



Women's Health Seminar Quiz **Answers**

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?