

	Risk Factor	Education 1	Education 2
Non-modifiable	Age	Importance of routine screenings	Signs and symptoms of CV disease to watch out for
Modifiable	Smoking	Importance of smoking cessation for health	Resources to help stop smoking
Non-modifiable	Sex	How CV disease affects men vs. women	Early symptoms of CV disease to watch out for
Modifiable	HTN	How to monitor BP at home	Reducing sodium intake
Modifiable	Obesity	How weight affects the heart	How to keep a balanced diet
Modifiable	Alcohol Use	Importance of limiting alcohol intake	How alcohol consumption can affect BP and the heart
Non-modifiable	Family history of CVD	Importance of reporting any known family history	Best ways to reduce the risk of developing CVD
Modifiable	DM	Importance of blood sugar checks	Importance of insulin compliance
Non-modifiable	Race	How their race can affect their risk of developing CVD	Early symptoms of CV disease to watch out for