

Modifiable	Risk Factor	Education
	High Blood Pressure	Limit Sodium Intake
		Regularly monitor blood pressure with at home cuff
	Smoking	Smoking cessation
		Explain what smoking does to their heart health
	Exercise	Setting realistic goals for heart health
		Making sure to input daily exercise into their schedule
	Unhealthy Diet	How to read nutritional labels
		Benefits of the DASH diet
	Obesity	How weight loss improves heart health
		Limiting portions of food and how it better controls wight management
	Excessive Alcohol Use	Alcohol intake limits heart health
		The impact that alcohol has on your blood pressure
Non-Modifiable	Risk Factor	Education
	Age	Why CVD increases with age
		Importance of regular Dr checkups
	Gender	Differences on how CVD presents in men and women
		Educate women how to manage stress post menopause
	Ethnicity/Race	Understanding specific

