1. About 6.7 percent of U.S. adults ages 18 and older have depression.
   - True
   - False

2. Before people develop type 2 diabetes, they usually have_________—that means their blood glucose levels are higher than normal, but not yet high enough to be called diabetes.
   - a. hypertension
   - b. lactose intolerance
   - c. “pre-diabetes”

3. Inadequate __________ significantly contributes to the development of osteoporosis.
   - a. calcium
   - b. iron
   - c. magnesium

4. Experts believe that more than one out of 10 Americans, sometime in their lives, will experience an episode of dizziness significant enough to send them to a doctor.
   - True
   - False

5. Heart disease refers to a number of illnesses that affect your heart and nearby __________ .
   - a. nerve cells
   - b. blood vessels
   - c. muscles

6. Diabetes is a serious disease in which __________ levels are above normal.
   - a. white blood cells
   - b. blood glucose (blood sugar)
   - c. t-cells

7. You can get vitamin D in three ways: through the skin, from the diet, and from supplements.
   - True
   - False

8. If you have a balance disorder, you may stagger when you try to walk, or teeter or fall when you try to stand up. You might experience other symptoms such as:
   - a. Dizziness or vertigo (a spinning sensation)
   - b. Falling or feeling as if you are going to fall
   - c. Neither a or b
   - d. Both a and b