

The Fundamentals of Worksite Wellness
Satellite Webcast
Social Work CEU Quiz
June 26, 2013

(Select only the one best answer)

1. More than _____ Americans have high blood pressure (Hypertension):
 - A) 10 million
 - B) 40 million
 - C) 52 million
 - D) 76 million

2. Treatments for high blood pressure includes:
 - A) Blood pressure medications
 - B) Healthy Eating
 - C) Physical activity
 - D) Stress Management
 - E) All of the above

3. Sixty-three percent of heart disease deaths have no signs or symptoms and eighty percent are preventable:
 - A) True
 - B) False

4. Tobacco use is the leading preventable cause of death and disease in the United States, imposing a huge health and financial burden on businesses and families:
 - A) True
 - B) False

5. Approximately 2,000 people die each year in commercial cigarette fires:
 - A) True
 - B) False

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____