



## Californian Journal of Health Promotion

The following two articles are selected from the Californian Journal of Health Promotion 2008, Volume 6 Issue 1 for Certified Health Education Specialist (CHES) continuing education units (CEU). Please select and read one of the two articles. Once you are done reading the selected article, please answer the questions that pertain to your selected article.

On your completed CE paper please have the following information:

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Please follow the following format:

1. Title of the article selected
2. Question number you are answering.
  - a. E.g. 1. Your answer...
3. Times New Roman and 12 point font
4. Black Font Color

# Article:

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**An exploratory study of touch zones in college students on two campuses**

*Mark Tomita*

**Effectiveness of nutrition programs in increasing healthy eating behaviors among low income women**

*Rebecca A. Vidourek and Keith A. King*

## *CEU Questions*

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**An exploratory study of touch zones in college students on two campuses**

*Mark Tomita*

1. Please explain to what extent is touching dictated by body accessibility? Is it possible to prevent or reduce the amount that others touch you by exposing less of your body? How do changing cultural trends influence this factor?
2. How would the results of this study differ in regions of the world other than the United States?
3. How might age affect the distribution of public, discretionary, and private touch zones?
4. To what degree does the dynamics of the Residential University and the Community College affect the data? How about the demographics of these two populations?
5. Name three limitations of this study.

**Effectiveness of nutrition programs in increasing healthy eating behaviors among low income women**

*Rebecca A. Vidourek and Keith A. King*

1. Why do you think that women are especially vulnerable to poor nutrition? How would you expect the data to look for low income males?
2. A few of the studies focused on particular ethnic groups, i.e. Vietnamese and Hispanics. Discuss why these might be high risk groups and why culturally competent methods of communication are necessary?
3. Many of the approaches to improving nutrition are focused on education. Discuss the different educational methods that were used and their associated benefits and shortcomings.
4. In addition to education, income plays a crucial role in dietary habits. Discuss the link between poverty, food security, and poor nutrition.