

**Philadelphia Ujima™**



## **High Blood Pressure and Heart Disease QUIZZO**

This is a group activity where participants can test their knowledge of high blood pressure and heart disease.

**Directions:**

1. Split the group into small teams. Teams should use their collective knowledge (or guesses) to answer the questions.
2. Give each team an answer sheet. Read each question out loud. Give each team about 30 seconds to write down an answer to each question. There will be one bonus question at the end of the last round. Additional resources, information and websites are provided on the answer sheet for more information on any of the provided answers.
3. At the end of the game collect the answer sheets. Whichever team has the most correct answers wins the game!



## ROUND 1: BLOOD PRESSURE

**1. What is a desirable blood pressure range?**

**A:** 120/80 or lower - ([www.americanheart.org](http://www.americanheart.org))

**2. Is there a main cause of high blood pressure?**

**A:** No, 90-95% of high blood pressure causes are unknown. High blood pressure is often known as the “silent killer.” This type of blood pressure is called essential or primary hypertension ([www.americanheart.org](http://www.americanheart.org)).

**3. What is the difference between systolic and diastolic blood pressure?**

**A:** systolic blood pressure is the maximum pressure exerted when the heart contracts; diastolic blood pressure is the arterial pressure when the heart is at rest ([www.americanheart.org](http://www.americanheart.org)).

**4. After age 50, which pressure reading (systolic or diastolic) is most commonly high?**

**A:** systolic blood pressure - Isolated systolic hypertension (ISH) is a condition where diastolic pressure is normal but systolic pressure is high. This is the most common type of high blood pressure among people over 50 ([www.mayoclinic.com](http://www.mayoclinic.com)).

**5. What is the blood pressure range for pre-hypertension?**

**A:** 120/80 – 139/89 - Pre-hypertension can worsen over time, with nearly 1/3 of adults 35-64 (and ½ of adults 65+) diagnosed with pre-hypertension developing high blood pressure within 4 years ([www.mayoclinic.com](http://www.mayoclinic.com)).

**6. How often should prescription high blood pressure medication be taken?**

**A:** Blood pressure medication should be taken consistently as a way to maintain blood pressure, regardless of symptoms. Blood pressure is only lowered while medications are being taken, so medication usually can't be stopped, even if blood pressure is lowered. However, dosage can be reduced after achieving and maintaining normal blood pressure for more than a year ([www.americanheart.org](http://www.americanheart.org)).



7. **What other type of medications should people with high blood pressure be careful about taking, as they could interact with blood pressure medications?**  
**A:** People with high blood pressure should be careful taking cold and flu medicines. Many of these medicines contain decongestants, which can raise blood pressure and may even interfere with blood pressure medication ([www.americanheart.org](http://www.americanheart.org)).
8. **Does high blood pressure have a characteristic symptom?**  
**A:** No, most people are asymptomatic. The only way to find out if you have high blood pressure is to have your blood pressure checked ([www.americanheart.org](http://www.americanheart.org)).
9. **How does high blood pressure affect arteries?**  
**A:** High blood pressure hardens/thickens arteries (arteriosclerosis). High blood pressure can cause added pressure in arteries, which changes the cells lining the arterial walls. This eventually makes artery walls thick and stiff. If circulating fats pass through an artery with these altered cells, the fats can accumulate and lead to atherosclerosis ([www.mayoclinic.com](http://www.mayoclinic.com)).
10. **What's another name for hypertension?**  
**A:** High blood pressure



## ROUND 2: HEART DISEASE

**1. A person with high blood pressure also has a high risk for what other diseases?**

**A:** Stroke and heart disease - Arterial changes (arteriosclerosis and atherosclerosis can affect arteries anywhere in the body and lead to obstructed blood flow to organs like the heart and brain ([www.mayoclinic.com](http://www.mayoclinic.com) ; [www.americanheart.org](http://www.americanheart.org)).

**2. What is the most common cause of heart disease?**

**A:** The most common cause of heart disease is the narrowing or blockage of the coronary arteries, also known as CAD (coronary artery disease). Coronary Artery Disease is caused by plaque building up inside the coronary arteries. These are the arteries that feed the heart with nutrients and oxygen ([www.nhlbi.nih.gov/health/dci/Diseases/Cad](http://www.nhlbi.nih.gov/health/dci/Diseases/Cad) ; [www.americanheart.org](http://www.americanheart.org)).

**3. True or false, heart disease is the leading cause of death in the United States.**

**A:** True ([www.cdc.gov/nchs/FASTATS/lcod.htm](http://www.cdc.gov/nchs/FASTATS/lcod.htm))

**4. Do men or women die most often from heart disease (have the most deaths from heart disease)?**

**A:** Women

([www.mayoclinic.com](http://www.mayoclinic.com); [www.americanheart.org](http://www.americanheart.org))

**5. What is a major risk factor for heart disease that is affected by lifestyle?**

**A:** Answers can include: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity, and poor nutrition ([www.americanheart.org](http://www.americanheart.org)).

**6. Onset of heart disease in women is on average \_\_\_ years later than men**

**A:** 10 ([www.womensheartinstitute.com](http://www.womensheartinstitute.com))

**7. When are women more likely to get heart disease?**

**A:** Women are at increased for heart disease after age of 55 or after menopause. This is partially due to decreased estrogen production, and partially due to the fact that women usually develop risk factors for heart disease around this age ([www.nhlbi.nih.gov/health/hearttruth/lower/risks.htm](http://www.nhlbi.nih.gov/health/hearttruth/lower/risks.htm)).



8. **What is an additional lifestyle factor that could influence heart disease risk for a woman of reproductive age?**

A: Birth control - This is especially true for women who smoke ([www.americanheart.org](http://www.americanheart.org)).

9. **True or false: Heart disease can be “cured” with surgery.**

A: False, heart disease is a lifelong condition. Heart disease is a lifelong condition, so once you get it you will always have it. Surgery may help blood and oxygen reach the heart more easily, but there is no way to repair the damaged arteries, and so you are still more likely to have a heart attack ([www.omhrc.gov](http://www.omhrc.gov)).

10. **If a person has diabetes, will this affect their risk for heart disease?**

A: Yes - This is the case even when blood sugar levels are under control ([www.americanheart.org](http://www.americanheart.org)).

### ROUND 3: CHOLESTEROL

1. **How does cholesterol get into a person’s body?**

A: Cholesterol is naturally made in the body, and it can be ingested in food. The liver and other cells in the body make around 75% of blood cholesterol, with the remaining 25% coming from the diet ([www.americanheart.org](http://www.americanheart.org)).

2. **How often should healthy adults without risk factors for heart disease have their cholesterol levels checked?**

A: every 5 years ([www.americanheart.org](http://www.americanheart.org))

3. **What is a desirable level of total blood cholesterol?**

A: less than 200 mg/dL

This is according to the National Cholesterol Education Program guidelines, endorsed by the American Heart Association ([www.americanheart.org](http://www.americanheart.org)).



4. **What type of test measures levels of triglycerides and all of the different kinds of cholesterol?**  
A: lipoprotein profile ([www.americanheart.org](http://www.americanheart.org))
5. **What must a person do before going to get blood drawn for a lipoprotein profile?**  
A: Fast 9-12 hours before, so no food, liquids, or pills. If you do the test without fasting, then your doctor will not be able to get an accurate lipid profile ([www.americanheart.org](http://www.americanheart.org)).
6. **True or false: Lowering cholesterol can reduce the risk for developing heart disease in people with high cholesterol levels, but will not affect people with average levels**  
A: False - Lowering cholesterol is important for everyone, regardless of your age or sex ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)).
7. **Too much cholesterol in the blood causes \_\_\_\_\_ to form on the walls of arteries, leading to atherosclerosis?**  
A: – plaque ([www.americanheart.org](http://www.americanheart.org))
8. **What, if any, are symptoms of high blood cholesterol?**  
A: There are usually NO SIGNS OR SYMPTOMS, except for detection through a blood test ([www.nhlbi.nih.gov/health/dci/Diseases/Hbc](http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc) ; [www.mayoclinic.com](http://www.mayoclinic.com) ).
9. **Which cholesterol type is known as the “good cholesterol”?**  
A: HDL or high density lipoprotein is good cholesterol. Low HDL levels increase the risk for heart disease ([www.americanheart.org](http://www.americanheart.org)).
10. **What should a person’s levels of LDL or “bad cholesterol” be?**  
A: less than 100mg/dL - The lower a person’s LDL cholesterol, the lower their risk for stroke and heart attack. LDL is a better gauge of risk than total blood cholesterol ([www.americanheart.org](http://www.americanheart.org)).



**Bonus Question:**

**What HDL levels are thought to actually help protect people from heart disease? –  
GREATER THAN 60mg/dL ([www.americanheart.org](http://www.americanheart.org))**



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## High Blood Pressure and Heart Disease QUIZZO – ANSWER SHEET



### Round 1 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_





**Round 2 Answers:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Round 3 Answers:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Bonus Answer:**

