What are my risks for getting heart disease?

Ask yourself these 3 questions:

1. **How many risk factors do I have?**
   - **Major Risk Factors**: These risk factors cannot be changed.
     - 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.
   - **Lose Weight**: Most Americans older than 23 are overweight or obese. About 35% of 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 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/atenyage
     - **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
     - **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
     - **It costs too much to eat healthy.**
       - Think again! Try our tips to save you money and time: heart.org/healthyliving
     - **I don’t like exercising.**
       - Keep trying! Here are our top 5 tips to loving exercise... at least not hating it: heart.org/lovingactivity
     - **I don’t have time to exercise regularly.**
       - Don’t worry, 10 minutes, 3 times a day is all it takes. heart.org/take10

Start here: heart.org/makinganeffort