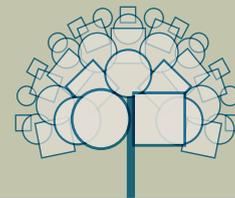


What is _____'s risk of heart disease?

(relative's name)



● How many of _____'s **first degree relatives** listed in the **blue** box have been diagnosed with heart disease or type 2 diabetes?

Mother
 Father
 Sister(s)
 Brother(s)
 Daughter(s)
 Son(s)

Enter total number

yes no

Is the answer **1** or more?
(Circle yes or no)

● How many of _____'s **second degree relatives** listed in the **green** box have been diagnosed with heart disease or type 2 diabetes?

Grandmother(s)
 Grandfather(s)
 Aunt(s)
 Uncles(s)
 Nieces(s)
 Nephew(s)

Enter total number

yes no

Is the answer **2** or more?
(Circle yes or no)

If the answer is **yes** to either of these questions, he/she is at increased risk of heart disease.

If your family member is at increased risk, tell him/her to talk to his/her doctor about what you can do to prevent heart disease.

Important:

A family history of type 2 diabetes is a risk factor for heart disease. So, if one of the relatives listed in the blue or green boxes has been diagnosed with heart disease, type 2 diabetes, or both, that relative counts as one relative toward your family member's risk.

Some tips that may help prevent and detect heart disease...



Be physically active!

- Try to be active for at least 30 minutes most days of the week
- Take the stairs, walk, swim, garden, etc.



Eat fruits and vegetables for vitamins, minerals, fiber, and antioxidants:

- At least 1.5 cups of vegetables
- At least 1.5 cups of fruit