

# HealthQuest

## Chronic Disease Pre-Test & Post Test

Please circle the answer you think best describes the statement or answers the question.

1. Chronic Diseases are the leading cause of death in the United States? TRUE FALSE

2. Which of these illnesses are chronic diseases?

a. Cancer TRUE FALSE

b. Pneumonia TRUE FALSE

c. Heart Disease TRUE FALSE

d. Diabetes TRUE FALSE

e. flu TRUE FALSE

f. Mumps TRUE FALSE

3. Choose the leading causes of chronic disease

a. Smoking TRUE FALSE

b. Drugs TRUE FALSE

c. Pollution TRUE FALSE

d. Obesity TRUE FALSE

e. Inactivity TRUE FALSE

4. Choose the best ways to prevent chronic disease

a. Quit smoking TRUE FALSE

b. Exercise regularly  
(3-5 times per week) TRUE FALSE

c. Exercise once a week TRUE FALSE

d. Manage stress TRUE FALSE

e. Eat high fat, high sugar and high salt foods TRUE FALSE

f. Eat 5-7 servings of fruits and vegetables TRUE FALSE

4. I make choices that prevent chronic disease. TRUE FALSE

Please provide one example: \_\_\_\_\_

5. I can explain to family and friends how nutrition can prevent chronic diseases.

True

False

6. What can your school do to prevent heart disease and cancer? Please explain: