

How Are You Doing on Reducing Your Risk for Heart Attack or Stroke?

The following behavior changes can reduce your risk for heart attack and stroke. Each behavior has points assigned to it that indicate how important it is in reducing your risk. See how well you do.

Score

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| 1. I have never smoked, or I have quit smoking. | (5 points) | _____ |
| 2. I eat few fatty foods like fried food, high-fat dairy products, high-fat meats, poultry with skin, high-fat desserts, and greasy snack crackers, and chips. | (5 points) | _____ |
| 3. I have substituted liquid vegetable oil for shortening, butter, bacon, fat back, and stick margarine. | (5 points) | _____ |
| 4. I have never been overweight or have lost and kept off at least 10–20 pounds. | (5 points) | _____ |
| 5. I take aspirin regularly as recommended by my doctor. | (5 points) | _____ |
| 6. My blood pressure is less than 130/80. | (5 points) | _____ |
| 7. I eat 5 to 8 or more servings of fruits and vegetables each day. | (4 points) | _____ |
| 8. I exercise most days of the week for 30–40 minutes. | (4 points) | _____ |
| 9. I try to reduce stress through relaxation techniques, time management, meditation, physical activity, or support from family and friends. | (4 points) | _____ |
| 10. I eat at least 6 servings of whole and enriched grain products each day. | (2 points) | _____ |

Scoring: If your score is

31–44 points—You are doing a great job reducing your risk.

21–30 points—You are on your way, but you may need some additional changes.

11–20 points—You are trying, but think about what more you can do.

0–10 points—Get going! You have some work ahead of you to cut your risk.