RISK FACTOR WORK SHEET

Uncontrollable Risk Factors:

1. Age: Man older than 45 years
   Woman older than 55 years, or past menopause
   Yes ___  No ___

2. Before this event, did you have a stroke, heart attack or heart surgery?
   Yes ___  No ___

3. Family history of heart disease:
   - father/brother before age 55
   - mother/sister before age 65
   - your child
   Yes ___  No ___  Yes ___  No ___  Yes ___  No ___

4. Ancestry: South Asia, China, Africa, Indigenous
   Yes ___  No ___

Controllable Risk Factors:

5. Overweight:
   An initial weight loss goal of 5-10% of your body weight
   can benefit your health, even if weight loss does not lower
   your BMI into the “healthy” range
   Yes ___  No ___

6. High Blood Pressure:
   - top number 140 or above
   - top number 130 or above
   - bottom number 80 or above
   Yes ___  No ___  Yes ___  No ___  Yes ___  No ___

7. Smoking or exposure to second-hand smoke
   Yes ___  No ___

8. High Cholesterol – See your Progress Report
   Yes ___  No ___

9. Unhealthy Eating Habits
   Yes ___  No ___

10. Diabetes
    Yes ___  No ___

11. Lack of Exercise = less than 150 minutes of moderate activity/week
    Yes ___  No ___

12. Alcohol Misuse: Greater than 3 drinks per day for males, 2 for females
    1 drink = 1 bottle of beer, 1 ½ oz. liquor or 5 oz. wine
    - no more than 15 drinks per week for males
    - no more than 10 drinks per week for females
    Yes ___  No ___

13. Substance misuse
    Yes ___  No ___

14. Stress/Depression/Anxiety
    Yes ___  No ___
CARDIAC HEALTH AND REHABILITATION CENTRE
Progress Report

Name: _________________________________

Height (cm): _____________________ Date: __________________

Weight (Kg):

Body Mass Index (BMI) Kg/m²
Healthy: 18.5 – 24.9 (or 18.5-22.9 based on ethnicity)
Overweight: 25.0 – 29.9
Obese: 30 and above

Waist Measurement (cm)
Men: 94 or less / 90 or less (based on ethnicity)
Women: 80 or less

Heart Rate – beats per minute

Blood Pressure:
less than 140/80 mm Hg or
less than 130/80 mm Hg for people with diabetes
and/or chronic kidney disease

Smoking: none  # of cigarettes per day:

<table>
<thead>
<tr>
<th></th>
<th>Secondary Targets</th>
<th>Primary Targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol (mmol/L)</td>
<td>Less than 4.2</td>
<td>Less than 5.2</td>
</tr>
<tr>
<td>Triglycerides (mmol/L)</td>
<td>Less than 1.7</td>
<td>Less than 1.7</td>
</tr>
<tr>
<td>HDL (mmol/L)</td>
<td>More than 1.3</td>
<td>More than 1.3</td>
</tr>
<tr>
<td>LDL (mmol/L)</td>
<td>Less than 2.0 or 50% Reduction</td>
<td>Less than 3.4</td>
</tr>
<tr>
<td>Non HDL (mmol/L)</td>
<td>Less than 2.6</td>
<td>Less than 4.3</td>
</tr>
</tbody>
</table>

Total Cholesterol: HDL ratio
Less than 4.0  Less than 5.0

Lists Mediterranean Diet Score:

Fasting blood sugar:  3.8 – 6.0 mmol/L
People with diabetes: 4.0 – 7.0 mmol/L

A1c ≤ 7.0%

Exercise (moderate) for 150 minutes weekly

Alcohol or other substances