

Risk Factors

for Heart Disease and Stroke

A number of factors can put you at greater risk for heart disease and stroke. While you cannot change some risk factors – such as age, gender, race, ethnicity and family history – others can be controlled to prevent heart disease and stroke.

Are you at risk for heart disease and stroke?

Certain medical conditions and lifestyle choices increase your risk for heart disease and stroke including:

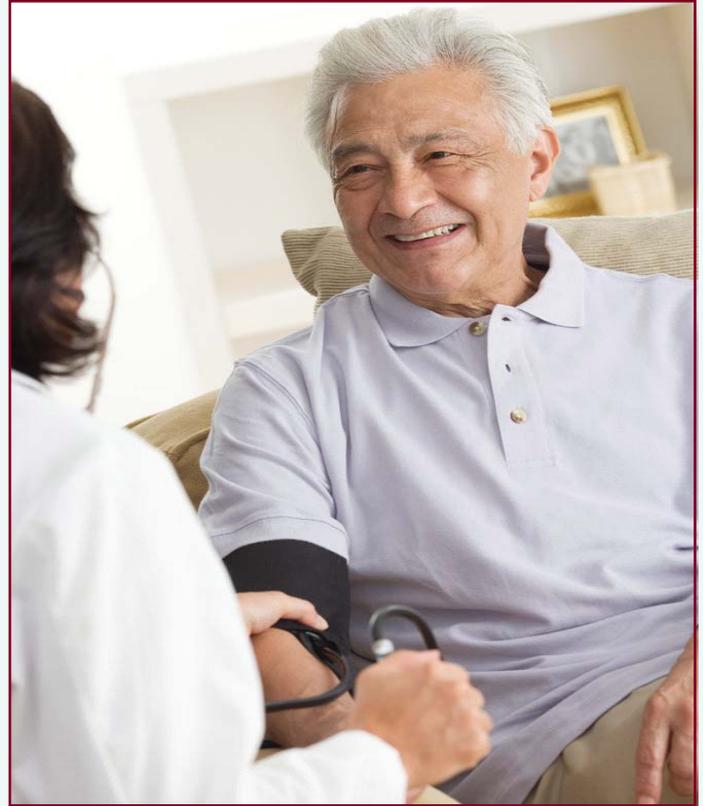
- High blood pressure
- Diabetes
- Obese or overweight
- Lack of physical activity
- High cholesterol
- Smoking
- Poor nutrition

The good news is there are steps you can take to eliminate or reduce these risk factors and live a longer, healthier life.

Reducing your risk

Health experts recommend several changes to help lower your risk of having a heart attack or stroke.

- If you have high blood pressure, high cholesterol or diabetes, take your medicine as prescribed and visit your health care provider on a regular basis to monitor any changes in your condition.
- Stop smoking.
- Be physically active at least 30 minutes a day most days of the week.
- Eat a well-balanced diet that includes plenty of fruits and vegetables, whole grains and lean meat. Avoid foods that are high in fat, sugar and salt and foods that are highly processed.
- Maintain a healthy weight.



Do you want to know more?

More information about the individual risk factors for heart disease and stroke can be found at:

- **High blood pressure:**
www.dhss.mo.gov/HeartandStroke/highbloodpressure.pdf
- **High cholesterol:**
www.dhss.mo.gov/HeartandStroke/cholesterol.pdf
- **Diabetes:**
www.dhss.mo.gov/HeartandStroke/diabetes.pdf
- **Smoking:**
www.dhss.mo.gov/HeartandStroke/smoking.pdf
- **Nutrition and physical activity:**
www.dhss.mo.gov/HeartandStroke/nutrition.pdf

More information can be found at:

- www.dhss.mo.gov/HeartDisease/
- www.dhss.mo.gov/Stroke/

