

1. A low HDL-cholesterol increases your risk for heart disease. True False
2. Breast cancer is the leading cause of death in women. True False
3. One of the underlying factors in the association between heart disease and obesity include poverty, social isolation and the use of artificial sweeteners.
True False
4. Physical activity has been shown to reduce blood pressure in those with hypertension even without weight loss. True False
5. Having an “apple” shape puts you at higher risk for diabetes than having a “pear” shape. True False
6. If you are obese, you would need to lose at least 50% of your weight in order to lower your risk for heart disease. True False
7. If you are African-American, you are at higher risk for high blood pressure and heart disease. True False
8. Yo-yo dieting (weight cycling) is associated with a number of health problems and could partially explain the difference in health between obese and non-obese people.
True False
9. Lack of sleep is a contributing factor in weight gain. True False
10. Obese women are less likely to receive preventive services for common health conditions when going to a doctor’s office. True False
11. Active obese individuals have lower rates of sickness and death than people who are normal weight and who are sedentary. True False
12. To prevent diabetes, being thin is better than being average weight.
True False

