

What is the greatest health problem facing women today?

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> AIDS | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Heart Disease/Heart Attack | <input type="checkbox"/> Other |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Do not know |

What is the leading cause of death among women?

- | | |
|---|---|
| <input type="checkbox"/> AIDS | <input type="checkbox"/> Heart Disease/Heart Attack |
| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Smoking |
| <input type="checkbox"/> Lung Cancer | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Cancer (general) | <input type="checkbox"/> Other |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Do not know |

What are the major causes of heart disease?

- | | |
|--|---|
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> High fat diet |
| <input type="checkbox"/> Not exercising | <input type="checkbox"/> Your racial heritage |
| <input type="checkbox"/> Smoking | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Low levels of estrogen |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Other |
| <input type="checkbox"/> Family history of heart disease | |
| <input type="checkbox"/> High blood pressure | |

What health conditions do you worry most about getting?

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Alzheimer's |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Heart attack | <input type="checkbox"/> Aids |
| <input type="checkbox"/> Stroke | |

How informed are you about heart disease?

- | | | |
|--|--|--|
| <input type="checkbox"/> Very well informed | <input type="checkbox"/> Well informed | <input type="checkbox"/> Moderately informed |
| <input type="checkbox"/> Not at all informed | | |

Have you heard, seen, or read information on heart disease in the last 12 months?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

What activities can prevent or reduce the risk of getting heart disease?

- | | |
|---|--|
| <input type="checkbox"/> Quitting smoking | <input type="checkbox"/> Reducing sodium or salt |
| <input type="checkbox"/> Getting physical exercise | <input type="checkbox"/> Reducing animal products in your diet |
| <input type="checkbox"/> Reducing stress | <input type="checkbox"/> Taking special vitamins(E,C, or A) |
| <input type="checkbox"/> Losing weight | <input type="checkbox"/> Taking multivitamins with folic acid |
| <input type="checkbox"/> Reducing dietary cholesterol | <input type="checkbox"/> Taking hormone replacement therapy |
| <input type="checkbox"/> Aromatherapy | |

Based on what you know, what warning signs do you associate with having a heart attack?

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Pain in arm |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Tightness of chest |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Other |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Do not know |

Based on what you know, what warning signs do you associate with having a stroke or “brain attack”?

- Shortness of breath
- Unexplained dizziness
- High blood pressure
- Sudden dimness/loss of vision, often one eye
- Sudden weakness/numbness of face or limb on one side
- Sudden, severe headaches
- Loss of/trouble talking or trouble understanding speech

Have any of your doctors ever discussed heart disease with you when discussing your health?

- Yes No

Please tell us if you agree with these statements:

I am comfortable speaking with my doctor about prevention and treatment options regarding my health.

- Strongly agree Somewhat agree Somewhat disagree Strongly disagree

When I think of heart disease, I most often think of someone having a heart attack and dying quickly.

- Strongly agree Somewhat agree Somewhat disagree Strongly disagree

By taking estrogen replacement therapy, I can help reduce my risk for heart disease.

- Strongly agree Somewhat agree Somewhat disagree Strongly disagree

There is nothing I can do to help prevent myself from getting heart disease.

- Strongly agree Somewhat agree Somewhat disagree Strongly disagree

Do you think health education in grade school and high school is necessary?

- Yes No

Where do you currently get your health information?

- Magazines Newspaper

- | | |
|---|---|
| <input type="checkbox"/> Radio | <input type="checkbox"/> Your physician |
| <input type="checkbox"/> Healthcare workers | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Television | <input type="checkbox"/> Schools |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Health Fairs |
| <input type="checkbox"/> Church | |

True or False

Heart disease develops gradually over many years and can go easily undetected?

- True False

Women are less likely to get heart disease after menopause than before.

- True False

The loss of estrogen is a significant contributor to the development of heart disease in women following menopause.

- True False

African American women are more likely to die from heart attack or stroke.

- True False

Once men are diagnosed with heart disease, they are more likely than women to become seriously ill or die.

- True False

Men and women experience the same symptoms of heart attacks.

- True False

Men are more likely to than post menopausal women to have a heart attack.

- True False

My physician has discussed risk factors for heart disease with me.

- True False

My physician has discussed symptoms of heart disease with me.

- True False

If I get heart disease, I can do a lot to control what happens. Heart disease is largely preventable.

- True False

Heart disease is more prevalent in the Southeastern United States than in other regions of the country.

- True False

Education and prevention measures are necessary at an earlier age for some individuals based on their family history, race, or gender.

True False

What health information resource, if provided, would be your choice of resource tool?

- | | |
|---|--|
| <input type="checkbox"/> Radio Call in program | <input type="checkbox"/> Community sponsored health fair |
| <input type="checkbox"/> School programs | <input type="checkbox"/> Internet website |
| <input type="checkbox"/> Church sponsored health fair | <input type="checkbox"/> 800 Ask a Nurse program |
| <input type="checkbox"/> Public television program | |