

Risk factors for CVD:

Age	Non-modifiable	-Higher the age, higher the risk. -The modifiable risks they can avoid
Ethnicity	Non-modifiable	-South Asian and Caribbean highest risk -Avoiding modifiable risk factors
Family Hx	Non-modifiable	-CVD has a genetic component, so if a family member has it you are at a higher risk. -1 st degree relatives with CVD will put you at most risk.
Sex	Non-modifiable	-Men have a higher risk -Women's risks are overlooked somewhat, our symptoms start at a later age
Socioeconomic status	Non-modifiable	-Fresh food banks in the area -SNAP benefits information
High Cholesterol (LDL)	Modifiable	-Foods with low levels of LDL -Importance of good nutrition
HTN	Modifiable	-Low sodium diet -increase level of activity
Smoking	Modifiable	-Smoking cessation -Options to help (nicotine supplements)
DM	Modifiable	-Lowering your A1C -Seeing a DM educator
Obesity	Modifiable	-Increase activity level -Information on weight management clinic
Physical inactivity	Modifiable	-Low impact exercises for starters -Fun activities can be exercise too
Poor nutrition	Modifiable	-How seeing a dietitian can help -Healthy, easy meal recipes