**GET HEART SMART INITIAL KNOWLEDGE QUESTIONNAIRE & PHYSICAL DATA**

**Participant Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Study Time Point: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please answer the following questions to the best of your knowledge by circling either True OR False:**

1. Most people can tell whether or not they have high blood pressure.

I Don’t Know True False

1. One of the main causes of heart attack and stroke is stress.

I Don’t Know True False

1. Walking and gardening are considered types of exercise that can lower the risk of having a heart attack or stroke.

I Don’t Know True False

1. Most of the salt (sodium) we eat comes from what we add to foods during cooking and at the table.

I Don’t Know True False

1. Pink Himalayan salt is better than regular table salt. Himalayan salt will not affect your blood pressure.

I Don’t Know True False

1. You can reduce your chance of developing a heart attack or stroke by eating at least five portions of fruit and vegetables a day.

I Don’t Know True False

1. Drinking high levels of alcohol can increase your cholesterol and triglyceride levels.

 I Don’t Know True False

1. HDL refers to ‘good’ cholesterol, and LDL refers to ‘bad’ cholesterol.

 I Don’t Know True False

1. I should aim to avoid all fatty foods to improve my cholesterol levels.

 I Don’t Know True False

***Measurements:***

|  |  |
| --- | --- |
| **Blood Pressure** |  |
| **Total Cholesterol** |  |
| **LDL-Cholesterol** |  |
| **HDL-Cholesterol** |  |
| **HbA1C** |  |
| **Triglycerides**  |  |

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