

# LEADING CAUSES OF DEATH

## Supplies Needed:

- Leading causes of death slips of paper

## Say:

Can you share what you think may be some leading causes of death are in the U.S.?

## Do:

Have students work as a group to arrange the cards in order of leading cause of death. Have students share why they selected the top 3 choices. Check their order and move the cards to accurately reflect the top 10 causes of death.



## Reflect:

Heart disease is the number cause of death in the United States and in Iowa. High blood pressure, high blood cholesterol and smoking are key factors for heart disease. Lifestyle choices that can reduce one's risk include: healthy eating, physical activity, and maintaining a healthy weight. Prevention is key and starts at an early age!

## Leading Causes of Death:

Heart Disease  
Cancer  
Chronic Lung Disease  
Accidents  
Stroke  
Alzheimer's Disease  
Diabetes  
Flu and Pneumonia  
Kidney Disease  
Suicide

Developed in partnership with ISU Extension SWITCH Program to establish fundamental knowledge of heart function and heart disease prevention.

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Iowa  
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Share your work in promoting heart health by using the hashtag #IowaHasHeart and tagging the Iowa Heart Foundation on social media posts.

