

Name \_\_\_\_\_ Email \_\_\_\_\_

## Test your Heart Health IQ – Take the Quiz!

1. Name 3 things that will help lower your risk for heart disease and stroke.  
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2. Which medical condition is also called “The Silent Killer”?
  - a. High blood pressure
  - b. Stroke
  - c. Type 2 Diabetes
  - d. Colon cancer
3. What are things that can raise your blood pressure? (choose all that apply):
  - a. Weight gain
  - b. Hot tubs/Saunas
  - c. Smoking
  - d. Sitting
  - e. Alcohol
  - f. Decongestants
  - g. All of the above
4. Consuming too much sugar can contribute to incidence of heart disease, stroke and high blood pressure. Heart & Stroke Canada recommends a daily limit of 6 tsp (women) and 9 tsp (men) of added dietary sugar. Which foods are considered an added sugar? Select all that apply.
  - a. Honey
  - b. Maple syrup
  - c. Whole Fruit
  - d. White milk
  - e. Stevia
  - f. Coconut sugar
  - g. All of the above
5. The #1 cause of premature death in Canadian women is:
  - a. Breast cancer
  - b. Heart disease & stroke
  - c. Diabetes
  - d. Multiple Sclerosis
6. Women with heart disease experience different symptoms than men. These include (select all that apply):
  - a. Shortness of breath
  - b. Fatigue
  - c. Indigestion or nausea
  - d. Back or neck pain
  - e. All of the above
7. **FAST** is an acronym developed to help recognize signs of stroke. **FAST** stands for:
  - a. **Follow** (the person to make sure they are ok) **Ask** (ask them if their chest hurts) **Speech** (slurred/jumbled) **Take** (them to the hospital)
  - b. **Face** (drooping), **Arms** (can they raise both), **Speech** (slurred/jumbled), **Time** (to call 911)
  - c. **Face** (drooping) **Allow** (them to lie down) **Sleep** (let them rest) **Time** (to call 911)
8. Nine in ten Canadians have at least one risk factor for heart disease and stroke.
  - a. True
  - b. False
9. Almost 80% of premature stroke and heart disease can be prevented through healthy behaviours like eating healthy, being active and living smoke free.
  - a. True
  - b. False
10. Individuals with high levels of stress or prolonged stress have higher cholesterol and blood pressure and may be at higher risk for stroke. Things you can do to lower your stress levels are (select all that apply):
  - a. Get physically active
  - b. Practice meditation or deep breathing,
  - c. Have an alcoholic beverage
  - d. Get 7-8 hours sleep each night
  - e. Increase your screen time
  - f. Spend time outside in nature



### Answer Key

1. Any of: healthy weight, regular exercise, adequate sleep, smoke free, reduce stress level, meditation, limit alcohol
2. a. High blood pressure – called the “Silent Killer” as people that have it are unaware, as often there are no symptoms
3. g. All of the above
4. a. Honey b. Maple syrup e. Stevia f. Coconut sugar are all considered added sugars.
5. b. Heart disease and stroke
6. e. All of the above
7. b. **Face** (drooping), **Arms** (can they raise both), **Speech** (slurred/jumbled), **Time** (to call 911)
8. a. True
9. a. True
10. a. Get physically active b. Practice meditation or deep breathing d. Get 7-8 hours of sleep each night f. Spend time outside in nature