

These next questions ask about heart disease. Please circle true or false; if you are unsure about the correct answer, you may circle "I don't know".

1. A person always knows when they have heart disease:
a. True **b. False** c. I don't know
2. If you have a family history of heart disease you are at risk for developing heart disease:
a. True b. False c. I don't know
3. The older a person is, the greater their risk of having heart disease:
a. True b. False c. I don't know
4. Smoking is a risk factor for heart disease:
a. True b. False c. I don't know
5. A person who stops smoking will lower their risk of developing heart disease:
a. True b. False c. I don't know
6. High blood pressure is a risk factor for heart disease:
a. True b. False c. I don't know
7. Keeping blood pressure under control will reduce a person's risk for developing heart disease:
a. True b. False c. I don't know
8. High cholesterol is a risk factor for developing heart disease:
a. True b. False c. I don't know
9. Eating fatty foods does not affect blood cholesterol levels:
a. True **b. False** c. I don't know
10. If your "good" cholesterol (HDL) is high you are at risk for heart disease:
a. True **b. False** c. I don't know
11. If your "bad" cholesterol (LDL) is high you are at risk factor for heart disease:
a. True b. False c. I don't know
12. Being overweight increases a person's risk for heart disease:
a. True b. False c. I don't know
13. Regular physical activity will lower a person's chance of getting heart disease:
a. True b. False c. I don't know
14. Only exercising at a gym or in an exercise class will help lower a person's chance of developing heart disease:

- a. True **b. False** c. I don't know
15. Walking and gardening are considered exercise that will help lower a person's chance of developing heart disease:
 a. True b. False c. I don't know
16. Diabetes is a risk factor for developing heart disease:
 a. True b. False c. I don't know
17. High blood sugar puts a strain on the heart:
 a. True b. False c. I don't know
18. If your blood sugar is high over several months it can cause your cholesterol level to go up and increase your risk of heart disease:
 a. True b. False c. I don't know
19. A person who has diabetes can reduce their risk of developing heart disease if they keep their blood sugar levels under control:
 a. True b. False c. I don't know
20. People with diabetes rarely have high cholesterol:
 a. True **b. False** c. I don't know
21. If a person has diabetes, keeping their cholesterol under control will help to lower their chance of developing heart disease:
 a. True b. False c. I don't know
22. People with diabetes tend to have low HDL (good) cholesterol:
 a. True b. False c. I don't know
23. A person who has diabetes can reduce their risk of developing heart disease if they keep their blood pressure under control:
 a. True b. False c. I don't know
24. A person who has diabetes can reduce their risk of developing heart disease if they keep their weight under control:
 a. True b. False c. I don't know
25. Men with diabetes have a higher risk of heart disease than women with diabetes:
 a. True **b. False** c. I don't know