SURVEY

# Socio-demographic Questions

1) What is your age gap?

* 18-29
* 30-39
* > or = 40 years

2) What is your education level?

* Primary school
* Secondary school
* High school
* University

3) 3. How many children do you have?

* 1
* 2-3
* > or = 4

4) Personal medical history?

* No chronic disease
* Hypertension
* Diabetes mellitus
* Stroke
* Heart disease

5) Family history of Cardiovascular diseases?

* Yes
* No

6) Smokers among the people living in house?

* Yes
* No

7) What is your main source of information on health?

* Internet
* Printed journals
* Family and friends
* Health professionals (physician, general practitioner, paediatrician, specialist; nurse, other – please specify)

# CVD Awareness Level Measurement

1) A person always realizes if he/she has a heart disease.

* Yes
* No
* Unknown

2) A family history of CVD increases your risk of having heart disease.

* Yes
* No
* Unknown

3) Elderly people are at a higher risk for heart diseases.

* Yes
* No
* Unknown

4) Coronary heart diseases can be prevented.

* Yes
* No
* Unknown

5) Smoking is a preventable cause of death and diseases in our country.

* Yes
* No
* Unknown

6) Smoking is a risk factor for heart disease.

* Yes
* No
* Unknown

7) The risk of developing heart disease is reduced when smoking is stopped.

* Yes
* No
* Unknown

8) It is beneficial to eat 2-3 portions of fruit and 2 portions of vegetable daily.

* Yes
* No
* Unknown

9) It is harmful to eat red meat more than 3 times a week.

* Yes
* No
* Unknown

10) Eating salty lead to increases in blood pressure.

* Yes
* No
* Unknown

11) Fatty meals do not increase the cholesterol level in blood.

* Yes
* No
* Unknown

12) Fats that are solid at room temperature are beneficial for heart health.

* Yes
* No
* Unknown

13) A low carbohydrate and low fat diet is beneficial for heart health.

* Yes
* No
* Unknown

14) Overweight individuals have higher risk of heart disease.

* Yes
* No
* Unknown

15) Regular exercise reduces the risk of heart disease.

* Yes
* No
* Unknown

16) Risk can be reduced by exercising only in a gym.

* Yes
* No
* Unknown

17) Slow walking and wandering are also considered as exercise.

* Yes
* No
* Unknown

18) Stress, sorrow, and burden increase the risk of heart disease.

* Yes
* No
* Unknown

19) Blood pressure increases under stressful conditions.

* Yes
* No
* Unknown

20) High blood pressure is a risk factor for heart disease.

* Yes
* No
* Unknown

21) Blood pressure control reduces the risk of heart disease.

* Yes
* No
* Unknown

22) Hypertension medications should be used for a lifetime.

* Yes
* No
* Unknown

23) High cholesterol is a risk factor for heart disease.

* Yes
* No
* Unknown

24) There is a risk of heart disease if good (HDL) cholesterol is high.

* Yes
* No
* Unknown

25) There is a risk of heart disease risk if bad (LDL) cholesterol is high.

* Yes
* No
* Unknown

26) Every person with high cholesterol level is given medicine.

* Yes
* No
* Unknown

27) Diabetes is a risk factor for heart disease.

* Yes
* No
* Unknown

28) The risk can be reduced in diabetic patients with glucose control.

* Yes
* No
* Unknown