

Unit 2 Assessment Caitlyn Silas

Non-Modifiable Risk Factors	Modifiable Risk Factors
<ul style="list-style-type: none"> • Gender • - Men are more likely to suffer from CVD • - Women have greater mortality rates with CVD than men 	<ul style="list-style-type: none"> • High Cholesterol • - Exercise at least 30 minutes a day • - Eat soluble fibers (nuts, apples, carrots, berries)
<ul style="list-style-type: none"> • Race • - African Americans are at a greater risk for CVD due to a salt sensitive gene they carry • - Asian adults are less likely to get CVD due to their diet and exercise habits 	<ul style="list-style-type: none"> • High Blood pressure • - Reduce sodium in diet • - Reduce stress
<ul style="list-style-type: none"> • Family History • - Siblings are 40% more likely to get CVD • - Children are 60-75% more likely to get CVD from a parent 	<ul style="list-style-type: none"> • Smoking • - if possible smoking cessation is best • - Eat a healthy snack if you get the craving to smoke
<ul style="list-style-type: none"> • Age • - 65-years and older population are more at risk • - Heart and vessels change as our bodies age 	<ul style="list-style-type: none"> • Diabetes • - Follow a healthy diet • - Manage diabetes properly
<ul style="list-style-type: none"> • Social Determinants of Health • - Low-income households may not be able to afford a healthy diet • - Low-income households may also not have insurance and do not seek medical attention or go to yearly exams 	<ul style="list-style-type: none"> • Obesity • - Exercise to lose weight • - Eat a healthier diet to lose weight
<ul style="list-style-type: none"> • Menopause • Early screening as recommended by HCP • Healthy Diet 	<ul style="list-style-type: none"> • Physical Inactivity • - Start exercising daily • - Do chores around the house to move
<ul style="list-style-type: none"> • Blood Clotting Disorders • Regular appointments with HCP • Take medications as prescribed 	<ul style="list-style-type: none"> • Poor Nutrition • - Try to eat more of a balanced meal • - Reach out to food programs if there are financial issues
	<ul style="list-style-type: none"> • Sleep Duration • - 8 hours sleep is optimal for good health • - Turning off all electronics 1 hour prior to bed can improve sleep