



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Introduction

Everyone is at risk of developing heart disease, stroke, type 2 diabetes and kidney disease, and developing one of these conditions could increase your risk of developing another in the future.

Your risk increases with age. There are also certain things that will put you at even greater risk. These are:

- high blood pressure
- high cholesterol
- being overweight
- lack of physical activity
- smoking.

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.

### 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](http://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.

### Blood pressure test

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**.

**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](http://www.nhs.uk/nhshealthcheck)

### 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.

**Get active:** Starting to become more active is about gradually building up the amount you do and most importantly doing an activity that you enjoy which fits into your everyday life. The good news is that there are lots of different ways to become active and benefit your health: from walking to dancing; gardening to swimming; yoga to football, there will be an activity there for you. Go to [nhs.uk/letsgetmoving](http://nhs.uk/letsgetmoving) for opportunities to become more active in your local area.

### Body mass index (BMI) test

Your result



BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- If your BMI is less than **18.4**, your result falls within the underweight BMI range.
- If your BMI is between **18.5** and **24.9**, your result falls into the healthy BMI range.
- If your BMI is between **25** and **29.9**, your result falls into the overweight BMI range.
- If your BMI is greater than **30**, you may be invited for another test to check that you do not have diabetes.

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

**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.

### 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 to see 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.