Learner's handbook

Learning to control cardiovascular risk

Learner's name: .....

.....

.....



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Calculation of “health total”

date: ...../...../.....

Blood pressure

BP below 130	10 pts
BP above or equal to 130 and below 140	8 pts
BP above or equal to 140 and below 150	6 pts
BP above or equal to 150 and below 160	4 pts
BP above or equal to 160 and below 170	3 pts
BP above or equal to 170 and below 180	2 pts
BP above or equal to 180	0 pts

Result | Number of points

LDL (Low density lipoprotein) cholesterol or Cholesterol total

LDL below 2.6 mmol/l	or	Cholesterol below 4.1 mmol/l	10 pts
LDL from 2.6 to 3.3 mmol/l	or	Cholesterol from 4.1 to 5.1 mmol/l	8 pts
LDL from 3.4 to 4 mmol/l	or	Cholesterol from 5.2 to 6.1 mmol/l	6 pts
LDL from 4.1 to 4.8 mmol/l	or	Cholesterol from 6.2 to 6.6 mmol/l	4 pts
LDL from 4.9 to 5.6 mmol/l	or	Cholesterol from 6.7 to 7.4 mmol/l	2 pts
LDL above 5.6 mmol/l	or	Cholesterol above 7.4 mmol/l	0 pts

Result | Number of points

HDL (High density lipoprotein) cholesterol or Triglycerides

HDL above 1.55 mmol/l	or	TG below 0.9 mmol/l	10 pts
HDL from 1.40 to 1.55 mmol/l	or	TG from 0.9 to 1.2 mmol/l	8 pts
HDL from 1.30 to 1.39 mmol/l	or	TG from 1.3 to 1.7 mmol/l	6 pts
HDL from 1.15 to 1.29 mmol/l	or	TG from 1.8 to 2.1 mmol/l	4 pts
HDL from 1 to 1.14 mmol/l	or	TG from 2.2 to 2.5 mmol/l	3 pts
HDL from 0.90 to 0.99 mmol/l	or	TG from 2.6 to 3.5 mmol/l	2 pts
HDL below 0.90 mmol/l	or	TG above 3.5 mmol/l	0 pts

Result | Number of points

HbA1c or fasting sugar

HbA1c below 6 %	or	Glycemia below 6.6 mmol/l	10 pts
HbA1c from 6 to 6,9 %	or	Glycemia from 6 to 6.9 mmol/l	8 pts
HbA1c from 7 to 7,9 %	or	Glycemia from 7 to 8.9 mmol/l	6 pts
HbA1c from 8 to 8,9 %	or	Glycemia from 9 to 11.9 mmol/l	4 pts
HbA1c from 9 to 9,9 %	or	Glycemia from 12 to 14 mmol/l	2 pts
HbA1c at 10 % or more	or	Glycemia above 14 mmol/l	0 pts

Result | Number of points

Waist

Waist below 85 cm	10 pts
Waist from 86 to 90 cm	8 pts
Waist from 91 to 95 cm	6 pts
Waist from 96 to 100 cm	4 pts
Waist from 101 to 105 cm	2 pts
Waist above 105 cm	0 pts

Result | Number of points

Tobacco

Does not smoke at all	10 pts
Smokes	0 pts

Result | Number of points

Total number of points =

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EVOLUTION OF THE ATHEROMA PLAQUE OVER SEVERAL YEARS

Several years

Lipids (fat) progressively accumulate in the atheroma plaque.



The atheroma plaque becomes fragile. There is a risk of rupture.



Several minutes

The atheroma plaque suddenly ruptures. A blood clot (thrombus) partially obstructs the artery.



The thrombus propagates and comletely obstructs the artery, causing a cardiovascular accident.



The lower the “health total”, the more fragile the atheroma plaque and the higher the risk that it will rupture.

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Blood pressure	LDL (or total) cholesterol	HDL cholesterol or triglycerides

My "health total" is ..... points:

Diet

1



I AVOID SALTY FOOD

Points to be earned 3 pts

Points earned

Total = ____ / I choose this action ☐

Diet

2



I EAT RAW/STEAMED VEGETABLES AND A PIECE OF FRUIT AT EVERY MEAL

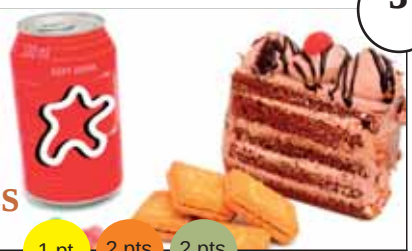
Points to be earned 2 pts 1 pt 1 pt 1 pt

Points earned

Total =_____ / I choose this action ☐

Diet

3



I LOWER MY SUGAR INTAKE AND I STOP EATING BETWEEN MEALS

Points to be earned 1 pt 2 pts 2 pts

Points earned

Total =_____ / I choose this action ☐

Diet

4



I EAT BALANCED MEALS

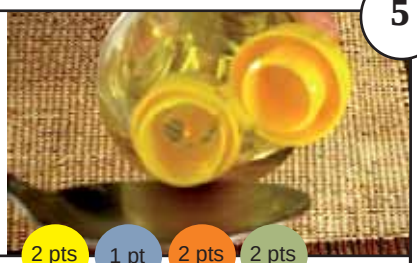
Points to be earned 1 pt 1 pt 1 pt 1 pt 1 pt

Points earned

Total = _____ / I choose this action ☐

Diet

5



I LIMIT MY FAT INTAKE

1 tablespoon of oil
100 g meat
PER MEAL

Points to be earned 2 pts 1 pt 2 pts 2 pts

Points earned

Total =_____ / I choose this action ☐

Alcohol

6



I STOP DRINKING ALCOHOL BEVERAGES

Points to be earned 1 pt 1 pt 1 pt 1 pt

Points earned

Total =_____ / I choose this action ☐

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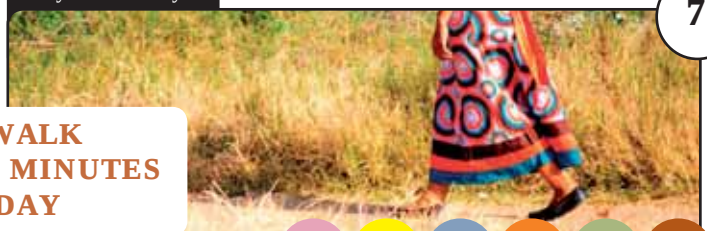
HbA1c or fasting sugar | Waist | Tobacco

To increase my total, I can take the following actions:

Physical activity

7

I WALK 30 MINUTES A DAY



Points to be earned: 2 pts - 1 pt - 2 pts - 2 pts - 1 pt - 2 pts

Points earned

Total =_____ / I choose this action ☐

Physical activity

8

I WALK 30 MINUTES 3 TIMES A WEEK (or equivalent)



Points to be earned: 1 pt - 1 pt - 1 pt - 1 pt - 1 pt

Points earned

Total =_____ / I choose this action ☐

Treatment

9

I TAKE MY MEDICINE REGULARLY



Points to be earned: 2 pts - 2 pts - 1 pt - 2 pts

Points earned

Total =_____ / I choose this action ☐

10

Tobacco

I QUIT SMOKING



Points to be earned: 10 pts

Points earned

Total =____ / I choose this action ☐

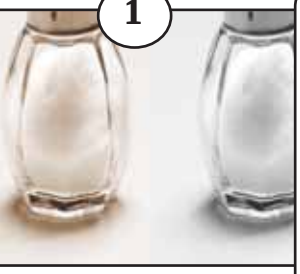
My "health total" will increase by ..... points.

My improved "health total" will increase by ..... points.

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Shopping, cooking and eating

1 I AVOID SALTY FOOD



I avoid prepared foods



cooked meat



cheese



tin food



sparkling water and sodas



salty biscuits



stock cube



I prefer

home-made dishes

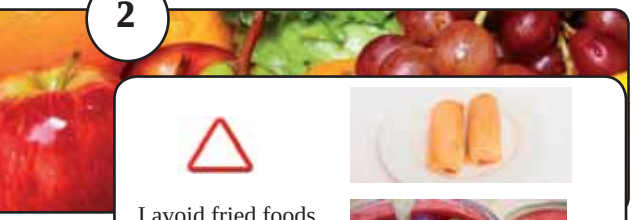


spices



Add spices rather than salt!

2 I EAT RAW/STEAMED VEGETABLES AND A PIECE OF FRUIT AT EVERY MEAL



I avoid fried foods, sauces, and jam



I prefer my vegetables raw, stewed, as a salad or pureed





I eat at least 2 pieces of fruit a day



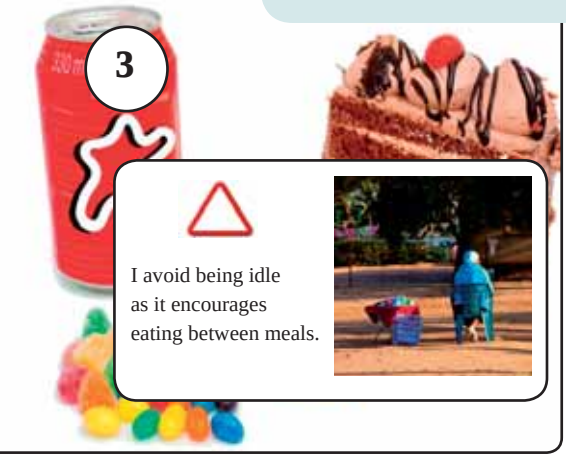


I eat at least one portion of vegetables per meal





3 I LOWER MY SUGAR INTAKE AND I STOP EATING BETWEEN MEALS



I avoid being idle as it encourages eating between meals.

I eat enough carbohydrates in order not to get hungry between meals.





If I get hungry, I eat yogurt or a piece of fruit.





I drink a glass of water every time I feel like nibbling.



4 I EAT BALANCED MEALS



Unlimited water



5 per day minimum



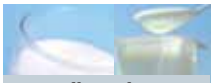
Fruits and vegetables

At every meal



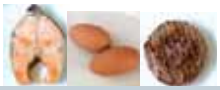
Carbohydrates

3 per day



Milk products

1 ou 2 times a day



Meat and fish

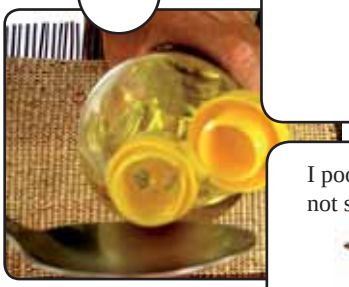
Spread, if possible, over 3 meals per day

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I LIMIT MY FAT INTAKE

1 tablespoon oil, 100 g meat PER MEAL

5



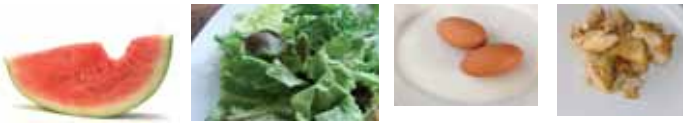
I avoid very fatty foods



I poor oil with a spoon,
not straight from the bottle



I prefer foods cooked in water or steamed
and without sauce



I already have certain habits

Most of the time, I shop at the supermarket ☐ / at the market ☐ / I get produce from my garden ☐

I prepare the dishes myself ☐ / I buy prepared foods ☐ / Someone cooks for me ☐

Most of the time, I eat alone ☐ / with my family ☐ / in a community ☐ / at the restaurant ☐

The action I have chosen will entail changing my daily life style

The type of foods I usually eat.	1| 2| 3| 4| 5|
The quantity of certain foods.	1| 2| 3| 4| 5|
The way I prepare (or someone else prepares) my meals.	1| 2| 3| 4| 5|
The way I take my meals (as a family, alone, in a community).	1| 2| 3| 4| 5|
The way I store food (freezer, refrigerator, tins).	1| 2| 3| 4| 5|
The time I spend preparing meals.	1| 2| 3| 4| 5|
The way I shop (supermarket, market).	1| 2| 3| 4| 5|
The budget I allocate to food.	1| 2| 3| 4| 5|

I measure the consequences of my choice and decide

☐ I'll stick to the action I have chosen. I know I'll be able to make it part of my daily life style.

☐ I realise I had better think about another course of action.

☐ I'll continue doing what I am already doing.

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Managing time, stress and physical activity

I STOP DRINKING ALCOHOL BEVERAGES

6



I stop buying alcohol beverages



I do exercise every day (for leisure or otherwise)



I drink unlimited amounts of water, tea or herbal tea (without sugar)



I get help from a health professional



I WALK 30 MINUTES A DAY

7



I walk for 30 minute in several sessions



I choose to walk up the stairs instead of taking the lift



I park my car as far as possible



I look for a regular activity

I WALK 30 MINUTES 3 TIMES A WEEK (or equivalent)

8



I do repair work or cleaning in the house



I do repair work outside or gardening

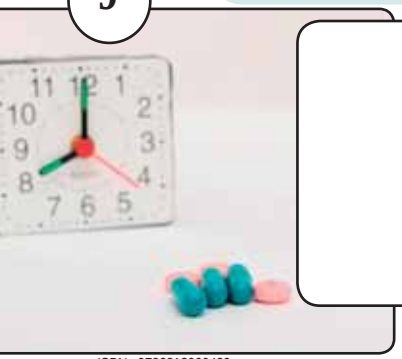


I go cycling or practice a time sport



I TAKE MY MEDICINE REGULARLY

9



- I think about preparing my medicine for each day of the week.
- At the end of the week, I check that I have enough for the following week.
- If I travel, I think about taking what I need with me.
- I use a pill box.



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I QUIT SMOKING

10



I stop buying cigarettes



I do other things
not to be tempted to smoke





I get help
from a health professional

I use nicotine substitutes

I already have certain habits and constraints

I live in the city ☐ / in the country ☐

During the day, my main activity involves moving around ☐ / sitting down ☐ / spending energy ☐

My main activity leaves me the following amount of spare time: none ☐ / a little ☐ / a lot ☐

The action I have chosen will entail changing my daily life style

Reorganizing my working time or my social activities	1| 2| 3| 4| 5|
Managing the time I devote to my family differently	1| 2| 3| 4| 5|
Having a range of different leisure activities	1| 2| 3| 4| 5|
Scheduling new expenses	1| 2| 3| 4| 5|
Being outside my home more often	1| 2| 3| 4| 5|
Avoiding places where temptation is strong (alcohol, tobacco…)	1| 2| 3| 4| 5|
Seeking the support of a person (friend, family, health professional) or group (club, neighbours…)	1| 2| 3| 4| 5|

I measure the consequences of my choice and I decide

☐ I'll stick to the action I have chosen. I know I'll be able to make it part of my daily life style.

☐ I realise I had better think about another course of action.

☐ I'll continue doing what I am already doing.

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SURNAME: .....

Name: .....

Evolution of the

Date:____/____/____

Blood pressure		LDL (or total) cholesterol		HDL cholesterol or triglycerides		HbA1c or fasting sugar		Waist		Tobacco	
Result	Points	Result	Points	Result	Points	Result	Points	Result	Points	Result	Points

My "health total" is ..... points.

To **maintain** total, I'll continue doing what I'm already doing: ☐

To **increase** this total, I choose the following action(s): ☐

		Choice	Number of points
	DIET		
1	 I AVOID SALTY FOOD		
2	 I EAT RAW/STEAMED VEGETABLES AND A PIECE OF FRUIT AT EVERY MEAL		
3	 I LOWER MY SUGAR INTAKE AND I STOP EATING BETWEEN MEALS		
4	 I EAT BALANCED MEALS		
5	 I LIMIT MY FAT INTAKE		
	ALCOHOL		
6	 I STOP DRINKING ALCOHOL BEVERAGES		
	PHYSICAL ACTIVITY		
7	 I WALK 30 MINUTES A DAY		
8	 I WALK FOR 30 MINUTES 3 TIMES A WEEK		
	TREATMENT		
9	 I TAKE MY MEDICINE REGULARLY		
	TOBACCO		
10	 I QUIT SMOKING		

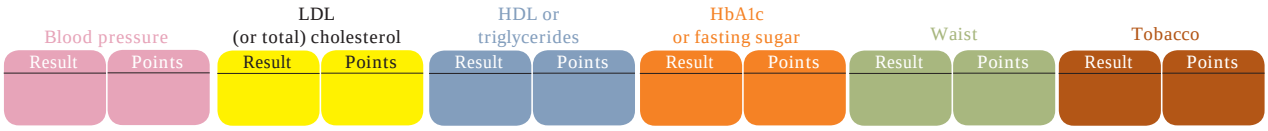
My "health total" will increase by ..... points.

My improved "health total" will be ..... points.

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cardiovascular risk

Date ____/____/____



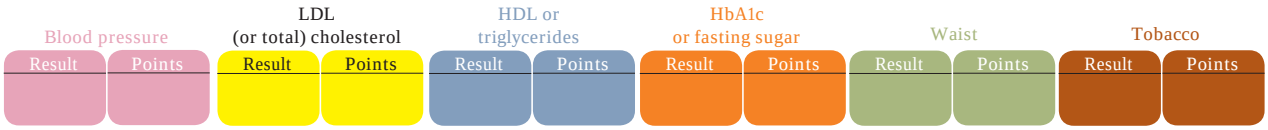
My "health total" is ..... points.

To **maintain** total, I'll continue doing what I'm already doing: ☐

To **increase** this total, I choose the following action(s): ☐

My "health total" will increase by ..... points. My improved "health total" will therefore be ..... points.

Date ____/____/____



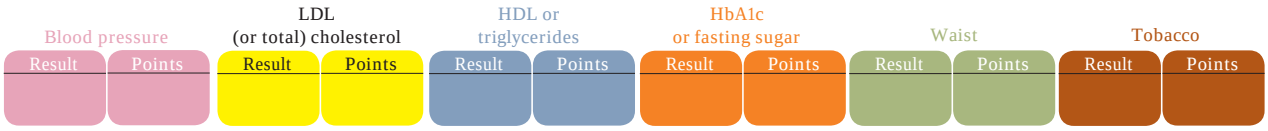
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My "health total" will increase by ..... points. My improved "health total" will therefore be ..... points.

Date ____/____/____



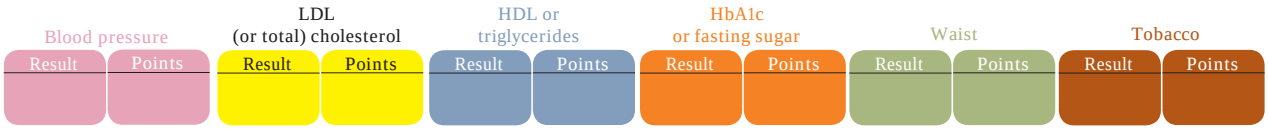
My "health total" is ..... points.

To **maintain** total, I'll continue doing what I'm already doing: ☐

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My "health total" will increase by ..... points. My improved "health total" will therefore be ..... points.

Date ____/____/____



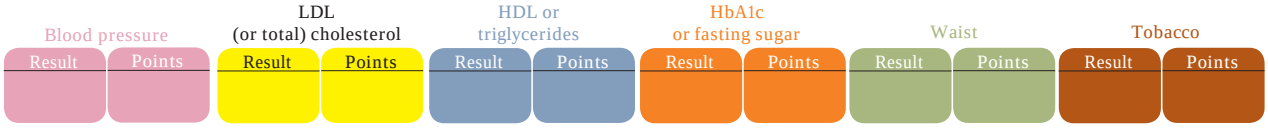
My "health total" is ..... points.

To **maintain** total, I'll continue doing what I'm already doing: ☐

To **increase** this total, I choose the following action(s): ☐

My "health total" will increase by ..... points. My improved "health total" will therefore be ..... points.

Date ____/____/____



My "health total" is ..... points.

To **maintain** total, I'll continue doing what I'm already doing: ☐

To **increase** this total, I choose the following action(s): ☐

My "health total" will increase by ..... points. My improved "health total" will therefore be ..... points.

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