



## National Blood Pressure Month Scavenger Hunt (ANSWER KEY)

**(1) Fill in the blanks: Your blood pressure is the force of your blood moving through your blood vessels, while your heart rate is the number of times your \_\_\_\_ \_\_\_\_ per minute.**  
(Hint: [Learn more about blood pressure vs. heart rate \(pulse\).](#))

ANSWER: heart beats

**(2) Name the only way to know if you have high blood pressure.**  
(Hint: [Learn about high blood pressure.](#))

ANSWER: have your blood pressure checked

**(3) Fill in the blanks: High blood pressure is called the “ \_\_\_\_ \_\_\_\_ ” because it usually has no warning signs or symptoms, and many people do not know they have it.**  
(Hint: [Learn about high blood pressure.](#))

ANSWER: silent killer

**(4) True or false: High blood pressure is often the first domino in a chain or “domino effect” which could lead to a heart attack, kidney disease, vision loss and sexual dysfunction.**  
(Hint: [Learn more about health threats from high blood pressure.](#))

ANSWER: True

**(5) True or false: People with elevated blood pressure are likely to develop high blood pressure (defined as a systolic blood pressure  $\geq$  130 mm Hg or a diastolic blood pressure  $\geq$  80 mm Hg) unless steps are taken to control the condition.** (Hint: [Learn how to understand blood pressure readings.](#))

ANSWER: True

**(6) Several factors can put you at a greater risk for developing high blood pressure (hypertension). Which of the following are risk factors you can control? Stress, family history, smoking and tobacco use, age, drinking, gender, diet, race, physical activity.**  
(Hint: There are five. [Learn about risk factors for high blood pressure.](#))



WFHT.TN@tn.gov



/WFHTN



/workingforahealthiertn



@WFHTN

ANSWER: stress, smoking and tobacco use, drinking, diet, physical activity

**(7) Use one word to fill in the blank: When there's extra sodium in your bloodstream, it pulls water into your blood vessels, \_\_\_ the total amount (volume) of blood inside your blood vessels. With more blood flowing through your blood vessels, your blood pressure is \_\_\_.**

(Hint: [Learn why you should limit sodium.](#))

ANSWER: increasing

**(8) Fill in the blank: Most people eat too much sodium, often without knowing it. The American Heart Association recommends no more than \_\_\_ milligrams (mgs) a day.**

(Hint: [Learn why you should limit sodium.](#))

ANSWER: 2,300

**(9) Fill in the blanks: Regular physical activity can lower many heart disease risk factors (such as "bad" LDL cholesterol levels, increase "good" HDL cholesterol levels, and manage high blood pressure). The goal is to engage in activity that builds up to activity that gets your \_\_\_ \_\_\_ \_\_\_ and leaves you a little \_\_\_.**

(Hint: [Watch this short 0:52 video about 'Be Active - Keep Your Heart Healthy!'](#).)

ANSWER: heart beating faster AND breathless

**(10) Fill in the blank: Getting good sleep isn't just important for your energy levels—it's critical for your heart health, too. During normal sleep, your blood pressure goes down. Having sleep problems means your blood pressure stays \_\_\_ for a longer period.**

(Hint: [Learn how sleep affects your heart health.](#))

ANSWER: higher