

ARE YOU AT RISK OF *heart* DISEASE?

Take this quiz and find out.

Heart Foundation Helpline **13 11 12**
[invisible**visible**.org.au](http://invisiblevisible.org.au)

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ARE YOU AT RISK OF *heart disease?*

What you find out in the next few minutes could save your life. Take the quiz, check your heart health score and see what action you need to take.

Do you currently smoke?

1. No
2. Not now, but used to smoke
3. Only socially about once or twice a week
4. Yes

What age range are you?

1. Under 30 years
2. 30 – 44 years
3. 45 – 60 years
4. Over 60 years

How many servings of vegetables (including fresh, frozen and tinned) do you eat each day?

1. Five or more servings
2. Three or four servings
3. One or two servings
4. None, I don't eat vegetables

How many servings of fruit (including fresh, frozen and tinned) do you eat each day?

1. Three or more servings
2. Two servings
3. One serving
4. None, I don't eat fruit

In a typical week, on how many days would you do moderate or vigorous physical activity for at least 30 minutes?

1. Every day
2. Four or five days a week
3. Two or three days a week
4. No more than once a week

How often do you eat deep fried or fatty foods?

1. Never
2. Occasionally (no more than once a week)
3. Now and again (two or three times a week)
4. Most days

Have you been told by a doctor you have high cholesterol?

1. No
2. I don't know
3. Yes, but more than five years ago
4. Yes

Are you on any medicines to treat high blood pressure, high cholesterol, diabetes or heart disease?

1. No
2. Not now, but have been in the past
3. Yes, have started in the past year
4. Yes, have been on medication for more than a year



Have you been told by a doctor you have high blood pressure?

1. No
2. I don't know
3. Yes, but more than five years ago
4. Yes

Does anyone in your family have heart disease or had a heart attack?

1. No
2. Yes, distant relative
3. Yes, close relative (e.g. uncle, aunt, cousin)
4. Yes, someone in my immediate family (e.g. mother, father, brother, sister, grandparent)

Have you spoken to your GP or other health professional about your heart health?

1. Yes
2. Yes, but more than two years ago
3. Yes, but more than five years ago
4. Never

Have you had a heart attack or angina?

1. No
2. Yes, but more than five years ago
3. Yes, three to five years ago
4. Yes, within the past three years

Add up the numbers next to each answer and put your total score here

YOUR SCORE

12 – 20

You are managing your heart health well and doing many of the right things to minimise your heart disease risk. Keep up the good work.

21 – 30

You have a few risks of heart disease. If you have family history, are over 45 or haven't spoken to your GP recently, book in a time to get a heart health check.

31 – 40

You have some risk factors for heart disease which need to be managed.

There is no single cause of heart disease, but having multiple risk factors may increase your chance of developing it. If you aren't already talking to your GP about your personal risks, why not book in a time to get a heart health check today.

41 – 48

You have significant risk of heart disease and may already be living with the disease. Check back on the questions where you logged a high number, and identify what changes you might be able to make to your lifestyle to improve your heart health. See your GP regularly to manage your heart disease risks.

*See information about pregnancy history on the next page.



If you had high blood pressure in pregnancy, preeclampsia or gestational diabetes, your risk of cardiovascular disease later in life increases. It is important to speak to your doctor and monitor your risk with regular blood pressure and cardiovascular health checks.

For more information call the Heart Foundation Helpline on 13 11 12 or visit heartfoundation.org.au

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