

# Are You At Risk For Heart Disease?

Risk factors are traits or habits that make a person more likely to develop heart disease. The good news is that you can control most of the risk factors. Read the list below and check your risk factors.

<input type="checkbox"/> <b>Overweight</b>	<input type="checkbox"/> <b>High Blood Pressure</b>	<input type="checkbox"/> <b>High Blood Cholesterol</b>
		
<input type="checkbox"/> <b>Diabetes</b>	<input type="checkbox"/> <b>Not Physically Active</b>	<input type="checkbox"/> <b>Smoking</b>
		

**You can do something about these risk factors**

<input type="checkbox"/> <b>My Age</b>	<input type="checkbox"/> <b>My Family Health History</b>
I am 45 years or older and male	My father or brother developed heart disease before age 55
I am 55 years or older and female	My mother or sister developed heart disease before age 65

**You cannot control these risk factors**

- The more risk factors you check, the higher your risk for developing heart disease.
- If you are at risk, the good news is you can lower your risk for most factors.
- Share your answers on this list with your health care provider and talk about what you can do to lower your risk.



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