

Appendix e-1: Pre- & Post-lesson Quiz Question Samples

Which of the following risk factors is considered “modifiable”?

- A. Exercise*
- B. Genetics
- C. Family history of Alzheimer disease
- D. Age

How many people in the United States have Alzheimer disease?

- A. Over 500,000
- B. Over 5 million*
- C. Over 25 million
- D. Over 25 million

Which of the following statements is true regarding dietary patterns for brain health?

- A. Specific diet changes can be made to 100% prevent early onset Alzheimer disease
- B. Dietary may help to delay cognitive decline, but further research is needed to prove this*
- C. There is no evidence to suggest that diet changes can help to protect against Alzheimer disease
- D. None of the above

*Indicates correct answer

Appendix e-2: Intra-lesson Quiz Question Samples

A person is said to have dementia due to Alzheimer disease when:

- A. Minor changes have occurred in the brain because of the disease
- B. Family members begin to notice symptoms of memory loss
- C. A person can no longer take care of themselves*
- D. The diagnosis is made by a blood test at a doctor’s office

The other day, in conversation with his friend, Bob could not remember the word “skiing.” Bob was also having trouble keeping track of appointments, and frequently misplaced his keys and cell phone. He realized he often had moments like these, but he could still go about his daily activities normally and take care of himself. What stage of Alzheimer disease is Bob in right now?

- A. Stage 0
- B. Stage 1
- C. Stage 2*
- D. Stage 3

*Indicates correct answer