

# QUIZ

Be Healthy...It Can Make a Difference

Answer each question below and add up your score. Look on the back to see how you measure up.

- 1) Do you go to your health care provider once a year for a check-up? (YES/NO)
- 2) Do you go to your dentist at least every six months to get your teeth cleaned? (YES/NO)
- 3) Are you underweight or overweight? (YES/NO)
- 4) Do you take a multivitamin with at least 400 micrograms of folic acid every day? (YES/NO)
- 5) Do you get at least 30 minutes of moderate physical activity 4 or more times a week? (YES/NO)
- 6) Are you up-to-date with your vaccines? (YES/NO)
- 7) Do you smoke, drink alcohol, or use drugs (including herbs, or prescription medications)? (YES/NO)
- 8) Do you take steps to handle your stress in a positive way? (YES/NO)
- 9) Do you wear gloves when you work in the garden or when you change the cat litter box? (YES/NO)
- 10) If you have a chronic health condition (such as asthma, diabetes, thyroid disease, or high blood pressure), do you visit your health care provider when needed and take medications as directed by your health care provider? (YES/NO)
- 11) Do you have a family history of diabetes, asthma, high blood pressure, heart problems, kidney problems, thyroid problems, chicken pox, hepatitis, bleeding disorders, blood diseases, digestive problems, or depression? (YES/NO)
- 12) Do you seek help when feeling down, sad, hopeless, depressed, or loss interest in doing things? (YES/NO)
- 13) Have you had a previous baby born premature or with a low birth weight? (YES/NO)

What your score says about you . . . see the back of this brochure.

## Answers:

### **1. YES—1 • NO—0**

FACT: Regular care should include a pap smear, breast exam, and review of your family health history, weight, and height, blood pressure check, testing for diabetes or thyroid conditions, and management of any on-going health problems.

### **2. YES—1 • NO—0**

FACT: Gum Disease increases a woman's risk for heart disease and it may cause a woman who is pregnant to have her baby be born too soon and too small.

### **3. YES —0 • NO—1**

FACT: Underweight women may be at higher risk for weakened bones. Being overweight can increase a woman's chances for developing diabetes and heart disease.

### **4. YES—1 • NO—0**

FACT: Folic acid, helps prevent many types of birth defects, helps lower the risk for women to develop breast, cervical and colon cancer and may help prevent heart disease and stroke.

### **5. YES—1 • NO—0**

FACT: Regular exercise and eating a healthy diet may help prevent some illness and infection, and promotes a healthy lifestyle.

### **6. YES—1 • NO—0**

FACT: Women should not get rubella, hepatitis B or varicella (chicken pox) vaccines while pregnant, it can result in serious problems for baby. All of these illnesses can be prevented with vaccine. Talk to your health care provider if you are not sure about your vaccine record.

### **7. YES—0 • NO—1**

FACT: Smoking, alcohol, and drug use increase a woman's risk for developing health problems. They may cause birth defects or developmental delays if used during pregnancy.

### **8. YES—1 • NO—0**

FACT: Stress can increase a woman's risk for illness, infection and increase her chance of having a baby born too soon or too small.

### **9. YES—1 • DOES NOT APPLY (I DON'T HAVE A GARDEN OR A CAT)—1 • NO—0**

FACT: Bacteria that can cause serious illness can be found in litter boxes and in soil. Other risks include lead (found in paint, soil, and some dishes and pottery), mercury (found in some types of fish), carbon monoxide (from some heaters, car exhaust and cigarette smoke) and chemicals (from pesticides, bug sprays and fertilizers).

### **10. YES—1 • DOES NOT APPLY (I DON'T HAVE A CHRONIC HEALTH CONDITION)—1 • NO—0**

FACT: Health problems that are not taken care of can increase the chances for a woman to develop other health problems related with her illness. They also can cause problems in pregnancy.

### **11. YES—0 • NO—1**

FACT: Patients with one of these genetic conditions are at increased risk for problems such as high blood pressure during pregnancy, stillbirth, fetal growth retardation, and premature placental abruption

### **12. YES—1 • NO—0**

FACT: The highest risk occurs during the childbearing years. Pregnancy may be a possible cause for depression in some women. This may be due to changes in hormone levels during pregnancy and the stress that comes with this major life event.

### **13. YES—0 • NO—1**

FACT: Premature babies are babies born before 37 weeks. Risk factors that increase the risk for delivering a low birth weight baby include: a previous premature baby, a pregnancy with twins, triplets or more, or having certain abnormalities with the cervix or uterus.

## How Do You Measure Up?

**10-13 POINTS** Give yourself a pat on the back. You are taking good care of yourself. Your health is important to you and you want to look and feel your best. Keep up your habit of regular health care, good nutrition and exercise, avoiding harmful substances and managing stress.

**7-9 POINTS** You are on the right track to taking good care of yourself, but you are not giving yourself the full attention you deserve. Review the information included here and make changes in your lifestyle.

**4-6 POINTS** You are taking some steps to keep yourself healthy, but you may be feeling the effects of not doing enough. By making some changes now, you can help your body be its best.

**0-3 POINTS** You are neglecting your body! Talk to your health care provider about developing a plan for changing your lifestyle so you can turn your health around. Do it today, for a healthier tomorrow.