



Major content areas of the Mississippi Delta Cardiovascular Health Examination Survey (Delta CHES) questionnaire, physical examination, and blood tests

Main Questionnaire Domains

- General health and access to care
- Perceived stress
- Medical conditions and family medical history
- Diabetes
- Hypertension
- Knowledge of signs and symptoms of heart attack and stroke
- Cholesterol
- Aspirin use
- Oral health
- Physical activity and physical fitness
- Neighborhood perception and environment
- Diet and nutrition
- Weight history
- Tobacco use and exposure
- Alcohol consumption
- Occupation
- Anxiety and depression
- Social and emotional support
- Sociodemographic information and housing
- Health insurance
- Reactions to race
- Vitamins and medications

Physical Examination

- Arm, hip and waist circumference
- Blood pressure
- Height
- Pulse
- Weight

Blood Tests

- Blood chemistry panel
- Complete blood count
- Fasting glucose
- Fasting serum insulin
- Hemoglobin A1c (HbA1c)
- High sensitivity C-reactive protein (CRP)
- Homocysteine
- Lipid profile (HDL, LDL, triglycerides, total cholesterol)
- Serum cotinine