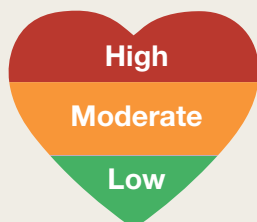


# Risk check

## Cardiovascular disease (CVD)



Your CVD risk is \_\_\_\_\_

This means that if there were 100 people like you we would expect \_\_\_\_\_ of them to have a heart attack or stroke within the next 5 years.

You can reduce your risk of a heart attack or stroke



### 8 things that can contribute to your current CVD risk



Smoking



High blood pressure



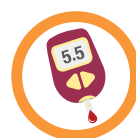
Being inactive



Unhealthy diet



High cholesterol



Diabetes



Depression & social isolation



Kidney disease

### To improve your heart health



Quit Smoking



Do more physical activity



Eat a healthy, balanced diet



Manage your diabetes

Let's talk about services you can access to help you reduce your risk of heart attack or stroke, and how to have a healthier lifestyle!

# Yarn about your heart health

Here are some things you can yarn about with a trusted health professional.



Lifestyle changes and medicine can help your heart.



Ask questions about your options to help you make a decision.



Yarn about what else is important to your social and emotional wellbeing.



Yarn about the next steps you can take.



It's ok to come back another time if you're not ready to make a decision.



Yarn about the pros and cons of the options.



Share stories about your country, your family and their heart journeys.



Share your knowledge about what's important for you.

## What matters to you?

Here are some questions you can yarn about with a trusted health professional. This will help them understand what's important to you.

- Where do you feel safe to talk about your heart health?
- Who do you trust to talk about your heart health with?
- Are there any stories you want to share about your heart health?
- What is true for you about your heart health?
- How can your community and family support your heart health?
- How can physical and spiritual connections help you on your heart journey?
- How can your culture and connection to land and sea help you on your heart journey?
- How might your personal experiences affect your heart health?
- What do you need to support your physical, social and emotional wellbeing?