

RISK FACTOR WORK SHEET

Uncontrollable Risk Factors:

1. Age: Man older than 45 years Yes ___ No ___
Woman older than 55 years, or past menopause
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 Yes ___ No ___
 - mother/sister before age 65 Yes ___ No ___
 - your child Yes ___ No ___
4. Ancestry: South Asia, China, Africa, Indigenous Yes ___ No ___

Controllable Risk Factors:

5. Overweight: Yes ___ No ___
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
6. High Blood Pressure: - top number 140 or above Yes ___ No ___
People with diabetes: - top number 130 or above Yes ___ No ___
- bottom number 80 or above 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 Yes ___ No ___
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
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 /m ² 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:							
	Secondary Targets	Primary Targets					
Total Cholesterol (mmol/L)	Less than 4.2	Less than 5.2					
Triglycerides (mmol/L)	Less than 1.7	Less than 1.7					
HDL (mmol/L)	More than 1.3	More than 1.3					
LDL (mmol/L)	Less than 2.0 or 50% Reduction	Less than 3.4					
Non HDL (mmol/L)	Less than 2.6	Less than 4.3					
Total Cholesterol: HDL ratio	Less than 4.0	Less than 5.0					
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							
Stress/Depression/Anxiety							