**Title**

Heart Health

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

Heart Health

Pen/Pencil

**Objectives**

To define heart disease

To identify risk factors for heart disease

To identify facts about Cholesterol

To identify facts about blood pressure

To identify how to prevent/manage heart disease

**Learners will be able to:**

Define heart disease

Identify risk factors for heart disease

Identify facts about Cholesterol

Identify facts about blood pressure

Identify how to prevent/manage heart disease

**Exercises and Activities to Complete Before and During the Session**

Define heart disease

List risk factors for heart disease

List facts about Cholesterol

List facts about blood pressure

List ways to prevent/manage heart disease

**Pre-session Preparation**

**Read (5 minutes)**

Heart Health

**During the session**

**Present/Review (10 minutes)**

Explain to Participants: in the United States, heart disease is the leading cause for both men and women. People with pre-diabetes and/or metabolic syndrome are at higher risk for developing heart disease. The good news is that leading a healthy lifestyle can reduce your risk! Ask Participants to take turns reading the following sections: ‘What is Heart Disease?’, ‘Risk Factors’, ‘Facts about Cholesterol’, ‘Facts about Blood Pressure’, and ‘Preventing and Managing Heart Disease’.

**Discuss (10 minutes)**

Guide the participants in discussion about each section. Ask participants to: 1) Define heart disease, 2) list risk factors for heart disease, 3) list facts about cholesterol, 4) list facts about blood pressure, and 5) list ways to prevent/manage heart disease.

Remind them: Even one lifestyle change can make a difference. A combination of two or more lifestyle changes may achieve even better results!