

Risk Factors for Cardiovascular Disease

CACC Standard 4F

Major risk factors that can be changed

Tobacco use
High blood pressure
Unhealthy cholesterol levels
Physical inactivity
Obesity
Diabetes

Risk Factors for Cardiovascular Disease

CACC Standard 4F

Contributing risk factors that can be changed

High triglyceride levels
Psychological and social factors

Risk Factors for Cardiovascular Disease

CACC Standard 4F

Major risk factors that can't be changed

Family history
Age
Sex
Ethnicity

Major Forms of Cardiovascular Disease

CACC Standard 4F

Hypertension
Atherosclerosis
Heart disease and heart attacks
Stroke
Congestive heart failure

Protect Yourself Against Cardiovascular Disease

CAAC Standard 4F

Eat heart-healthy

Decrease fat and cholesterol intake
Increase fiber intake
Alcohol intake - moderate, if at all
DASH (Dietary Approaches to Stop Hypertension)

Protect Yourself Against Cardiovascular Disease

CAAC Standard 4F

Exercise regularly

Avoid tobacco

Manage your blood pressure

Manage your cholesterol level

Know your risk factors