**Your goals**

Use these pages to set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember that small changes to your lifestyle can make a big difference to your health.

What would I like to achieve?

What small thing can I commit to changing?

How can I measure it?

How will I know if I’m successful?

What might get in the way?

How will I stop that happening?

Who can help me?

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**Additional goals**

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**Watch your salt intake:** Too much salt can cause raised blood pressure. High blood pressure is called the silent killer as it often has no symptoms, but if you have high blood pressure you are three times more likely to develop heart disease or have a stroke.

One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table.

Also read food labels to avoid foods that are high in salt. High is more than 1.5g salt per 100g (or 0.6g sodium).

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**Smoking**

If you smoke you should be offered support and advice as part of your NHS Health Check. Smoking increases both blood pressure and cholesterol and is a significant risk factor for heart disease.

The great news, however, is that you can reduce your risk, over a period of time, by stopping.

All areas have a free local NHS Stop Smoking Service which can help you find your best way of stopping, providing the medication and support you need. You are up to four times more likely to quit if you use NHS support than if you go it alone.

To find your local service, call the Smoking Helpline on 0800 169 0 169, go to smokefree.nhs.uk or ask your healthcare professional to refer you to your local service.

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Based on Results pack by Department of Health 302135 1p Sept 10 (web)
Body mass index (BMI) test

There are two measurements used to assess body mass index:
- **Systolic pressure** is the pressure exerted when your heart pumps, forcing blood to move through your arteries, and
- **Diastolic pressure** is the pressure exerted when your heart is at rest, between beats.

The result is usually described as, for example, ‘120 over 80’, meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This would be written: 120/80mmHg.

Ideally, we should all have blood pressure at or below 120 over 80 (120/80).

High blood pressure can be treated or prevented by making changes to your lifestyle, such as exercising more regularly, eating a healthier diet and cutting back on your consumption of alcohol.

Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this.

You will be given advice about making changes to your lifestyle. You can also visit www.nhs.uk/nhshealthcheck

Blood pressure test

**Your result**

Your result

There are two measurements used to assess blood pressure:
- **Systolic pressure** is the pressure exerted when your heart pumps, forcing blood to move through your arteries, and
- **Diastolic pressure** is the pressure exerted when your heart is at rest, between beats.

The result is usually described as, for example, ‘120 over 80’, meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This would be written: 120/80mmHg.

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Cholesterol test

**Your result**

Cholesterol is a fat that is carried around our bodies in the blood. It is vital that we have enough of it if our bodies are to work properly. But too much cholesterol can cause our arteries to become blocked, increasing our risk of heart disease and stroke.

A sample of your blood will be taken by your healthcare professional to see what your levels of cholesterol are.

If your cholesterol level is too high, your healthcare professional will give you advice about how to lower it. They may also consider prescribing you cholesterol-lowering drugs.

If you do not have a high cholesterol level, you may still want to take action to prevent it increasing by eating a healthy, balanced diet that is low in saturated fat.

If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can visit: www.nhs.uk/nhshealthcheck

Cut saturated fat:
- Choose lean cuts of meat and trim off extra fat before cooking.
- Bake, steam, poach or grill rather than fry or roast.
- Check food labels for saturated fat content.
- Use less meat and instead add bulk to sauces and stews with vegetables or beans.
- Choose lower-fat dairy products, such as skimmed milk and lower-fat yoghurt.

Physical activity

**Your result**

As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

If you are not in the active category and you are interested in increasing the amount of physical activity levels you do, you will be offered help and support to gradually increase your activity.

Achieving 30 minutes of moderate intensity physical activity on 5 days of the week helps prevent and manage over 20 chronic diseases, including heart disease, stroke, diabetes and kidney disease, some cancers and depression.

Moderate intensity means how hard your body is working when you are being physically active. You should still be able to talk but your breathing will be quicker and deeper, your body will be warming up and your heart will be beating faster than normal but not racing.

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- Check food labels for saturated fat content.
- Use less meat and instead add bulk to sauces and stews with vegetables or beans.
- Choose lower-fat dairy products, such as skimmed milk and lower-fat yoghurt.

Cardiovascular disease risk score

Your healthcare professional will enter all the information that they have collected about you into a computer programme to assess your risk of having a cardiovascular event (a heart attack or a stroke) over the next 10 years.

**Your result**

If your risk is high, you will be given advice about how to lower your risk. You may be given medicines or offered further support to help reduce your risk.

Whatever your result, even if your risk is assessed as being low, you will be given advice about staying healthy.

Additional tests

If your BMI and/or your blood pressure results are high, you may be advised to have a test to check if you are at risk of developing diabetes.

If your blood pressure is higher than 140/90, you may be referred to your GP for a further test to check that your kidneys are working properly.

Diet:

- A healthy and balanced diet, which includes five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight.

Physical activity:

- All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. The aim is to try and get your heart beating faster, and lungs working a bit harder for at least 10 minutes at a time.

If your BMI is high, your healthcare professional can provide you with advice and support on losing weight and reducing your BMI. There is also lots of advice and support on

- The good news is that these conditions can often be prevented.
- The tests that you have had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing heart disease, stroke, diabetes and kidney disease.
- Use this leaflet to record your results and set goals for improving your lifestyle if necessary.