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:
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