

Cardiovascular Disease – MCQs

1. Which of the following is a major clinical risk factor for CVD?

- A) Low BMI
- B) High systolic blood pressure
- C) Low LDL cholesterol
- D) High physical activity

Answer: B

2. Which lifestyle factor most strongly increases CVD risk?

- A) Adequate sleep
- B) Tobacco use
- C) Drinking water
- D) Low salt diet

Answer: B

3. According to the 2019 survey, what percentage of adults aged 45–69 had hypertension?

- A) 20%
- B) 25%
- C) 52%

D) 7%

Answer: C

4. What was the prevalence of diabetes among adults aged 45–69?

A) 52%

B) 7%

C) 25%

D) 20%

Answer: D

5. What proportion of adults had high cardiovascular disease risk (2019)?

A) 5%

B) 10%

C) 25%

D) 80%

Answer: C

6. What is the leading cause of death in Jordan?

A) Chronic respiratory diseases

B) Cancers

C) Cardiovascular diseases

D) Diabetes

Answer: C

7. In 2025, CVDs are estimated to cause what percentage of total deaths in Jordan?

A) 7%

B) 37%

C) 15%

D) 60%

Answer: B

8. What percentage of deaths in Jordan are attributed to cancers?

A) 37%

B) 25%

C) 3%

D) 15%

Answer: D

9. Between 1990 and 2019, deaths from CVDs in Jordan increased by:

A) 20%

B) 50%

C) 100%

D) Over 160%

Answer: D

10. What was the age-standardized death rate in Jordan (2019)?

A) 7,980/100,000

B) 248/100,000

C) 52/100,000

D) 15/100,000

Answer: B

11. What was the age-standardized prevalence rate of CVDs in Jordan (2019)?

A) 52/100,000

B) 248/100,000

C) 7,980/100,000

D) 160/100,000

Answer: C