

What are my risks for getting heart disease?

Ask yourself these 3 questions:

1 How many risk factors do I have?

Major risk factors
are those that research has shown significantly increase the risk of heart disease. The more risk factors you have, the greater your chance of developing it.

- ❑ age
- ❑ gender
- ❑ family history
- ❑ high blood cholesterol
- ❑ high blood pressure
- ❑ physical inactivity
- ❑ obesity and overweight
- ❑ smoking
- ❑ diabetes
- ❑ poor diet

Non-Modifiable
These risk factors cannot be changed.

Modifiable
Any person can make changes to these risk factors, even modest improvements to your health will make a big difference.

2 Do I know Life's Simple 7® keys to prevention?

CONTROL CHOLESTEROL
98.9 million Americans age 20 and older have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) or higher.

EAT RIGHT
When you eat a heart-healthy diet you improve your chances for feeling good and staying healthy – for life!

LOSE WEIGHT
More than 2/3 of our American adult population is overweight, with 1/3 of us in the obese category.

GET MOVING
Over 50% of American adults, age 18 and older, do not get the recommended at least 150 minutes a week of moderate to vigorous physical activity.

STOP SMOKING
Among Americans age 18 and older, more than 19 million women and 24 million men are smokers.

MANAGE BLOOD PRESSURE
Approximately 90% of all Americans will develop hypertension over their lifetime and 1 in 3 adults has high blood pressure, yet, many people don't even know they have it.

REDUCE BLOOD SUGAR
Heart disease and stroke are the No. 1 causes of death in people with type 2 diabetes.

Get your **My Life Check® Assessment** now at heart.org/mylifecheck

3 Am I making an effort or making excuses?

Top "barriers" to healthy living from a recent survey of website visitors to heart.org:

14% Costs too much to eat healthy.
Think again! Try our tips to save you money and time: heart.org/healthytips

27% I live a heart-healthy lifestyle.
Great job! Learn more about preventing heart disease at any age: heart.org/atanyage

18% Don't want to stop eating foods they like.
Then DON'T! Just find healthy ways to prepare them here: heart.org/recipes

14% Don't like exercising.
Keep trying! Here are our top 5 tips to loving exercise ... or at least not hating it: heart.org/lovingactivity

12% Too busy taking care of others to take care of myself.
To do the best for our loved ones, we must make an effort to be in the best possible health ourselves. heart.org/caringforyourself

17% Don't have time to exercise regularly.
Don't worry, 10 minutes, 3 times a day is all it takes. heart.org/take10

7% I don't really know how to take care of my heart.
You're in luck! We have all the heart-health information you need. heart.org/conditions