

10 Dinner Conversation Starters

Talk about your family heart health tonight

1. Why is heart health important?
2. Why is it important for us to talk about our family's heart health history?
3. Do you know which type of cholesterol is considered "bad" cholesterol?
4. Does high cholesterol run in our family?
5. Does anyone in our family have heart disease?
6. Has anyone in our family had a heart attack or stroke?
 - If so, how old were they when this happened?
7. Has anyone in our family been diagnosed with the cholesterol condition familial hypercholesterolemia (FH) or atherosclerotic cardiovascular disease (ASCVD)?
8. What are some ways that our family can lead a more heart-healthy lifestyle?
 - How can we motivate ourselves to do these things?
9. When is the last time we had our cholesterol levels checked?
10. What should we do if we learn we have high cholesterol?



Setting the Table for a Heart Healthy Conversation

Talking about health history with your family is an important part of living a healthy lifestyle. Learning about your family's heart health history is especially important, as some heart-related conditions can be inherited. Use tonight's meal to start this conversation with your family!

To learn more about cholesterol health and to find more information on how to have heart health history conversations with your family, please visit MessageFromtheHeart.com.



Three things I learned today about my family's heart health

1. _____

2. _____

3. _____

Can you find these heart healthy conversation key words?

1. Heart
2. Healthy
3. Cholesterol
4. Dinner
5. Hereditary

M F A I C U F A K Y F D X Y X I Y W S B
Z Z Q U N J Q L U E R S D F Q H H Q I T
X J O S B W H C L G Z A Z F Z V T I R F
M U H T B Q O A J V R M T M U A L E O S
D N R U S L H J E S P H G I R K A K S S
X C A V V Y Z L M P J V H E D T E J K V
J W B Q U K L X G S O N N T N E H T O Y
L O R E T S E L O H C N G V S N R N J G
P J N Y R D Q M K G I U B A M T E E W O
Y S C P E I P F V D H E A R T W O U H G

Unscramble these conversation key words!

- retha hhtela _____
laiyfm _____
rstihyo _____
esocvaniontr _____
ilalimfa eerholiomarhptceyls _____