

# Instructor Teaching Guide



FEBRUARY IS

**HEALTHY  
HEART  
MONTH**

# Teaching About Heart Health Toolkit

## WEEKLY THEMES

**Week 1** – Be physically active together (Feb. 7<sup>th</sup> – National Wear Red Day)

**Week 2**- Eat healthier together

**Week 3** – Track your heart healthy stats (blood pressure, physical activity, health diet goals)

**Week 4** - Manage stress, sleep more and quit smoking together

## INSTRUCTOR RESOURCES

### 1. Heart Month Toolkits 2020

- a. **National Institute of Health Toolkit** - <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>
- b. **CDC Toolkit** - [https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)

### 2. Student Research and Discussion Questions

- a. Who do you know who has had a heart attack or stroke?  
What happened? How do they cope? If you do not know someone who has had a heart attack or stroke, what do you know about heart attacks or strokes?
- b. What risk factors (behaviors or choices) could lead to a heart attack or a stroke?
- c. At what age should we start to worry about heart health?
- d. How does the American culture encourage unhealthy choices?



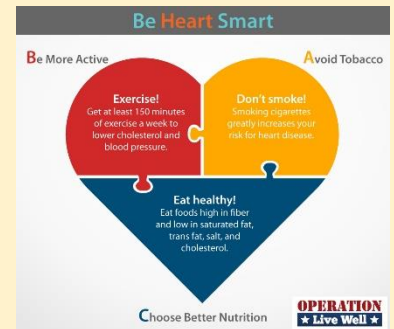
Infographic titled "About 1,441,000 people in Florida have coronary heart disease." It features a map of Florida with a heart icon. Below the map, it states: "This is the most common form of heart disease and can often be prevented. #OurHearts are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking - together!" and "Learn more at hearttruth.gov." The infographic includes logos for the Department of Health, NIH (National Heart, Lung, and Blood Institute), and the American Heart Association.

### 3. Plain Language Heart Health Vocabulary Words –

- a. <https://www.nia.nih.gov/health/heart-health-glossary>

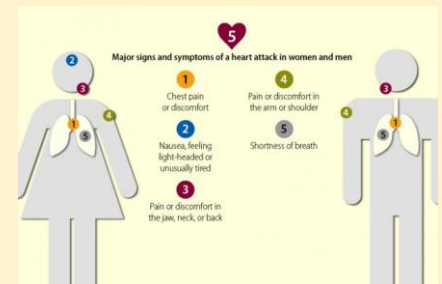
### 4. Heart Disease Overview Videos

- a. [4 Steps to Heart Health Video– Mayo Clinic](#)  
b. [How the Heart Works Video – Mayo Clinic](#)  
c. [What is your Heart Age Video – CDC](#)



### 5. Plain Language Information Handouts

- a. [What is a Heart Attack – American Heart Association](#)  
b. [What are the Warning Signs of a Heart Attack – American Heart Association](#)  
c. [Making Heart Healthy Changes with Family and Friends.](#)  
d. [28 Days to a Heathy Heart – NIH Heart Month Handout](#)  
e. [Know the Difference Between Cardiovascular Disease, Heart Disease and Coronary Heart Disease-NIH](#)  
f. [Why Exercise is Important - CDC](#)



### 6. Infographics and Social Media graphics

- a. [8 Steps to Prevent Heart Disease and Stroke](#)  
b. [Heart Health Superfoods](#)  
c. [Heart Healthy Eating by Season](#)  
d. [NIH Social Media Graphics](#)



### 7. Class Activities and Worksheets

- a. Jeopardy Game (see below)  
b. [Your Heart Works for you \(fill in the blank\)](#)  
c. [Healthy Heart Puzzle –](#)  
d. [Exercise with Items You Have at Home](#)

- e. [Exercise While Doing Chores](#)
- f. Organize a healthy recipe cookoff
- g. Plan a heart healthy Valentine's Day or Super Bowl Sunday meals and activities
- h. Have a daily step or physical activity contest
- i. Invite a speaker from your local clinic or hospital
- j. See [Chapter 5 in \*Staying Healthy\*](#) for additional activities

## Jeopardy Game Instructions

1. Divide students into teams.
2. Teams should choose a group name.
3. Run the Jeopardy PowerPoint as a show.
4. Choose a category of questions. You must run through all the questions in the category in order. When complete, choose another category.
5. When a team knows the answer to a question, members can yell out team name as the buzzer. Or, teams can alternate the chance to answer the question first.
6. Keep Score. Students can choose to bet points in the final jeopardy.

## Jeopardy Board Answers

### Heart Disease

Q100 – True

Q200-40 seconds

Q300 - Top 3 factors: high blood pressure; high blood cholesterol; and smoking

Other factors include: diabetes, overweight, unhealthy diet, and not physically active

Q400- Coronary Artery Disease

Q500 – Chest pain, nausea or lightheadedness, pain in jaw, pain in arm or shoulder,  
shortness of breath

## Heart Facts

Q100 – every part of the body

Q200- 100,000 times

Q300 – exercise most days

Q400 – True

Q500 – Opening and closing of heart valves

## Eating

Q100 – Establish a habit of healthy eating and exercise

Q200- Our level of physical activity

Q300 – An estimate of body fat based on measuring a person’s height and weight

Q400- Eat more fruits and vegetables; Eat beans and legumes; Eat healthy fats; Eat less salt; Eat healthy proteins (lower fat); Don’t eat too much

Q500 - My Plate [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Exercise

Q100 – True Everyone can benefit from physical activities

Q200 - Adults should do muscle strengthening or stretching activities at least 2 times per week.

Q300 - What we eat (our diet)

Q400 - D. 150 minutes (2 ½ hours) Adults should do at least 2 ½ hours of aerobic exercise each week. Aerobic exercises make your heart and lungs work harder. This can be walking, riding a bike, gardening, or swimming.

Q500 - Helps heart and lungs stay healthy (and work better)

- A. Increases strength (muscles)
- B. Maintains healthy bones, muscles, and joints.
- C. Helps deal with stress and anxiety
- D. Improves ability to sleep
- E. Increases energy
- F. Helps you live a longer life
- G. Helps decrease chance of developing most diseases, including cancer, heart disease and diabetes.

## **Stress**

Q100 - Relax your mind through activities such as:

- yoga
- meditation
- mindfulness
- hobbies such as painting, sewing and gardening
- spending time with family and friends
- visiting a favorite location
- anything you find relaxing!!

Q200 – Self Talk

Q300 - Answer C: Writing in a journal helps you to think about your feelings and work through your stress.

Q400 - C. Yelling at others - A bad mood or getting angry quickly can be a sign of high stress.

Q500 – All of the above. These are all things you can do to decrease feelings of stress.

- A. Change the stressor
- B. Avoid the stressor
- C. Accept the stressor
- D. Change the way you think about the stressor

**Final Jeopardy Answer** – Heredity; Environment; Lifestyle