Healthy Heart Quiz Answer Sheet

Please circle or check your answers to the following questions.

1. A build-up of plaque in the coronary arteries is called Atherosclerosis. □ True □ False

2. The American Heart Association recommends a diet that includes which of the following?
   a. Low saturated fat
   b. Low Cholesterol
   c. High fiber
   d. All of the above

3. A healthy BMI is between 30 and 35. □ True □ False

4. Having higher levels of which of the following is protective against heart disease?
   a. Total Cholesterol
   b. Triglycerides
   c. HDL Cholesterol
   d. LDL Cholesterol

5. A healthy blood pressure is less than 120/80. □ True □ False

6. Being overweight or obese is a risk factor for Type 2 Diabetes. □ True □ False

7. Reducing modifiable health risks such as obesity and stress have a greater impact on health than genetics. □ True □ False

8. Which of the following can be a warning sign of a heart attack?
   a. Chest discomfort
   b. Pain or discomfort in one or both arms
   c. Shortness of breath
   d. Nausea
   e. All of the above

9. Women are much more likely to survive a heart attack than a man, especially those under age 50. □ True □ False

10. Moderate exercise conducted for at least 30 minutes most days can reduce cardiovascular risk. □ True □ False