Your healthcare professional will enter all the information that they have collected about you into a computer programme to assess your risk of having a cardiovascular event (a heart attack or a stroke) over the next 10 years.

Your result

If your risk is high, you will be given advice about how to lower your risk. You may be given medicines or offered further support to help reduce your risk. Whatever your result, even if your risk is assessed as being low, you will be given advice about staying healthy.

Additional tests

If your BMI and/or your blood pressure results are high, you may be advised to have a test to check to see if you are at risk of developing diabetes.

If your blood pressure is higher than 140/90, you may be referred to your GP for a further test to check that your kidneys are working properly.

WHAT NEXT?

- Have another blood pressure check  □
  Appointment: ____________________
- Have a fasting blood test  □
  Appointment: ____________________
- Make an appointment to see your GP  □
  Appointment: ____________________
- Follow the recommended advice  □
- Work towards achieving your goals  □

GOALS

Use these pages to set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember that small changes to your lifestyle can make a big difference to your health.

What would I like to achieve?

- What small thing can I commit to changing in the next week?
- What small thing can I commit to changing in the next month?
- How will I know if I’m successful?
- How will I stop that happening?
- Who can help me?

Useful Websites

- NHS Choices
  www.nhs.uk
- Medical Information and Support
  www.patient.co.uk
- Diabetes UK
  www.diabetes.org.uk
- British Dietetic Association - Food Facts
  www.bda.uk.com/foodfacts
- British Heart Foundation
  www.bhf.org.uk
- Smokefree
  www.smokefree.nhs.uk

WHAT NEXT?

LOW HIGH MEDIUM
Everyone is at risk of developing heart disease, stroke, type 2 diabetes and kidney disease, and developing one of these conditions could increase your risk of developing another in the future. Your risk increases with age. There are also certain things that will put you at even greater risk. These are:
- high blood pressure
- high cholesterol
- being overweight
- lack of physical activity
- smoking

The good news is that these conditions can often be prevented. The tests that you have had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing heart disease, stroke, diabetes and kidney disease.

Use this leaflet to record your results and set goals for improving your lifestyle if necessary.

### RESULTS

#### Cholesterol Test

<table>
<thead>
<tr>
<th>Level</th>
<th>Recommended total cholesterol/HDL ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Less than 4.5</td>
</tr>
<tr>
<td>Medium</td>
<td>4.5 to 5.9</td>
</tr>
<tr>
<td>High</td>
<td>More than 5.9</td>
</tr>
</tbody>
</table>

Cholesterol is a fat that is carried around our bodies in the blood. It is vital that we have enough of it if our bodies are to work properly. But too much cholesterol can cause our arteries to become blocked, increasing our risk of heart disease and stroke.

A sample of your blood will be taken by your healthcare professional to see what your levels of cholesterol are. If your cholesterol level is too high, your healthcare professional will give you advice about how to lower it. They may also consider prescribing you cholesterol-lowering drugs.

If you do not have a high cholesterol level, you may still want to take steps to prevent it increasing by eating a healthy, balanced diet that is low in saturated fat.

If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can visit: www.nhs.uk/nhshealthcheck

#### Blood Pressure

<table>
<thead>
<tr>
<th>Level</th>
<th>Systolic pressure</th>
<th>Diastolic pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Medium</td>
<td>120 to 140</td>
<td>80 to 90</td>
</tr>
<tr>
<td>High</td>
<td>More than 140</td>
<td>More than 90</td>
</tr>
</tbody>
</table>

There are two measurements used to assess blood pressure:
- systolic pressure is the pressure exerted when your heart pumps blood to move through your arteries, and
- diastolic pressure is the pressure exerted when your heart is at rest, between beats

The result is usually described as, for example, "120 over 80", meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This would be written: 120/80mmHg

High blood pressure can be treated or prevented by making changes to your lifestyle, such as exercising more regularly, eating a healthier diet and cutting back on your consumption of alcohol. Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this.

You will be given advice about making changes to your lifestyle.

You can also visit www.nhs.uk/nhshealthcheck

#### Salt Intake

Too much salt can cause raised blood pressure. High blood pressure is called the silent killer as it often has no symptoms, but it can lead to heart disease and stroke.

The intensity is how hard your body is working when doing an activity, 5 times a week. The aim is to try and get your heart rate up, and lungs working harder for at least 10 minutes at a time.

If you do not have a high cholesterol level, you may still want to take steps to prevent it increasing by eating a healthy, balanced diet that is low in saturated fat.

#### Body Mass Index (BMI)

<table>
<thead>
<tr>
<th>Level</th>
<th>Recommended BMI:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Between 18.5 and 24.9</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5 to 24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>More than 24.9</td>
</tr>
</tbody>
</table>

BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- If your BMI is less than 18.4, your result falls within the underweight BMI range.
- If your BMI is between 18.5 and 24.9, your result falls into the healthy BMI range.
- If your BMI is greater than 30, you may be invited for another test to check that you do not have diabetes.

Your healthcare professional can provide you with advice and support on losing weight and reducing your BMI. There is also lots of advice and support on www.nhs.uk/nhshealthcheck

#### Diet

A healthy and balanced diet, which includes five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight.

#### Physical activity

All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. The aim is to try and get your heart beating faster, and lungs working harder for at least 10 minutes at a time.

Physical activity:

- Get active: Starting to become more active is about gradually building up the amount you do and most importantly doing an activity that you enjoy which fits into your everyday life. The good news is that there are lots of different ways to become active and benefit your health: from walking to dancing; gardening to swimming; yoga to football, there will be an activity there for you.

Go to www.nhs.uk/healthyousing for opportunities to become more active in your local area.

- If you are overweight, losing weight should help reduce your risk of developing heart disease, stroke, diabetes and kidney disease.

- If you have high blood pressure, you will be offered help and support to gradually increase your activity.

- You will be given advice about making changes to your lifestyle.

- You can also visit www.nhs.uk/nhshealthcheck

- You will be given advice about making changes to your lifestyle.

- If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can visit: www.nhs.uk/nhshealthcheck

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