



NAME:

DATE: / /

NHS NO.:

CLINICAL INDICATORS

Signs health care professionals use to tell if you are at increased risk of having a heart attack or stroke.

High blood pressure makes arteries weak, stiff or narrow.

High cholesterol narrows arteries and can lead to blockage.

Diabetes or pre-diabetes damages arteries and makes blood thick and sticky.

High Body Mass Index (BMI) increases blood pressure, cholesterol and glucose (blood sugar).

Am I at risk?

YES NO

BEHAVIOURAL INDICATORS

Aspects of your lifestyle that could be affecting your heart health.

Smoking / Tobacco use increases blood pressure and cholesterol. Makes blood clot more easily.

Alcohol more than 14 units a week increases risk of heart and circulatory diseases.

Physical activity Are you active enough to lower your risk?

1. How many days in the past week have you been physically active for a total of 30 minutes or more?

0 1 2 3 4 5 6 7

2. If 4 days or less, have you been physically active for at least two and a half hours (150 minutes) over the course of the past week?

YES NO

Being physically inactive can increase your risk of heart and circulatory diseases by raising blood pressure, cholesterol and glucose (sugar) levels and making it easier to gain weight.

Diet Do you have a heart healthy diet? Do you eat:

lots of vegetables at meal times and some fruit for dessert or as a snack?

mostly wholegrain cereal products like wholegrain bread, wholewheat pasta and brown rice?

fish, beans, lentils, white meat and some dairy foods as the main sources of protein in meals?

red or processed meat only occasionally, if at all?

sweet treats and sugary drinks only occasionally or on special occasions rather than every day?

foods that are low in salt and avoid adding salt to meals

Not eating a healthy balanced diet can increase your risk of heart and circulatory diseases by raising blood pressure, cholesterol and glucose (sugar) levels and making it easier to gain weight.

Am I at risk?

YES NO

Use this sheet to make a plan for improving your heart health with your health care professional.









Stop smoking

- Book an appointment with a stop smoking service
- Stop smoking (without support)
- Switch to tobacco-free methods eg vaping
- Find out more online*

Stop/Reduce Alcohol

Current units a week

- Stop drinking altogether
- Reduce my drinking to less than 14 units of alcohol weekly
- Refer to local service or programme
- Find out more online*

<p><input type="checkbox"/> Blood pressure</p> <p>Actual / Target  Review  Momenta</p>	<p><input type="checkbox"/> Cholesterol</p> <p>Actual — Target  Review  Momenta</p>
<p><input type="checkbox"/> Diabetes/pre-diabetes</p> <p>Actual — Target  Review  Momenta</p>	<p><input type="checkbox"/> BMI</p> <p>Actual — Target  Review  Momenta</p>

Be more physically active

Current mins a week
Target mins a week

- Refer to local service or programme
- Find out more online*



Eat a healthy diet

- Refer to local service or programme
- Find out more online*

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.