



Women's Health Seminar Questionnaire

Please circle or check your answers to the following questions. Choose any or all of the answers that apply

1. Women over 50 are more likely to get colon cancer? True or False
2. What is the percent of women over age 18 who have hypertension?
 - a. 22%
 - b. 33%
 - c. 18%
3. During pregnancy, women should consume folic acid to help prevent birth defects. Which of the following foods are good sources of folic acid?
 - a. Spinach
 - b. Orange juice
 - c. Black eyed peas
 - d. Nuts
 - e. All of the above
4. Heart disease affects more women than all cancers combined. True or False
5. Most bone is "built up" by the time you are age:
 - a. 25
 - b. 35
 - c. 30
 - d. 40
6. Alzheimer's is the 6th leading cause of death among all US adults.
True or False
7. You are at an increased risk for type 2 diabetes if you:
 - a. Are overweight
 - b. Have a family history of diabetes
 - c. Are older than 45
 - d. Had gestational diabetes (diabetes during pregnancy)
 - e. All of the above
8. Heart disease affects more women than all cancers combined. True or False?