



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