

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### What have you learned about hypertension?

1. Hypertension is also known as:
  - a. High cholesterol
  - b. High blood sugar
  - c. High blood pressure
  - d. Low blood pressure
  
2. Which of the following is the most desirable blood pressure reading?
  - a. 130/90
  - b. 180/110
  - c. 140/80
  - d. Lower than 120/80
  
3. High blood pressure is called "The Silent Killer" because:
  - a. No one wants to talk about it
  - b. There are no symptoms
  - c. You can't hear blood pressure rising
  - d. It's a clever name
  
4. Which of the following groups has the highest rate of high blood pressure?
  - a. Caucasians
  - b. African Americans
  - c. Hispanics
  - d. Asian/Pacific Islanders
  
5. Which of these lifestyle changes WILL NOT help you control your risk of high blood pressure?
  - a. Eat a heart-healthy diet, including lean, high-fiber and low-fat products
  - b. Give up smoking
  - c. Take a second job, preferably a stressful one
  - d. Cut your salt intake. Try substituting herbs and spices
  
6. A person with high blood pressure:
  - a. Has high cholesterol
  - b. Has a high risk of stroke and heart attack
  - c. Has a nervous condition
  - d. May experience erratic heartbeats

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7. High blood pressure medication is usually prescribed to be taken:
  - a. Under stressful situations
  - b. As a lifelong way to manage high blood pressure
  - c. When activities require physical exertion
  - d. Whenever the patient feels bad
  
8. Which of the following is more likely to contribute to high blood pressure?
  - a. Physical activity
  - b. Salt/sodium intake
  - c. High cholesterol level
  - d. Ice cream
  
9. Bread and cheese are examples of low-sodium food options.
  - a. True
  - b. False
  
10. Damage caused by uncontrolled hypertension can lead to:
  - a. Heart attack
  - b. Stroke
  - c. Vision loss
  - d. Damage to your kidneys
  - e. All of the above
  
11. Which of the following may be dangerous for people with high blood pressure?
  - a. Physical activity
  - b. Eggs
  - c. Cold and flu medicines
  - d. Microwaves
  
12. Being diagnosed with high blood pressure means you are destined to a life of pill-popping. Get used to taking anti-hypertensives, diuretics, beta-blockers, vasodilators and calcium channel blockers, to name a few.
  - a. True
  - b. False
  
13. No one in your family has hypertension so you do not need to get your blood pressure checked.
  - a. True
  - b. False

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**Open-Ended Questions**

What are some interesting things you learned from this presentation about hypertension?

What are some ways you can prevent, delay, or manage hypertension?

What are some of your favorite ways to be physically active?

What can we do to improve this presentation?