

Name:

Whom to Call:

CV1109A

## Your High Blood Pressure Risk Factors

**Risk factors** are things that make you more likely to have a disease or condition. Do you know your risk factors for high blood pressure? You can't do anything about some risk factors. But other risk factors are things that can be changed. Know what high blood pressure risk factors you have. Then find out what changes you can make to help control your risk for high blood pressure.

Make one change at a time. Start with the change that you think will be easiest for you.

### Risk Factors You Can't Control

Though you can't change any of the things listed below, check off the ones that apply to you. The more boxes you check, the greater your risk for high blood pressure.

- Age**  
You're over 60 years old.
- Race**  
You're African American.
- Gender**  
You're male.
- Family history**  
One or both of your parents or grandparents, or another close relative, has had high blood pressure or heart disease.



### Risk Factors You Can Control

There are plenty of risk factors for high blood pressure that you can control. Learn what these risk factors are and then find out how to reduce your risk. Check the ones that apply to you.



- What You Eat**  
Do you eat a lot of salty, fatty, fried, or greasy foods?



- If You Smoke**  
Do you smoke cigarettes or cigars, chew tobacco, or dip snuff?



- How Active You Are**  
Are you inactive most of the time at work and at home?



- Your Weight**  
Has your doctor said that you are 15 or more pounds overweight?



- Your Stress Level**  
Do you often feel anxious, nervous, and stressed?

### Notes