

CORONARY RISK ASSESSMENT QUESTIONNAIRE

City

State

Zip

Race (optional for statistical purposes only)

- Asian African-American Caucasian Latino/Hispanic
 Other

1. Family History: Did a parent, brother, or sister ever have a heart attack or stroke before the age of 55?

- Yes No

2. Personal History: Has a physician told you that you experienced a heart attack, a stroke, have coronary heart disease or angina or some other blood vessel disease?

- Yes No

3. Smoking Status: Mark the appropriate response,

1. Have never smoked
 2. Quit smoking, 10 years or more ago
 3. Quit smoking, less than 10 years ago
 4. Smoke pipe or cigar only
 5. Smoke less than 10 cigarettes a day
 6. Smoke 10 or more cigarettes per day

4. Aerobic exercises. Please mark the number of days per week you engage in aerobic exercises at least 20 to 30 minutes duration (activities such as cycling, swimming, aerobic dance, jogging, or active sports).

0 1 2 3 4 5 6 7

5. Stress/coping status. Mark the response that best describes how you feel you are currently coping with life.

1. Seldom feel stressed, coping very well
 2. Sometimes stressed, coping fairly well
 3. Often stressed, trouble coping at times
 4. Heavily stressed, often have trouble coping
 5. Excessively stressed, unable to cope

6. Do you have a history of high blood pressure?

- 1. No
- 2. Don't know
- 3. Yes, very high
- 4. Yes, moderately high

**** Referred to Medical Care Yes No**

Number of people in household _____

Male Female

Birth Date _____

7. Are you taking medication for high blood pressure?

- Yes No

8. Do you have diabetes?

- No Don't Know Yes

9. Are you on medication for diabetes or high blood sugar?

- 1. No medication for high glucose/diabetes
- 2. Taking insulin
- 3. Taking other medication for high blood pressure

10. Do you have high cholesterol?

- 1. No, I do not have high cholesterol
- 2. Don't know
- 3. Yes, my cholesterol is very high
- 4. Yes, my cholesterol is moderately high

11. Are you taking cholesterol medication?

- Yes No

Height

Feet

Inches

Weight