

# Be Heart Smart Video

## Companion Discussion Guide

This guide provides optional discussion questions that you can use with the video. There are several natural points in the video where you can pause the video and have a group discussion. You can choose which pauses and questions make sense for your group and time frame.

### Pause the video at minute 7:04 on the slide titled “Cardiovascular Disease”

- Heart disease is the #1 cause of death in
  - A) The United States
  - B) The world
  - C) Women
  - D) All of the aboveDiscuss what you think the answer is and why.  
*The answer is D) All of the above*

### Pause the video at minute 11:09 on the slide titled “Cardiovascular Risk Factors”

- Cardiovascular disease affects thousands of Virginians each year. Does anyone have a personal story of how they have been impacted by cardiovascular disease that they would like to share?
- How do you think cardiovascular disease impacts our community?

### Pause the video at minute 12:01 on the slide titled “How to Help Prevent Cardiovascular Disease”

- Which risk factors do you think are common in our community?
- What are some ideas about how we can address some of these risk factors as individuals? As a community?

### At the end of the video

- Which one of the Life’s Essential Eight health behaviors is hardest for you to do consistently? What are some of the challenges that you face?
- Does anyone have a helpful strategy for heart healthy living to share?
- What are some of the barriers to heart healthy living in our community?
- What are some ideas about how we could help address these barriers?

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.**