**Heart Health Quiz**

**Link for online quiz:** **<https://www.surveymonkey.com/r/HJR7VWX>**

1. **The leading cause of death for men, women, and people of most racial and ethnic groups in the United States is:**

Cancer

Heart Disease

Car accidents

COVID-19

1. **Smoking increases your risk for heart disease.**

True

False

1. **Symptoms of heart disease can be “silent” and not diagnosed until a person experiences signs and symptoms of a heart attack, heart failure or arrhythmia**.

True

False

1. **Which of the following are ways you can take charge of your heart health?**

Limit alcohol and smoking

Eat a healthy diet and exercise

Check your cholesterol, check your blood pressure, take medication as directed and work with your doctor

All of the above

1. **Some racial and ethnic minorities are more likely to die from heart disease.**

True

False

1. **Which of the following is considered a risk factor for heart disease?**

Regular exercise

Low cholesterol

High Blood Pressure

A balanced diet

1. **What is the recommended amount of physical activity for adults to maintain heart health?**

30 minutes of moderate physical activity 5 days a week

60 minutes of intense physical activity 2 days a week

15 minutes of stretching every day

10 minutes of walking every day

1. **What is the primary function of the heart?**

To filter toxins

To pump blood throughout the body

To store oxygen

To regulate body temperature

1. **Your risk of heart disease increases as you age.**

True

False

1. **About half of all Americans have at least 1 of 3 key risk factors (high blood pressure, high cholesterol, smoking) of heart disease.**

True

False