e) a and c

4. Diet quality varies across the life span. Which of the following is true about average HEI-2015 scores for different age groups, during 2013-2014?

- a) Older Americans ages 65 and over have the highest diet quality when compared to other age groups
- b) Children and adolescents ages 6-17 have the lowest diet quality when compared to other age groups
- c) For all age groups, overall HEI scores are far from the total maximum score of 100
- d) All of the above
- e) None of the above



5. Which of the following HEI resources are NOT available on the CNPP website?

- a) ChooseMyPlate resources to help you create and support healthful eating patterns
- b) 700 scientific full articles using the HEI
- c) HEI update and evaluation publications
- d) Archived HEI publications
- e) None of the above

6. Which two of the following statements are correct regarding the HEI-2015 adequacy components?

- a) Adequacy components represent the food groups, subgroups, and dietary elements that are encouraged
- b) Adequacy components represent the food groups and dietary elements for which there are recommended limits for consumption
- c) For Adequacy components, **higher** scores reflect **higher** intakes
- d) For Adequacy components, **higher** scores reflect **lower** intakes, because lower intakes are more desirable
- e) a and c
- f) b and d

7. Ways that researchers can use the HEI to study diet quality include:

- a) Monitor diet quality of the U.S. population
- b) Study associations between diet quality and health outcomes
- c) Evaluate federal nutrition programs
- d) Examine the food supply
- e) All of the above
- f) None of the above

8. Each step closer to eating a diet that aligns with Dietary Guidelines recommendations can help reduce the risk of developing diet-related chronic diseases such as cardiovascular disease, type 2 diabetes, and some cancers.

- a) True
- b) False

9. A key feature of the HEI is that the scoring can measure both dietary quality and quantity using what is called a density approach.

- a) True
- b) False



10. The 2018 JAND article titled, “Applications of the Healthy Eating Index (HEI) for Surveillance, Epidemiology and Intervention Research” provides the following information for researchers EXCEPT:

- a) Steps in calculating HEI scores
- b) How to avoid common pitfalls when calculating HEI scores
- c) Total HEI scores for Americans during 2018
- d) Guidance for appropriate analysis and interpretation of HEI scores