



A Woman's Guide to Heart Health Video Series

Companion Discussion Guide

This guide provides optional discussion questions that you can use with the videos. You can choose which questions make sense for your group and time frame.

You may choose to have the discussion at the end of each video or to pause the video at points for discussion. If you prefer to pause the video, time stamps are suggested for when to pause the video for each question.

Learning Session 1: Cardiovascular Disease and Symptoms

- (1:45) Were you surprised that the #1 killer of women is cardiovascular disease?
 - Do you think most women in your community are aware of this?
 - What do you think might be some of the reasons that women underestimate their risk of cardiovascular disease?
- (6:28) Women have worse cardiovascular outcomes than men after a heart attack, in part because of delays in treatment. What do you think might be some of the reasons for this delay?
- (End of video) What are some ways that we could help raise awareness about the risk and symptoms of cardiovascular disease in women?

Learning Session 2: Cardiovascular Risk Factors

- (1:09) Some of the risk factors (age, personal and family medical history) are beyond our control. Others (physical activity, smoking, etc.) we have some control over. Do you have any ideas about how we could help lower the modifiable risk factors in women in our community?
- (End of video) Some times in a woman's life are associated with increased cardiovascular risk. These include pregnancy and menopause. What can we do to better educate and support women during these life stages?

Learning Session 3: Prevention of Cardiovascular Disease

- (9:25) What are some lifestyle changes that you think you could make to lower your risk of cardiovascular disease?
 - What are some of the challenges you might face in making those changes?
 - Does anyone have ideas about how to help overcome some of those challenges?
- (10:06) 60% of women who die from sudden cardiac death have no previous known history of cardiovascular disease. Some of these deaths could have been prevented with routine preventative care.
 - Do you get regular check-ups? Why or why not?
 - What are some of the challenges that keep women from getting regular check-ups and preventative care?
- (End of video) What are some ideas for ways that we could help promote cardiovascular health for women in our community?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**