



**HEADS UP
REAL NEWS
ABOUT DRUGS
AND YOUR BODY**

Obesity and Drug Addiction— What Do You Know?

Test your knowledge of obesity, drug addiction, and the possible connection between the two by taking this quiz. Circle the correct answer to each question.

1. Between 1980 and 2002, the proportion of overweight teens in the United States
 - a. didn't change.
 - b. doubled.
 - c. fell by half.
 - d. tripled.
2. What percentage of U.S. teens is at risk for becoming overweight or obese?
 - a. 5 percent
 - b. 10 percent
 - c. 15 percent
 - d. 20 percent
3. Which of the following health problems is not associated with obesity?
 - a. diabetes
 - b. arthritis
 - c. schizophrenia
 - d. heart disease
4. In what organ did researchers find similarities between obese people and people addicted to drugs?
 - a. stomach
 - b. brain
 - c. skin
 - d. lungs
5. Which natural chemical activates the brain's reward circuits?
 - a. insulin
 - b. norepinephrine
 - c. endorphins
 - d. dopamine
6. People addicted to drugs and obese people tend to have lower-than-normal numbers of
 - a. brain cells.
 - b. D2 receptors.
 - c. insulin receptors.
 - d. family members.
7. People addicted to drugs tend to have damage to a part of the brain responsible for judgment and impulse control. It is
 - a. the brain stem.
 - b. the hypothalamus.
 - c. the prefrontal cortex.
 - d. the cerebrum.
8. Teens with a body mass index (BMI) above the 95th percentile are considered
 - a. underweight.
 - b. normal weight.
 - c. overweight.
 - d. obese.
9. Which of these boosts the number of D2 receptors in the brain?
 - a. overeating
 - b. drinking alcohol
 - c. reading
 - d. exercise
10. If you think you are overweight, you should
 - a. check with your doctor.
 - b. buy a diet book.
 - c. diet immediately.
 - d. run 10 miles.