1) No one knows why people diagnosed with serious mental health conditions are dying 25 years earlier than the general population:
   ○ True
   ○ False

2) Overall health is essential to good mental health:
   ○ True
   ○ False

3) Most people with serious mental conditions have their own primary (medical) care provider:
   ○ True
   ○ False

4) Common medical conditions that affect people with serious mental conditions and lead to early death include the following: (check all that apply)
   A. Cardiovascular disease
   B. Diabetes
   C. Respiratory disease
   D. Infectious disease

5) Common risk factors that lead to serious physical conditions include: (check all that apply)
   A. Smoking or alcohol consumption
   B. Poor nutrition/Obesity
   C. “Unsafe” sexual behavior
   D. Side effects of some psychotropic medications
6) Social risk factors that increase a person’s vulnerability to poor health include: (check all that apply)

A. Poverty  
B. Paranoia  
C. Incarceration  
D. Genetics

7) Facts about smoking and tobacco use: (check all that apply)

A. 75% of people with MI or SA smoke vs. 23% of others  
B. Smokers lose between 13-14 years of life  
C. Most consumers do not ever want to quit smoking

8) Body Mass Index (BMI) is the best predictor for insulin resistance leading to diabetes:

- True  
- False

9) Mental health staff are often the only health resource for people with serious mental conditions:

- True  
- False

10) Risk factors for medical diseases (also called health indicators) should be routinely discussed in shift report and in treatment planning sessions:

- True  
- False