

# Are YOU at risk for leading causes of death: heart disease, cancer and diabetes?

## Personal Risks:

♥ There is a history of heart attack or heart disease in my family	Yes	No	Not Sure
♥ There is a history of diabetes in my family	Yes	No	Not Sure
♥ I have diabetes	Yes	No	Not Sure
♥ I exercise less than 3 times per week	Yes	No	Not Sure
♥ I experience a high level of stress in my daily life	Yes	No	Not Sure
♥ I smoke	Yes	No	Not Sure
♥ I have High Blood Pressure	Yes	No	Not Sure
♥ I do not consume at least 5 fruits and vegetables on a daily basis	Yes	No	Not Sure
♥ I am 65 years of age and I get little or no exercise	Yes	No	Not sure
♥ I have a sister or brother with diabetes	Yes	No	Not sure
♥ I have a parent with diabetes	Yes	No	Not sure

***Responding yes to any of the above questions means you are at risk!***

*For more information on heart disease, cancer and diabetes please visit the websites listed below.*

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

<http://www.cancer.org/docroot/home/index.asp>

<http://www.diabetes.org/home.jsp>