

Personal Details

Name

Date:/...../..... Age:

Do you have a history of heart disease in your family?

Yes No

1. Blood Pressure

High blood pressure makes your heart work too hard and leads to hardening of the arteries, which increases the risk of heart attack and stroke. The normal blood pressure is 120/80. If your blood pressure is higher than 140/90 you should discuss this with your family doctor.

Your blood pressure reading is

See leaflet 'What is blood pressure all about?'

2. Cholesterol

Have you ever had your cholesterol levels measured?

Yes No

The Irish Heart Foundation recommends that if you maintain a healthy lifestyle then your cholesterol levels should be checked every five years. However, if there have been changes in lifestyle or your blood pressure is raised, then you should contact your family GP for a check-up.

Eating foods high in fats, especially saturated fats can cause cholesterol to build up on the walls of your arteries, which can lead to heart attack and stroke.

See leaflet 'A healthy cholesterol for a happy heart'

3. Weight Measurement

Being overweight increases the risk of heart attack and high blood pressure.

There are two measures you can use to check if you are overweight:

(a) Waist measurement

If the weight is stored around your waist the risk of heart disease is higher.

Women Healthy waist measurement	Men Healthy waist measurement	Your waist measurement
Less than 80 centimetres or 32 inches	Less than 94 centimetres or 37 inches	

b) Body Mass Index (BMI)

Body Mass Index (BMI) measures your weight in relation to your height. It does not take into account muscle or fat, however it is a good guideline for you to assess your healthy weight range.

	Ft	Ins	Cm		St	Lbs	Kgs
Height				Weight			

BMI kg/m ²	Levels	Your BMI
Less than 18.5	Underweight	
18.5 –24.9	Normal Weight	
25-29.9	Overweight	
Greater than 30	Obese	

See leaflets 'Good eating for a happy heart' and 'Are you ready to lose weight'

4. Stress:

Do you feel under stress?

Sometimes Often/frequently Most of the time

Constant stress over a long period of time may contribute to health problems. To help relieve stress take "time out" to relax. Take up regular physical activity or a new hobby. Avoid using alcohol and smoking to relieve your stress. Find a friend to whom you can talk or go to your family doctor for advice.

See leaflet 'Manage your stress for a happy heart'

5. Physical activity

Regular physical activity can reduce your risk of heart disease.

	Yes	No
Does your work involve physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you physically active outside work?	<input type="checkbox"/>	<input type="checkbox"/>
Would you be active at least 5 days a week?	<input type="checkbox"/>	<input type="checkbox"/>
For at least 30 minutes or more on these days?	<input type="checkbox"/>	<input type="checkbox"/>

It is important to take moderate physical activity - at least 30 minutes on most days of the week. This activity can be built up throughout the day. To lose weight, get active for at least 60 minutes most days at a moderate pace.

If you have been inactive or have a health problem consult your doctor before exercising.

See leaflet 'Get active for a happy heart'