

Heart Disease - Risk Factors

- Major risk factors that can be changed

- Tobacco use
- High blood pressure
- Unhealthy cholesterol levels
- Physical inactivity
- Obesity
- Diabetes

- Contributing risk factors that can be changed

- High triglyceride levels
- Psychological and social factors

- Major risk factors that can't be changed

- Family history
- Age
- Sex
- Ethnicity

