

Heart Disease Risk Assessment Test

From "Beat the Heart Attack Gene" by Bradley Bale and Amy Doneen

1) How old are you?

- | | |
|-------------------------|----------|
| a. Male <55 years old | 1 point |
| b. Female <65 years old | 1 point |
| c. Male >55 years old | 4 points |
| d. Female >65 years old | 4 points |

2) Do you have a family history of early cardiovascular disease:

- | | |
|---|----------|
| • Male relative affected before age 55 or | |
| • Female relative affected before age 65 | |
| a. No | 0 points |
| b. Yes | 4 points |

3) What is your waist circumference?

- | | |
|---|----------|
| a. If you're a woman: Less than 35 inches | 0 points |
| b. If you're a man: Less than 40 inches | 0 points |
| c. If you're a woman: 35 inches or more | 4 points |
| d. If you're a man: 40 inches or more | 4 points |

4) What is your resting pulse?

- | | |
|----------------------------------|----------|
| a. Less than 60 beats per minute | 0 points |
| b. Less than 75 beats per minute | 1 point |
| c. More than 75 beats per minute | 2 points |
| d. Do not know | 2 points |

5) What is your blood pressure? (Check all answers that apply)

- | | |
|-------------------------------------|----------|
| a. Less than 120/80 | 0 points |
| b. Taking blood pressure medication | 2 points |
| c. 120/80 to 139/89 | 3 points |
| d. 140/90 or higher | 4 points |
| e. Do not know | 4 points |

6) What is your weight range?

- | | |
|----------------|----------|
| a. Underweight | 2 points |
| b. Average | 1 point |
| c. Overweight | 3 points |
| d. Obese | 4 points |

7) What is your total cholesterol level? (Check all answers that apply)

- | | |
|----------------------------------|----------|
| a. Less than 160 mg/dL | 0 points |
| b. Less than 200 mg/dL | 1 point |
| c. Taking cholesterol medication | 2 points |
| d. Greater than 200 mg/dL | 3 points |
| e. Do not know | 3 points |

8) What is your HDL (good) cholesterol level?

- a. If you are a woman: Less than 60 mg/dL 3 points
- b. If you are a man: Less than 50 mg/dL 3 points
- c. If you are a woman: 60 mg/dL or higher 0 points
- d. If you are a man: 50 mg/dL or higher 0 points
- e. Do not know 3 points

9) What is your LDL (bad) cholesterol?

- a. Less than 70 mg/dL 0 points
- b. Less than 100 mg/dL 1 point
- c. Less than 130 mg/dL 3 points
- d. More than 130 mg/dL 4 points
- e. Do not know 4 points

10) Which of the following best describes your triglyceride level?

- a. Less than 100 mg/dL 0 points
- b. Less than 150 mg/dL 1 point
- c. More than 150 mg/dL 3 points
- d. Do not know 3 points

11) Do you have diabetes or high blood sugar?

- a. No 0 points
- b. Yes, I am prediabetic 3 points
- c. Yes, I am diabetic 4 points
- d. I have not had my blood sugar tested 4 points

12) Do you have bleeding gums? (Check all answers that apply.)

- a. Never 0 points
- b. Yes, when I brush or floss 2 points
- c. I usually do not floss my teeth 2 points

13) Which of the following best describes your sleep patterns?

- a. I sleep soundly 6-8 hours a night 0 points
- b. I sleep restlessly for 6-8 hours a night 2 points
- c. I sleep less than 6 hours or more than 9 3 points

14) Do you snore?

- a. No 0 points
- b. Yes, occasionally 1 point
- c. Yes, frequently and loudly 3 points
- d. Yes, and I have sleep apnea 4 points

15) Do you have rheumatoid arthritis or any other inflammatory disease such as psoriasis or lupus?

- a. No 0 points
- b. Yes 4 points

16) Have you been checked for vitamin D deficiency?

- a. My vitamin D level is between 50-60 0 points
- b. My vitamin D level is less than 30 3 points
- c. I do not know my vitamin D level 3 points

17) Do you have a history of migraine headaches?

- a. No 0 points
- b. Yes, with no migraine aura 2 points
- c. Yes, with a migraine aura 3 points

18) How would you characterize your ability to cope with stress?

- a. I am usually pretty laid back 0 points
- b. I have healthy ways to cope with stress 1 point
- c. Sometimes people say that I seem stressed 2 points
- d. I feel stressed and anxious most of the time 4 points

19) Do you spend eleven or more hours a day sitting?

- a. No 0 points
- b. Yes 4 points

20) How much exercise do you get?

- a. At least 30 minutes, 5 to 7 days per week 0 points
- b. At least 30 minutes 2 to 4 times per week 1 point
- c. 30 minutes, once a week or less 2 points
- d. I do not exercise 4 points

21) Do you smoke?

- a. No 0 points
- b. I used to, but I have quit for at least 5 yrs 1 point
- c. I used to, but quit less than 5 yrs ago 2 points
- d. I am exposed to secondhand smoke regularly 3 points
- e. I smoke or I use smokeless tobacco products 4 points

22) Do you drink regular or diet soft drinks?

- a. Never 0 points
- b. Rarely drink soda (diet or regular) 1 point
- c. Once a week (diet or regular) 2 points
- d. More than once a week 3 points

23) Do you watch the amount of carbs in your diet?

- a. I limit my simple carbohydrate intake 0 points
- b. I know to balance my carb/ protein balance 1 point
- c. I never watch my carbohydrates 2 points
- d. The majority of my diet consists of carbs 4 points

24) (Women only) Did you experience high blood pressure or gestational diabetes during pregnancy?

- | | |
|--------|----------|
| a. No | 0 points |
| b. Yes | 4 points |

25) (Men only): Do you have erectile Dysfunction?

- | | |
|--------|----------|
| a. No | 0 points |
| b. Yes | 4 points |

Total Points: _____

>Zero points: You are taking wonderful care of yourself

>1- 10 points: Although you have relatively few cardiovascular risks, you will benefit from learning how to optimize your heart health.

>11- 20 points: You have definite risks for arterial disease. You need to begin to combat these health threats immediately.

>21- 39 points: You are at a moderately high risk for cardiovascular disease. Be sure you know how to identify any hidden medical problems that may be putting your heart health in jeopardy.

>40 points or higher: You are at a high risk for cardiovascular disease. Get a comprehensive cardiovascular evaluation and ask about lifestyle changes and therapies to prevent a heart attack or stroke