

Hypertension Bingo

Give each player a bingo card and chips. Read the following questions out loud. If the participant has the answer to one of the questions on their bingo card, the player will mark that space with a bingo chip. Some of the questions have more than one answer. In this case, the player may only choose one of the possible answers.

The center box called “hypertension” is a free space. When a player gets five bingo chips in a row, they shout “BINGO!” The winner will then go over each space that they have marked to achieve Bingo to make sure they answered the questions correctly. If no one has gotten Bingo after going through all of the questions, the instructor may repeat one of the questions that have multiple answers.

**** If there aren't enough cards for everyone, have players work together in pairs.***

What's another name for Hypertension? (Player may select only 1 choice)

- High blood pressure
- “Silent Killer”

This blood pressure reading is considered high

- 140-159 over 80-89
- 160 or higher over 180 or higher

This is a non-modifiable risk factor: (Player may select only 1 choice)

- Age
- Race
- Family history
- Certain chronic conditions

This is a modifiable risk factor: (Player may select only 1 choice)

- Overweight or obesity
- Not Being Physically Active
- Too Much Sodium
- Not Enough Potassium
- Too Much Alcohol
- Stress

This is one of the complications that can result from hypertension: (Player may select only 1 choice)

- Heart attack, heart disease, or heart failure
- Stroke
- Kidney damage

Who is more likely to have HTN?

- Men
- African Americans

What is one way to control your blood pressure?

- Check blood pressure regularly
- Maintain a healthy weight
- Be physically active
- Eat a balanced diet
- Lower sodium intake
- Take blood pressure medicine

This is the amount of sodium The American Heart Association recommends consuming a day

- Less than 1500 mg of sodium a day.

This is the source of about 75% of dietary sodium intake

- Processed foods

Word bank:

High blood pressure, "Silent Killer", 140-159 over 80-89, 160 or higher over 180 or higher, Age, Race, Family history, Certain chronic conditions, Overweight or obesity, Not Being Physically Active, Too Much Sodium, Not Enough Potassium, Too Much Alcohol, Stress, Heart attack, Stroke, Kidney damage, Men, African Americans, Check blood pressure regularly, Maintain a healthy weight, Be physically active, Eat a balanced diet, Lower sodium intake, Take blood pressure medicine, Less than 1500 mg, Processed foods

Bingo cards generated at <http://print-bingo.com/bingo-frame.php?source=custom>

Possible Incentives to Participate

- Cooking utensils
 - These can be found at the Dollar Tree and are great motivators for people to play.
 - Examples of items you may find are aluminum foil, mixing bowls, mixing spoons, spatulas, and oven mitts
- Gift cards to a grocery store
- Pedometer to encourage more walking