Heart Attack and Stroke Risk Scorecard

Each box that applies to you equals one point. Total your score at the bottom of each column and compare with the risk results below.

**RISK FACTOR**
- Blood Pressure
- Smoking
- Cholesterol
- Diabetes
- Exercise
- Diet
- Heart Attack or Stroke in Family
- *Atrial Fibrillation

**TOTAL SCORE**

**HIGH RISK**
- >140/90 or unknown
- Smoker
- >240 or unknown
- Yes
- Couch potato
- Overweight
- Yes (if heart attack occurred at a young age)
- Irregular heartbeat

**SOME RISK**
- 120-139/80-89
- Trying to quit
- 200-239
- Borderline
- Some exercise
- Slightly overweight
- Not sure
- I don’t know

**LOW RISK**
- <120/80
- Nonsmoker
- <200
- No
- Regular exercise
- Healthy weight
- No
- Regular heartbeat

*Risk Factor is a risk factor for Stroke only*

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**Risk Results**

Knowing your risk factors and making positive changes to your lifestyle habits can greatly reduce your risk of heart attack and stroke.

**HIGH RISK**
≥3: Make an appointment to see your primary care physician and discuss your risk factors right away.

**SOME RISK**
4–6: Watch your diet, exercise regularly and talk with your doctor about other lifestyle changes.

**LOW RISK**
6–8: Continue to live a stroke and heart healthy lifestyle.