

National Blood Pressure Month Scavenger Hunt

Take a “crash course” on blood pressure in honor of National Blood Pressure Month (May).
Use the following resources to find 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).

(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 \(pulse\)](#).)

RESPONSE: _____

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

(Hint: [Learn about high blood pressure](#).)

RESPONSE: _____

(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](#).)

RESPONSE: _____

(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](#).)

RESPONSE: _____

(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](#).)

RESPONSE: _____

(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](#).)

RESPONSE: _____



(7) Use one word to fill in the blanks: 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.](#))

RESPONSE: _____

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

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

RESPONSE: _____

(9) Fill in the blanks: Regular physical activity can improve many heart disease risk factors such as lowering "bad" LDL cholesterol levels, increasing "good" HDL cholesterol levels, and managing high blood pressure. The goal is to build 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!'](#).)

RESPONSE: _____

(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.](#))

RESPONSE: _____

Submit your completed quiz to WFHT.TN@tn.gov.

NAME: _____

AGENCY: _____

