

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?

REDUCE BLOOD SUGAR

About 21 million American adults have diagnosed diabetes. That's almost 9% of the adult population.

EAT RIGHT

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

CONTROL CHOLESTEROL

More than 40% of American adults have total cholesterol levels higher than 200 mg/dL.

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

LOSE WEIGHT

Most Americans older than 20 are overweight or obese. About 32% children are overweight or obese.

MANAGE BLOOD PRESSURE

About 80 million U.S. adults have high blood pressure. That's about 33%.

GET MOVING

About one in every three U.S. adults – 30% – reports participating in no leisure time physical activity.

STOP SMOKING

6% of adolescents aged 12 to 17 report being current smokers. Among adults, 19% of men and 15% of women are smokers.

3 Am I making an effort or making excuses?

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

I live a heart-healthy lifestyle.

Great job! Learn more about preventing heart disease at any age: heart.org/atanyage

27%

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/healthyliving

I don't want to stop eating foods I like.

Then DON'T! Just find healthy ways to prepare them here: heart.org/recipes

14%

I 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%

I'm 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%

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

14%

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