

1. False - Low HDL cholesterol is associated with a higher risk for heart disease. It is low LDL cholesterol that reduces risk.
2. False - Heart disease is the leading cause of death for both men and women.
3. True – All of these factors can contribute to the development of heart disease.
4. True – Physical activity has been shown to reduce mortality (death) in people with heart disease, to prevent heart disease, and to reduce blood pressure in those with hypertension.
5. True – Abdominal obesity associated with the “apple shape” is associated with a higher risk for diabetes.
6. False – Even a 5-10% reduction in weight is associated with a marked improvement in metabolic factors (blood sugar, cholesterol) associated with heart disease.
7. True – Certain ethnic groups have a (perhaps genetically) higher risk for high blood pressure and heart disease.
8. True – Weight cycling is associated with numerous health issues and the people most likely to engage in weight cycling (yo-yo dieting), then this may partially explain any differences in health between obese and non-obese subjects.
9. True – If you are sleep deprived, even for one night, you may be more prone to weight gain.
10. True – Obese individuals are less likely to be screened for breast cancer, colorectal cancer, cervical cancer and to receive a flu shot.
11. True – Active obese individuals have lower rates of sickness and death than non-obese sedentary people.
12. False – In terms of diabetes, being normal weight is better than either being thin or overweight or obese.