



Risk Assessment for Heart Disease

What is your risk of developing heart disease?

Place a cross in the box in each row that applies to you. Put the number that is above that column into the score column. Then add all your scores and put the total score at the bottom of the score column. Compare your score to the rating section beneath the table.

Risk Factors	0	1	2	Your Score
Age	Under 40	40-45 male	Over 55- female Over 45 male	
Family History	No family history of heart disease	Family member had heart disease after the age of 55	Family member had heart disease before the age of 55	
Smoking	Non-smoker for 15 years	Former smoker less than fifteen years	Present smoker	
Cholesterol	Low/normal	Raised/I don't know	Above average	
Blood pressure	Low/Normal	Raised/ I don't know	Above average	
Weight	Normal	Over weight	Obese	
Waist Circumference	Less than 35 inches for women Less than 40 inches for men	Greater than 35 inches for women Greater than 40 inches for men		
Diabetes	None	Family history	Diabetic	
Physical Activity	More than 30 minutes most days of the week	Active once or twice a week	Inactive	
Behavior Type	Easy going	Occasional business or personal problems	Frequent business or personal problems	
Drinking	7 or less drinks per week	8-14 drinks per week	15 or greater drinks per week.	
			Your Total Score	

Risk rating for developing heart disease

Low Risk
Moderate Risk
Excessive Risk
High Risk

Score

0 - 4
5- 7
8 - 11
12 +

Remember, this checklist measures the degree to which you are at risk of developing heart disease. It does not say whether you will or will not develop heart disease. The good news is that you can control many of the risk factors for heart disease yourself or with the help of your Doctor. For example, risk factors such as smoking, high blood pressure, being overweight, physical inactivity, high cholesterol and diabetes can be managed or changed.

Modified from the National Heart Foundation's Risk Factor Checklist.