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 disease (heart attack, stroke, diabetes or kidney disease) 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.

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?

What might get in the way?

How will I stop that happening?

Who can help me?

**CARDIOVASCULAR DISEASE**

**GOALS**

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.nhs.uk/smokefree
- **Alzheimer’s Society**
  - www.alzheimers.org.uk
- **NHS Choices - Drinking and alcohol**
  - www.nhs.uk/LiveWell/Alcohol

**RISK SCORE**

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 disease (heart attack, stroke, diabetes or kidney disease) over the next 10 years.

Your result

**LOW**

**MEDIUM**

**HIGH**

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.

- Drinking too much alcohol can increase your blood pressure and increase your risk of developing cardiovascular disease and some cancers.

  **Low risk guidelines:**

  You should not be regularly drinking more than 2 to 3 units of alcohol each day if you are a woman and 3 to 4 units if you are a man. It is advisable to have at least 2-3 days without alcohol each week.

**Alcohol**

**LOW**

- You should not be regularly drinking more than 2 to 3 units of alcohol each day if you are a woman and 3 to 4 units if you are a man.

  It is advisable to have at least 2-3 days without alcohol each week.

**MEDIUM**

- Drinking too much alcohol can increase your blood pressure and increase your risk of developing cardiovascular disease and some cancers.

  **Low risk guidelines:**

  You should not be regularly drinking more than 2 to 3 units of alcohol each day if you are a woman and 3 to 4 units if you are a man. It is advisable to have at least 2-3 days without alcohol each week.

**HIGH**

- Drinking too much alcohol can increase your blood pressure and increase your risk of developing cardiovascular disease and some cancers.

  **Low risk guidelines:**

  You should not be regularly drinking more than 2 to 3 units of alcohol each day if you are a woman and 3 to 4 units if you are a man. It is advisable to have at least 2-3 days without alcohol each week.

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.
RESULTS

Blood Pressure

| Cholesterol Test | Recommended total cholesterol/HDL ratio: | Less than 4.5 |

Your result

| Blood Pressure | Recommended normal blood pressure: between 90/60 & 140/90 |

There are two measurements used to assess blood pressure:

- systolic pressure is the pressure exerted when your heart pumps, forcing 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 and go to ‘Acting on your results’.

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 if you have high blood pressure you are three times more likely to develop heart disease or have a stroke.

One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table.

An easy food labels to avoid foods that are high in salt.

High is more than 1.5g salt per 100g (or 0.6g sodium).

Body Mass Index (BMI)

Your result

| Physical Activity | Recommended activity: 30mins 5 times a week |

As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

If you are not in the active category and you are interested in increasing the amount of physical activity you do, you will be offered help and support to gradually increase your activity.

Achieving 30 minutes of moderate intensity physical activity on 5 days of the week helps prevent and manage over 20 chronic diseases, including heart disease, stroke, diabetes and kidney disease, some cancers and depression.

The intensity is how hard your body is working when you are physically active. Moderate intensity means you should still be able to talk but your breathing will be quicker and deeper. Your body will be warming up and your heart will be beating faster than normal but not racing.

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/changethelifefor you.

Diet:

A healthy and balanced diet, which includes plenty of fruits 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 a bit harder for at least 10 minutes at a time.