http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/What-Are-My-Risks-For-Getting-Heart-Disease-Infographic UCM 443749 SubHomePage.jsp



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

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.