



Beach Ball Questions and Answers

- ♥ **Where can you find reliable heart disease information?** (Answers: *www.hearttruth.gov and WVU Extension*)
- ♥ **If a man's waist is more than ____ inches, he is at greater risk of heart disease.** (Answer: *40 inches*)
- ♥ **If a woman's waist is more than ____ inches, she is at greater risk of heart disease.** (Answer: *35 inches*)
- ♥ **Name a heart-healthy food you like and tell why it is heart-healthy.**
- ♥ **Should you take a low-dose aspirin every day?** (Answer: *Only if your healthcare provider recommends it.*)
- ♥ **Adults need at least ____ minutes of moderate to vigorous physical activity a day.** (Answer: *30 minutes*)
- ♥ **Name a risk factor for heart disease you CANNOT control.** (Answers: *family history, age*)
- ♥ **Name a risk factor for heart disease you CAN control.**
(Answers: *physical activity, weight, smoking, blood pressure, stress, cholesterol, food choices*)
- ♥ **What heart attack signs should you watch for?**
(Answers: *chest pain, discomfort in any area of the upper body, short breath, nausea, cold sweat/light-headed*)
- ♥ **Know your numbers – WHAT numbers does this mean?**
(Answers: *weight or Body Mass Index, blood pressure, cholesterol, triglycerides, blood glucose, waist*)
- ♥ **Name one way to reduce stress in your life.**
- ♥ **If you suspect a heart attack or stroke, what is the first thing you will do?** (Answer: *Call 9-1-1!*)
- ♥ **True or False – Heart disease is preventable.** (Answer: *True – it can be prevented or controlled*)
- ♥ **How can you lower your risk of heart disease?**
(Answers: *Talk to your doctor, be active, don't smoke, eat healthy, take meds, manage weight, manage diabetes, manage stress, practice good oral health habits*)
- ♥ **What keeps some women from taking action against heart disease?**
(Answers: *They may not put their health as a priority, don't understand the personal risks, don't know heart disease is the #1 killer of women, too busy, think heart disease happens to men or older people*)
- ♥ **What is the HEART TRUTH?**
(Answer: *A national campaign helping women understand and learn how to prevent heart disease*)
- ♥ **Name a person with whom you will share heart-health messages.**

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