Year-End Health Quiz

Test your health IQ with this year-end quiz, then check your answers to see how well you did.

1. Which is the most preventable cause of death and disease?
   A. Poor hygiene  
   B. Smoking  
   C. Overeating

2. The 5-year survival rate for all cancers is:
   A. 23 Percent  
   B. 33 Percent  
   C. 59 Percent

3. Which food is the leading source of fat in the American diet:
   A. Buttered popcorn  
   B. Cheese  
   C. Bacon

4. Irritable bowel syndrome affects how many Americans?
   A. one in five  
   B. one in 20  
   C. one in 100

5. Which beverage can raise blood pressure?
   A. beer  
   B. lowfat milk  
   C. fruit juice

6. Your body can only use about 500 mg of calcium at a time.
   A. True  
   B. False

7. Reading in dim light will ruin your eyesight?
   A. True  
   B. False

8. There is a vitamin you can get simply by going for a walk.
   A. True  
   B. False

9. Grownups don’t have to worry about getting cavities.
   A. True  
   B. False

10. Most prostate cancers occur in men under 60.
    A. True  
    B. False
Year-End Health Quiz Answers

1. B.
   Tobacco use, which harms virtually every system in the body, causes 430,000 deaths annually.

2. C.
   For cancers that are screenable – such as breast, colon, rectal and cervical – the rate is higher: 80%

3. B.
   The average American eats three times as much cheese today as 30 years ago.

4. A.
   But less than half of those with symptoms seek treatment. If a change in bowel habits lasts more than 10 days, see your physician.

5. A.
   High alcohol consumption can raise blood pressure. If you drink, do so in moderation.

6. True.
   So if you take a supplement that contains more than 500mg of calcium, try splitting the pill in two and taking the rest later.

7. False.
   It may strain your vision, but it won’t cause permanent damage.

8. True.
   It’s vitamin D. Your skin cells manufacture D when exposed to sunlight: 10-15 minutes exposure three times a week is sufficient.

   The risk of getting cavities actually rises during middle age, when gums recede and expose the roots of your teeth to harmful bacteria.

10. False.
    More than 75 percent of prostate cancers are diagnosed in men 65 or older, just 7 percent in men under 60.