

# Virginia Cooperative Extension Service

EXTENSION DIVISION • VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY • BLACKSBURG, VIRGINIA 24061

352-003  
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"RISKO"\*

## Heart Attack Risk Program

A Computer Assisted Instructional Program in Family Resources

The purpose of this program is to give you an estimate of your chances of suffering heart attack.

### IF YOU SCORE:

6-11 - Risk well below average	25-31 - Risk moderate
12-17 - Risk below average	32-40 - Risk at a dangerous level
18-24 - Risk generally average	41-62 - Danger urgent. See your doctor now.

### HEREDITY:

Count parents, grand-parents, brothers, and sisters who have had heart attack and/or stroke.

### TOBACCO SMOKING:

If you inhale deeply and smoke a cigarette way down, add one to your classification. Do NOT subtract because you think you do not inhale or smoke only a half inch on a cigarette.

### EXERCISE:

Lower your score one point if you exercise regularly and frequently.

### CHOLESTEROL OR SATURATED FAT INTAKE LEVEL:

A cholesterol blood level is best. If you can't get one from your doctor, then estimate honestly the percentage of solid fats you eat. These are usually of animal origin - lard, cream, butter, and beef and lamb fat. If you eat much of this, your cholesterol level probably will be high. The U.S. average, 40%, is too high for good health.

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BLOOD PRESSURE:

If you have no recent reading but have passed an insurance or industrial examination chances are you are 140 or less.

SEX:

This line takes into account the fact that men have from 6 to 10 times more heart attacks than women of child bearing age.

Please indicate the line most appropriate for you by placing the corresponding numeral on the line.

A. AGE \_\_\_\_\_

- |             |             |
|-------------|-------------|
| 1. 10 to 20 | 4. 41 to 50 |
| 2. 21 to 30 | 5. 51 to 60 |
| 3. 31 to 40 | 6. 61 to 70 |

B. SEX \_\_\_\_\_

- |                    |                      |
|--------------------|----------------------|
| 1. Female under 40 | 4. Male              |
| 2. Female 40-50    | 5. Stocky male       |
| 3. Female over 50  | 6. Bald, stocky male |

C. HEREDITY \_\_\_\_\_

1. No known history of heart disease
2. One relative with cardiovascular disease over 60
3. Two relatives with cardiovascular disease over 60
4. One relative with cardiovascular disease under 60
5. Two relatives with cardiovascular disease under 60
6. Three relatives with cardiovascular disease under 60

D. WEIGHT \_\_\_\_\_

1. More than 5 lbs. below standard weight
2. -5 to +5 lbs. standard weight
3. 6-20 lbs. over weight
4. 21-35 lbs. over weight
5. 36-50 lbs. over weight
6. 51-65 lbs. over weight

E. TOBACCO SMOKING \_\_\_\_\_

1. Non-user
2. Cigar and/or pipe
3. 10 cigarettes or less a day
4. 20 cigarettes a day
5. 30 cigarettes a day
6. 40 or more cigarettes a day

F. EXERCISE LEVEL \_\_\_\_\_

1. Intensive occupational and recreational exertion
2. Moderate occupational and recreational exertion
3. Sedentary work and intense recreational exertion
4. Sedentary work and moderate recreational exertion
5. Sedentary work and light recreational exertion
6. Complete lack of all exercise

G. CHOLESTEROL OR FAT % IN DIET \_\_\_\_\_

1. Cholesterol below 180 mg. %.  
Diet contains no animal or solid fats.
2. Cholesterol 181-205 mg. %.  
Diet contains 10% animal or solid fats.
3. Cholesterol 206-230 mg. %.  
Diet contains 20% animal or solid fats.
4. Cholesterol 231-255 mg. %.  
Diet contains 30% animal or solid fats.
5. Cholesterol 256-280 mg. %.  
Diet contains 40% animal or solid fats.
6. Cholesterol 281-300 mg. %.  
Diet contains 50% animal or solid fats.

H. BLOOD PRESSURE \_\_\_\_\_

1. Upper reading of 100
2. Upper reading of 120
3. Upper reading of 140
4. Upper reading of 160
5. Upper reading of 180
6. Upper reading of 200 or over

Because of the difficulty in measuring them, these RISK FACTORS are not included in "RISKO":

- Diabetes, particularly when present for many years.
- Your Character or Personality, and the Stress under which you live.
- Vital Capacity - determined by measuring the amount of air you can take into your lungs in proportion to the size of your lungs. The less air you can breathe, the higher your risk.
- Electrocardiogram - if certain abnormalities are present in the record of the electrical currents generated by your heart, you have a higher risk.
- Gout - is caused by a higher than normal amount of uric acid in the blood. Patients have an increased risk.

If you have a number of Risk Factors, for the sake of your health, ask your doctor to check your medical conditions and quit your Risk Factor habits.

NOTE: The fact that various habits or conditions may be rated similarly in this test does not mean these are of equal risk. The reaction of individual human beings to Risk Factors - as to many other things - is so varied it is impossible to draw valid conclusions for any individual.

THIS PROGRAM HAS BEEN DEVELOPED ONLY TO HIGHLIGHT WHAT THE RISK FACTORS ARE AND WHAT CAN BE DONE ABOUT THEM. IT IS NOT DESIGNED TO BE A MEDICAL DIAGNOSIS.

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