

Heart health - quiz

How heart smart are you? Test your knowledge about heart health with our quick health quiz. Find out how diet, exercise, smoking and other factors can affect your risk of heart disease.

1. Too much cholesterol affects your heart by

- A. Increasing the rate of your heartbeat
- B. Slowing blood flow to the heart
- C. Decreasing your energy levels and making you lethargic

2. Which of these will help you control your cholesterol levels?

- A. Regular exercise
- B. Modifying your diet
- C. Regular exercise and modifying your diet

3. To get any health benefit from exercise you need to:

- A. Exercise vigorously for two hours once a week
- B. Exercise until you're exhausted
- C. Exercise moderately for 30 minutes most days

4. All cholesterol is bad for your heart.

- A. True
- B. False
- C. Not sure

5. Adults should aim for a daily fibre intake of:

- A 5 – 10g
- B 10 – 20g
- C 30 – 35g

6. Smokers have a 70 per cent greater risk of death from coronary heart disease than non-smokers.

- A. True
- B. False
- C. Don't know

7. Fifteen years after giving up smoking, a smoker's risk of heart disease is:

- A. The same as when you gave up smoking
- B. Halved
- C. The same as if you had never smoked

See over...

Heart health – quiz answers

Correct answers

1. B

A person gets coronary heart disease when cholesterol is deposited in the inner lining of the coronary arteries. These arteries provide the heart with blood. The higher the cholesterol levels in the blood, the greater the chance that deposits will form at these sites, reducing blood flow to the heart.

2. C

You can keep your cholesterol at safe levels by having regular exercise (a half hour a day is good), eating a healthy diet low in fat and rich in fresh fruit and vegetables and drinking alcohol in moderate amounts – and don't smoke.

3. C

You should aim to do 30 minutes or more of moderate intensity physical activity (such as brisk walking) on most, if not all, days of the week. Just 30 minutes of moderate intensity physical activity each day can improve health and reduce the risk of developing certain conditions or diseases. Vigorous exercise can be dangerous so talk to your doctor first if you haven't exercised for a long time.

4. False

There are two types of blood cholesterol. Low density lipoprotein (LDL) silts up the arteries, while high density lipoprotein (HDL) helps to reduce this silting up process. Saturated fats and trans fatty acids (that is, an unsaturated fat) generally tend to increase LDL cholesterol in the blood. Common sources of these fats include animal products (such as meat fat, beef, lamb, chicken skin and full-cream dairy foods) and processed foods like pastries and biscuits. Mono-unsaturated fats (such as, margarines, avocado, olives, nuts) and polyunsaturated fats (such as, salmon and tuna) help to reduce LDL and increase HDL.

5. C

Adults should aim for a diet that contains 30 to 35g of fibre per day. Most Australians don't consume enough fibre. Fibre keeps the digestive system healthy. It also contributes to other processes, such as stabilising glucose and cholesterol levels. In countries with traditionally high fibre diets, diseases such as bowel cancer, diabetes and coronary heart disease are much less common.

See over...

6. A

Smoking adds to the artery-clogging process that can lead to heart attack, stroke and peripheral vascular disease. It also overworks the heart and reduces its oxygen supply, makes clots more likely to form in blood vessels, and increases the risk of potentially fatal changes in the heartbeat.

7. C

The human body has great abilities to repair itself – if given the chance. But smoking does a lot of damage, so it takes time. The sooner you give up, the quicker you'll be able to give your heart a new start.

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