



## Vascular Risk Reduction Introduction Game

### Vascular Risk Round Up:

#### Directions:

1. Thirteen participants scattered throughout the session are given both a question card and an answer card. (These do not relate to each other).
2. A volunteer participant in session reads his/her Question card.
3. The person with the correct Answer card must wave it and read the answer aloud.
4. If correct, it will be his/her turn to read out the question on the Question card.
5. If not correct, everyone must agree on the correct answer, then ask the person with the correct Answer card to read out his/her question.
6. Play continues until all questions have been read, along with their correct answers.

Vascular Risk Round Up: Question / Answer Key

1. How many Albertans are affected by vascular disease? **More than 300,000**
2. Approximately how many Canadians have at least one vascular risk factor? **More than 90%**
3. Approximately what percent of Canadians consume a low intake of fruits and vegetables? **60%**
4. What percent of Albertans are overweight or obese? **54%**
5. What percent of high cholesterol is uncontrolled in Canada? **60 – 80%**
6. What percent of Canadians with hypertension remain uncontrolled? **41%**
7. The causes of vascular disease are known and preventable. **True**
8. How can the occurrence of vascular disease be significantly reduced? **Lifestyle Management**
9. What do only 22 – 48% of physicians regularly use? **Cardiovascular risk assessment tools**
10. What percent of Albertans are physically inactive? **45%**
11. How much does heart disease, stroke and hypertension cost the Canadian economy?  
**More than \$20.9 billion every year**
12. How much does heart disease and stroke cost the Alberta healthcare system? **\$373 million per year**
13. How often does someone die in Canada from heart disease or stroke? **Every 7 minutes**

**Q**

**How many Albertans are affected  
by vascular disease?**

**A**

**More than 300,000**

**Q**

**Approximately how many  
Canadians have at least one  
vascular risk factor?**

**A**

**More than 90%**

**Q**

**Approximately what percent of Canadians consume a low intake of fruits and vegetables?**

**A**

**60%**

**Q**

**What percent of Albertans are overweight or obese?**

**A**

**54%**

**Q**

**What percent of high cholesterol is uncontrolled in Canada?**

**A**

**60 – 80%**

**Q**

**What percent of Canadians with hypertension remain uncontrolled?**

**A**

**41%**

**Q**

**What do only 22 – 48% of  
physicians regularly use?**

**A**

**Cardiovascular risk assessment  
tools**

**Q**

**What percent of Albertans are  
physically inactive?**

**A**

**45%**

**Q**

**How much does heart disease,  
stroke and hypertension cost the  
Canadian economy?**

**A**

**More than \$20.9 billion every year**

**Q**

**How much does heart disease and  
stroke cost the Alberta healthcare  
system?**

**A**

**\$373 million per year**

**Q**

**How often does someone die in  
Canada from heart disease or  
stroke?**

**A**

**Every 7 minutes**

**Q**

**How can the occurrence of  
vascular disease be significantly  
reduced?**

**A**

**Lifestyle Management**



**Q**

**The causes of vascular disease are known and preventable**

**A**

**True**

**Q**

**A**