

Table 1. Characteristics of Sample (N = 20)

	<b>n (%)</b>		
Education			
None	3 (15%)		
Elementary school	5 (25%)		
Some high school	9 (45%)		
High school diploma	2 (10%)		
Technical school	1 (5%)		
College or some college	0		
Smoke			
Yes	9 (45%)		
No	11 (55%)		
Physical activity at home			
Mostly sitting	6 (30%)		
Moderate-intensity	14(70%)		
Vigorous-intensity	0		
Health status measures	<b>Mean</b>	<b>(SD)</b>	
Glucose	142.75	(39.98931)	
Cholesterol	203.85	(43.09998)	
Systemic blood pressure	123.6	(17.28522)	
BMI	23.63	(2.362002)	
Weight	63	(9.307609)	
Height	163	(6.8133)	
Age	52.4	(3.898718)	

A study was conducted to learn more about heart disease and how to prevent it. During the Honolulu Heart Study data was collected from 20 participants to determine the effects variables such as the level of education, smoking habits, and physical activity have on heart disease. The data showed a few significant differences. According to the data, 70% of the participants did a moderate-intensity workout, which is the majority among participants. The data also showed that most of the participants did not smoke with an above average percentage of 55%. The data shows no significant differences in the health status of the participants overall.