



National Blood Pressure Month Scavenger Hunt

*DIRECTIONS: Take a “crash course” on blood pressure in honor of National Blood Pressure Month (May). Use the following resources to pinpoint the correct answers: [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) and [heart.org/en/health-topics/high-blood-pressure](https://www.heart.org/en/health-topics/high-blood-pressure)
Once you complete your Scavenger Hunt, please submit your answers to wfhtn@tn.gov*

(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)' [here.](#))

ANSWER: heart beats

(2) Name the only one way to know if you have high blood pressure.

(Hint: Learn 'About High Blood Pressure' [here.](#))

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' [here.](#))

ANSWER: silent Killer

(4) TRUE OR FALSE: High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences like: heart attack, kidney disease, vision loss and sexual dysfunction.

(Hint: Learn more about 'Health Threats From High Blood Pressure' [here.](#))

ANSWER: TRUE

(5) Fill in the blanks: Nearly ____ of adults in the United States have hypertension (defined as a systolic blood pressure \geq 130 mm Hg or a diastolic blood pressure \geq 80 mm Hg) or are taking medication for hypertension.

(Hint: Learn more about the 'Facts About Hypertension' [here.](#))

ANSWER: half

(6) Fill in the blanks: People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition. An “elevated” blood pressure means a SYSTOLIC mm Hg of ____ and a DIASTOLIC mm Hg of ____.

(Hint: Learn about ‘Understanding Blood Pressure Readings’ [here.](#))

ANSWER: ELEVATED 120 – 129 and LESS THAN 80

(7) A number of factors can put you at a greater risk for developing high blood pressure (or hypertension). Which of the following are “modifiable” risk factors? Stress, family history, smoking and tobacco use, age, drinking, gender, diet, race, physical activity

(Hint: There are five. Learn about ‘Know Your Risk Factors for High Blood Pressure’ [here.](#))

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

(8) 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 about ‘Why Should I Limit Sodium?’ [here.](#))

ANSWER: increasing

(9) 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 about ‘Why Should I Limit Sodium?’ [here.](#))

ANSWER: 2,300

(10) 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!’ [here.](#))

ANSWER: heart beating faster AND breathless

(11) 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 of time.

(Hint: Learn more about ‘How Does Sleep Affect Your Heart Health?’ [here.](#))

ANSWER: higher

Help your department's Wellness Council earn points towards a fiscal year wellness award by submitting your completed quiz to WFHT.TN@tn.gov

NAME: _____

DEPT: _____