

Stroke risk - quiz

What is your risk of stroke? Our quick health quiz can help assess your risk and help you to think about healthy living, diet and exercise to improve your heart health.

1. Is there a history of stroke in your family?

- A. No, or not to my knowledge.
- B. Yes – parent, sibling or grandparent.
- C. Yes – more distant relatives, such as cousins.

2. How old are you?

- A. 65 years or over.
- B. 45 to 65 years.
- C. Less than 45 years.

3. Do you smoke?

- A. Yes, I smoke at least 20 cigarettes every day.
- B. No.
- C. Sometimes, at social events or on the weekend.

4. Do you regularly drink alcohol?

- A. Only a few glasses on the weekend, or at social occasions.
- B. Every day, or else I binge heavily on the weekends.
- C. Very rarely, or not at all.

5. How often do you eat high fat, salty foods like pastries, burgers, fish and chips and potato chips?

- A. Everyday.
- B. At least twice a week.
- C. Once or twice a fortnight, or less.

6. Are you overweight?

- A. No, I am about the right weight for my height, give or take a few kilos.
- B. Yes, I am somewhat overweight.
- C. Yes, I am very overweight or obese.

7. Do you have high blood pressure?

- A. Yes, but I try to control it with exercise, attention to diet and, perhaps, prescribed medication.
- B. Yes, or probably yes, but I don't worry about it too much.
- C. No, my blood pressure is normal.

8. Do you have diabetes?

- A. Yes, but I control it well.
- B. No.

C. Yes, or probably yes, but I don't worry about it too much.

Calculate score

Your score is:

Score 8 to 12: Many strokes are avoidable and caused by unhealthy diet and lifestyle choices. Your exercise and dietary habits put you at increased risk. Consult with your doctor about ways to reduce your risk of stroke and other obesity-related diseases such as heart disease and diabetes.

Score 13 to 18: Some of your exercise and dietary habits could be making you more susceptible to stroke. Making a few, simple changes could significantly reduce your risk. For example, switching to a low fat, high fibre diet and quitting cigarettes could save your life.

Score 19 to 24: Congratulations, your lifestyle choices are substantially reducing your risk of stroke.

> Check the best answers.

This page has been produced in consultation with, and approved by:

National Stroke Foundation

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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