

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

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.