



WELLNESS WORKSHEET 88

Are You at Risk for Cardiovascular Disease?

Your chances of suffering an early heart attack or stroke depend on a variety of factors, many of which are under your control. The best time to identify your risk factors and change your behavior to lower your risk is when you are young. You can significantly affect your future health and quality of life if you adopt healthy behaviors. To help identify your risk factors, circle the response for each risk category that best describes you.

1. Gender and Age
 - 0 Female age 55 or younger; male age 45 or younger
 - 2 Female over age 55 or male over age 45
2. Heredity
 - 0 Neither parent suffered a heart attack or stroke before age 60.
 - 3 One parent suffered a heart attack or stroke before age 60.
 - 7 Both parents suffered a heart attack or stroke before age 60.
3. Smoking
 - 0 Never smoked
 - 3 Quit more than 2 years ago and lifetime smoking is less than 5 pack-years*
 - 6 Quit less than 2 years ago and/or lifetime smoking is greater than 5 pack-years*
 - 8 Smoke less than 1/2 pack per day
 - 13 Smoke more than 1/2 pack per day
 - 15 Smoke more than 1 pack per day
4. Environmental Tobacco Smoke
 - 0 Do not live or work with smokers
 - 2 Exposed to ETS at work
 - 3 Live with smoker
 - 4 Both live and work with smokers
5. Blood Pressure

The average of the last three readings:

 - 0 120/80 or below
 - 1 121/81 to 130/85
 - 3 Don't know
 - 5 131/86 to 150/90
 - 9 151/91 to 170/100
 - 13 Above 170/100
6. Total Cholesterol
 - 0 Lower than 190
 - 1 190 to 210
 - 2 Don't know
 - 3 211 to 240
 - 4 241 to 270
 - 5 271 to 300
 - 6 Over 300
7. HDL Cholesterol

The average of the last three readings:

 - 0 Over 60 mg/dl
 - 1 55 to 60
 - 2 Don't know HDL
 - 3 45 to 54
 - 5 35 to 44
 - 7 25 to 34
 - 12 Lower than 25
8. Exercise
 - 0 Exercise three times a week
 - 1 Exercise once or twice a week
 - 2 Occasional exercise less than once a week
 - 7 Rarely exercise
9. Diabetes
 - 0 No personal or family history
 - 2 One parent with diabetes
 - 6 Two parents with diabetes
 - 9 Non-insulin-dependent diabetes
 - 13 Insulin-dependent diabetes
10. Body Mass Index (kg/m²)
 - 0 <23.0
 - 1 23.0–24.9
 - 2 25.0–28.9
 - 3 29.0–34.9
 - 5 35.0–39.9
 - 7 ≥ 40
11. Stress
 - 0 Relaxed most of the time
 - 1 Occasional stress and anger
 - 2 Frequently stressed and angry
 - 3 Usually stressed and angry

*Pack-years can be calculated by multiplying the number of packs you smoked per day by the number of years you smoked. For example, if you smoked a pack and a half a day for 5 years, you would have smoked the equivalent of $1.5 \times 5 = 7.5$ pack-years.

(over)

Scoring

Total your risk-factor points. Refer to the list below to get an approximate rating of your risk of suffering an early heart attack or stroke.

Score	Estimated Risk
Less than 20	Low risk
20–29	Moderate risk
30–45	High risk
Over 45	Extremely high risk

Whatever your score, examine your responses carefully to identify your CVD risk factors. Consider planning a behavior change strategy to lower your risk by changing your lifestyle.

INTERNET ACTIVITY

Use the World Wide Web to learn more about one of the controllable risk factors for cardiovascular disease. Choose one of the risk factors from the quiz in this worksheet—preferably one for which you have a high score. Find out more about the risk factor by visiting one of the sites listed in your text or by doing a Web search.

Risk factor: _____

Site(s) visited (URL): _____

What did you learn about the risk factor? Did you identify any strategies you can apply to your daily life? Any changes you can make in your current behavior to control or lessen the risk factor? List at least three practical strategies for reducing your risk.