



## Introduction

This activity is a board game. It introduces the various factors that increase or decrease the risk of coronary heart disease.

## The activity




You will need to provide the following for each student group:

- 2 dice
- 1 counter for each participant (recommend 2 – 3 students per group)
- 1 game board. I recommend that you print it out on A3 card or on A3 paper and laminate it.
- A set of RISK cards from the powerpoint set. You may need to print out 2 sets, particularly if you are playing the game with the maximum number of students.
- A set of PROTECTION cards from the powerpoint set. Again, you may need to print out 2 sets of these cards.
- A score sheet for the final analysis of scores.

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## CHD risk game














































### The rules of the game

1. This is a game for 2 – 3 players using dice, counters, risk and protection cards.
2. Risk cards are indicated by a broken heart 
3. Protection cards are indicated by a healthy heart 
4. The winner is the person that, when the final scores are counted, is closest to or goes the furthest past your life expectancy of 80 years.
5. Set up the board by putting your counters just before 1. Place the risk cards in one pile close to the board, and the protection cards in another pile near the board.
6. Each player will throw a die once. The player that has the highest number will start. The order of play will proceed in a clockwise direction.
7. Each player will take it in turns to throw the dice, and to move the total number of spaces indicated by the dice. If the player lands on a risk space, they will take a risk card, read it and store it for the final count. If the player lands on a protection space, they will take a protection card, read it and store it for the final count. If the player lands on a rethink space, they are able to return one of their risk cards to the top of the risk pile, and replace it with a protection card instead. 
8. Play proceeds until one player reaches their life expectancy age (80) on the board. At this point all players lay out their risk and protection cards, and enter the information on each card onto the score table. Each risk card carries a deduction of 1, 2, 3, 4 or 5 years from their life expectancy. Enter the total number of years deducted into the table. Each protection card increases the chance of reaching your life expectancy, and therefore carries an extra 1, 2, 3, 4 or 5 years. Add the total number of years added to the table. Calculate the final age reached, eg  

$$(\text{age for counter position}) - (\text{years deducted}) + (\text{years added}) = \text{final age reached}$$
9. The winner is the person that, when the final scores are counted, is closest to or goes the furthest past your life expectancy of 80 years.

# The Game Board

Start At 1

1 	2 	3	4 	5 	6	7 	8	9 	10
20	19 	18	17 	16 	15	14 	13 	12 	11
21	22 	23 	24	25 	26	27 	28 	29	30 
40	39 	38	37 	36	35 	34	33	32 	31 
41	42 	43	44 	45	46	47 	48	49 	50
60	59 	58 	57	56 	55 	54 	53	52 	51
61 	62 	63	64	65 	66 	67	68 	69	70 
80 	79 	78 	77	76	75 	74	73 	72	71 

80 is your life expectancy

## Score Sheet

Final counter position (before considering cards) =

Risk Card Factor	Risk Card Deduction	Protection Card Factor	Protection Card Addition
<i>Eg diet high in salt</i>	1	<i>Eg Choose healthy school lunches</i>	2
TOTAL RISK CARD DEDUCTION		Total risk card addition	

Final score (age) =

### Questions:

1. Coronary heart disease (CHD) is a multifactorial chronic disease. Explain what this statement means.
2. Which risk factors carry the greatest risk for the development of heart disease?
3. Extension: Find out what the following terms mean.

Angioplasty, bypass, hypertension, sedentary, saturated fats,  
Unsaturated fats (oils), B.M.I., cholesterol, statins.