

## Are You at Risk for Heart Disease? Questionnaire

Name: \_\_\_\_\_

Risk factors are traits or habits that make a person more likely to develop heart disease. Read this list of risk factors for heart disease. Check the ones you have. Think about the risk factors for your family members too.



### Heart disease risk factors you can do something about: Check the ones you have:

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> Cigarette smoking           |                                   |
| <input type="checkbox"/> High blood pressure         | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> High cholesterol            | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Diabetes                    | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Being overweight            | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> Not being physically active |                                   |

### Heart disease risk factors you cannot control:

- Age (45 years or older for men and 55 years or older for women)
- People in your family having early heart disease (before age 45 in men or before age 55 in women).

**The more risk factors you have checked, the greater your risk for heart disease.  
Talk to your doctor about your risk.**