



Heart disease kills one in three women in North Dakota—but you have the power to prevent it.

## What's your risk?

Take the Go Red Heart Checkup

- *Answer a few questions*
- *Learn your risk*
- *Get a personalized action plan to reduce your risk*
- *Talk with your doctor about your findings*

## Join the Go Red Movement!

Go Red North Dakota is an initiative of the American Heart Association and the Dakota Medical Foundation to improve the cardiovascular health of women and their families in North Dakota.



American Heart Association  
*Learn and Live*

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# Are you one...?

**81%** of North Dakotans have one or more risk factors for heart disease. Most don't even know it.

## Know your numbers. Take control.

Mark Your Progress Below

Blood Pressure

Recommended: <120/80 mmHg

My #:

Cholesterol

Recommended Total: <200 mg/dl

Recommended LDL: <100 mg/dl

Recommended HDL: >50 mg/dl

My #:

Fasting Blood Glucose

Recommended: <100 mg/dl

My #:

Triglycerides

Recommended: <150 mg/dl

My #:

Body Mass Index

Recommended: <25 Kg/m<sup>2</sup>

My #:

Waist Circumference

Recommended: <35 inches

My #:

Minutes of Physical Activity Per Day

Recommended: 30 minimum

My #:

Cigarettes Per Day

Recommended: 0

and no second hand smoke

My #:

*If you are unable to fill in all the blanks, consider scheduling a visit with your doctor. Your heart and your health depend on it.*