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  
     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:  
   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  
     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  
    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:** ______________________________ ________________________

<table>
<thead>
<tr>
<th>Height (cm):</th>
<th>Date:</th>
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<th>Weight (Kg):</th>
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**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

<table>
<thead>
<tr>
<th>Waist Measurement (cm)</th>
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<tr>
<td>Men: 94 or less / 90 or less (based on ethnicity)</td>
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<td>Women: 80 or less</td>
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**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>
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<tr>
<th>Total Cholesterol (mmol/L)</th>
<th>Secondary Targets</th>
<th>Primary Targets</th>
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<td>Less than 4.2</td>
<td>Less than 5.2</td>
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| 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**