Frequency of risk factors and awareness regarding ischemic heart diseases among medical students of a private medical college

Name\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_ Sex: M/F Date: \_\_\_\_\_\_\_\_\_\_\_\_

 Year:\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Awareness**

Do you think the following have any relation to ischemic heart diseases?

1. Age yes no
2. Gender yes no
3. Family history yes no
4. Diet (calories) yes no
5. Smoking yes no
6. Obesity yes no
7. Inactivity/sedentary life style yes no
8. previous history of any heart disease yes no
9. Diabetes yes no
10. Renal Disease yes no
11. Stress yes no
12. use of steroids yes no
13. Use of birth control pills yes no
14. Elevated blood cholesterol yes no
15. Elevated blood pressure yes no

**Total score=**

1. **Frequency of risk factors:**
2. Do you exercise daily? Yes\_\_\_\_ (no. of min/day) NO
3. How many hours do you exercise per week \_\_\_\_\_\_\_(no. of hrs/week)
4. Do you have diabetes? yes no maybe don’t know
5. Do you smoke? yes no
6. Presently are you under stress? No mild moderate severe
7. Family history for ischemic heart disease? yes no maybe don’t know
8. Have you ever used steroids? yes no maybe don’t know

If yes what was the Puropse\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Duration\_\_\_\_\_\_Dosage\_\_\_\_\_

1. What do you use to cook food at home? OIL GHEE Don’t know
2. How often do you use junk food in a week? Never occasionally often regularly
3. BMI \_\_\_\_\_\_\_\_

**THANK YOU VERY MUCH FOR YOUR TIME**