

# ARE YOU AT RISK FOR HEART ATTACK OR STROKE?



Take this quiz to find out! You can *reduce* your risk of heart attack and stroke. Start by becoming aware of your risk factors—the personal characteristics and habits that may increase your chances of having a heart attack or stroke. Some you *can't* change or control; some you *can*, by making a few changes in your dietary habits or taking medicine as prescribed.

**Take charge of your health!** Use this quiz to learn where to focus your efforts. Then, work with your healthcare provider to reduce, control or prevent as many risk factors as you can. You will be glad you did **...AND SO WILL YOUR LOVED ONES.**

The following factors may increase your risk. Answer **YES** to the questions in the quiz that apply to you. If you have *two or more YES answers*, see a healthcare provider for a complete assessment of your risks!

### Your AGE may increase your risk if:

- You are a man over *45 years old*.
- You are a woman *over 55 years old*, **OR** if you are 41 or older and have undergone natural menopause **OR** had a hysterectomy.

### Your FAMILY HISTORY may increase your risk if:

- Your father or brother had a heart attack *before age 55* **OR** your mother or sister had one *before age 65*.
- You have a close blood relative who had a *stroke*.

### Cigarette and tobacco SMOKE increases your risk if:

- You *smoke*, or live or work with people who smoke every day.

### Your total HDL and CHOLESTEROL levels may increase your risk if:

- Your total cholesterol level is *240 mg/dL or higher*.
- Your HDL (*good*) cholesterol level is *less than 40 mg/dL* for men or *less than 50 mg/dL* for women
- You *do not know* your total cholesterol or HDL levels.

### Your BLOOD PRESSURE may increase your risk if:

- Your blood pressure is *120/80 mm Hg* or higher, **OR** you have been told that your blood pressure is *too high*.
- You *do not know* what your blood pressure is.

### PHYSICAL INACTIVITY may increase your risk if:

- You get *less than a total of 30 minutes* of physical activity on most days.

### Excess BODY WEIGHT may increase your risk if:

- If your BMI is over 25. (*See reverse side to determine your BMI*)

### DIABETES increases your risk if:

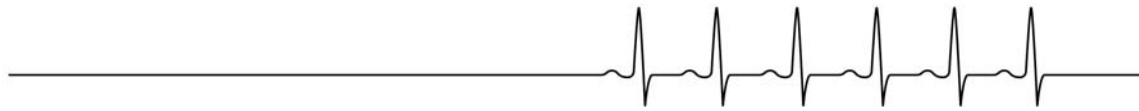
- You have *diabetes* **OR** a fasting blood sugar of *126 mg/dL (or higher)* **OR** you need *medicine* to control your blood sugar.

### Your MEDICAL HISTORY may increase your risk if:

- You have *coronary heart disease*, **OR** you have had a *heart attack*.
- You have been told that you have *carotid artery disease*, **OR** you have had a *stroke or TIA*, **OR** you have a disease of the *leg arteries (peripheral artery disease)*.

*This is not a substitute for medical advice or treatment.  
Consult your doctor or health care provider.*

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## BMI Chart for Obesity and Overweight

$$\text{BMI} = \left\{ \frac{\text{WEIGHT (pounds)}}{\text{HEIGHT (inches)}^2} \right\} \times 703$$

Height in Feet and Inches	Weight in Pounds														
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60	
4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56	
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52	
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49	
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43	
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38	
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36	
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30	
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29	
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28	

Healthy Weight    
  Overweight    
  Obese

### Directions:

1. Look down the left column to find your height.
2. Look across the top row to the weight nearest your own.
3. The number in the column is your BMI.

My BMI is \_\_\_\_\_.

### What Your BMI Score Means

<b>Under 20</b>	May indicate malnutrition.
<b>20-25</b>	Healthy weight range for most people
<b>25 - 30</b>	Increased risks for heart disease, diabetes, high blood pressure, osteoarthritis, sleep apnea and some cancers.
<b>Over 31</b>	At risk for above disease