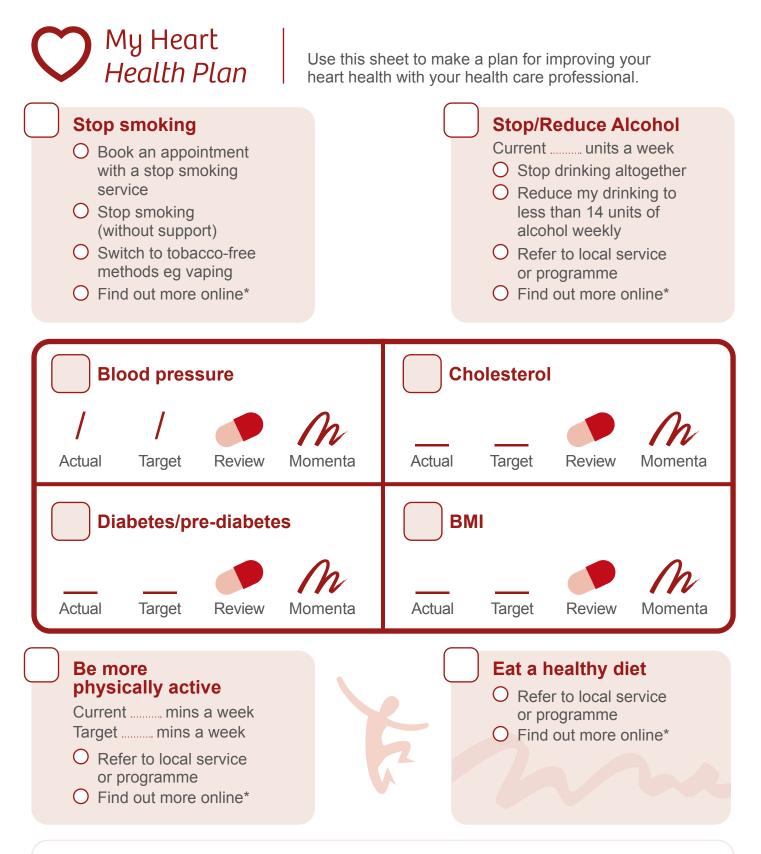


## Your heart is the most important organ in your body. This *Heart Health Check* helps you take action to improve your heart and circulatory health.

NAME: DAT	'E: / / Nł	HS NO.:	
<b>CLINICAL INDICATORS</b> Signs health care professionals use to tell if you are an of having a heart attack or stroke.	t increased risk	Am I o YES	at risk? NO
High blood pressure makes arteries weak, stiff or narr	ſOW.	$\bigcirc$	$\bigcirc$
High cholesterol narrows arteries and can lead to bloc	kage.		$\bigcirc$
Diabetes or pre-diabetes damages arteries and makes	blood thick and	sticky.	$\bigcirc$
High Body Mass Index (BMI) increases blood pressure glucose (blood sugar).	, cholesterol and		0
<b>BEHAVIOURAL INDICATORS</b> Aspects of your lifestyle that could be affecting your hea	art health.	Am I o YES	at risk? NO
<b>Smoking / Tobacco use</b> increases blood pressure and Makes blood clot more easily.	I cholesterol.	$\bigcirc$	$\bigcirc$
Alcohol more than 14 units a week increases risk of he circulatory diseases.	eart and	$\bigcirc$	$\bigcirc$
Physical activity Are you active enough to lower your	risk?	$\bigcirc$	$\bigcirc$
<ol> <li>How many days in the past week have you been phy of 30 minutes or more?         <ul> <li>O 0</li> <li>O 1</li> <li>O 2</li> <li>O 3</li> <li>O 4</li> <li>O 5</li> <li>O 6</li> <li>O 7</li> </ul> </li> <li>If 4 days or less, have you been physically active for hours (150 minutes) over the course of the past weel O YES</li> <li>O NO</li> </ol>	at least two and		
Being physically inactive can increase your risk of hear diseases by raising blood pressure, cholesterol and glu and making it easier to gain weight.			
Diet Do you have a heart healthy diet? Do you eat:			
<ul> <li>Iots of vegetables at meal times and some fruit for de mostly wholegrain cereal products like wholegrain be pasta and brown rice?</li> <li>fish, beans, lentils, white meat and some dairy foods of protein in meals?</li> <li>red or processed meat only occasionally, if at all?</li> <li>sweet treats and sugary drinks only occasionally or or rather than every day?</li> <li>foods that are low in salt and avoid adding salt to me Not eating a healthy balanced diet can increase your riscirculatory diseases by raising blood pressure, cholester (sugar) levels and making it easier to gain weight.</li> </ul>	read, wholewhe s as the main so on special occas eals sk of heart and	at burces sions	

For a directory of helpful websites and information on-line **www.momenta.health/cpp** 





## Attend a Momenta programme

*The Momenta CVD Prevention programme* will give you the knowledge, skills and tools you need to improve your heart health and reduce your risk of developing heart and circulatory diseases. The 18 fun interactive group sessions delivered in person or on Zoom, introduce you to nutrition, physical activity and behaviour change topics to help you change your lifestyle to improve your health.

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