

Cardiovascular Disease Risk Factors

Non-Modifiable Risk Factors	Educational Topics	Modifiable Risk Factors	Educational Topics
Age	<ul style="list-style-type: none"> - As you get older your risk for heart disease increases because heart function is less effective. - Arteries narrow as we age. 	Socioeconomic Status	<ul style="list-style-type: none"> - Depending on the area you live in nutritious foods may not be available. However, it is still important to try to eat healthy. - Nutritious foods may be too expensive and families may not be able to afford them.
Ethnicity	<ul style="list-style-type: none"> - African Americans are at a 33% higher death rate from heart disease. - Family history and race are closely related non-modifiable risk factors. 	Uncontrolled Diabetes	<ul style="list-style-type: none"> - Uncontrolled diabetes can lead to plaque buildup in your arteries and blood vessels. - Two of the most beneficial things you can do for diabetes is changing your diet and exercising.
Family History	<ul style="list-style-type: none"> - Families with a history of cardiovascular disease are at a much higher risk of passing it on. - The combination of genetics and modifiable risk factors can increase risk even more. 	High LDL Cholesterol	<ul style="list-style-type: none"> - LDL is considered bad cholesterol that sticks to artery walls. - Cholesterol can be lowered by changing your diet, losing weight, and exercising.

<p>Gender/Sex</p>	<ul style="list-style-type: none"> - Heart disease is the leading cause of death for women in the United States. - After women go through menopause, they have the same chance of getting heart disease as men. 	<p>Diet</p>	<ul style="list-style-type: none"> - Foods with high processed sugar are bad for your heart and can lead to obesity. - Your body doesn't naturally produce fatty acids like omega 3 so we have to consume these in our diet.
		<p>Exercise</p>	<ul style="list-style-type: none"> - Exercise helps to build up the heart muscle. - It can boost your body's HDL cholesterol which helps to reduce your LDL cholesterol.
		<p>Obesity</p>	<ul style="list-style-type: none"> - Obesity can lead to diabetes that then can lead to cardiovascular disease. - Obesity can also lead to high blood pressure which damages the heart.
		<p>Alcohol Consumption</p>	<ul style="list-style-type: none"> - Drinking in excess can lead to heart disease as well as liver failure. - Alcohol increases your risk for heart attack and stroke.