

Design an information leaflet about Heart Disease.



This can be on an A4 sized piece of paper or an electronic copy on a device.

Things your information leaflet should contain:

- A clear title.
- Symptoms of heart disease.
- Risk Factors.
- Ways to improve heart health.



Tips for producing your information leaflet:

- Information should be easy to read and well organised on the page, e.g, bullet points and subheadings.
- Include images if you can, pictures or drawings.
- Statistics are a useful way to convey information quickly.
- You do not have to use the statistics below but can research your own.

RISK FACTORS OF HAVING A HEART DISEASE

NON-MODIFIABLE RISK FACTORS

MODIFIABLE RISK FACTORS

Genes



Age

Gender



Smoking



High Blood Pressure



High Blood Cholesterol

Physical Inactivity



Diabetes

Every 8 minutes
someone in the UK
dies from coronary
heart disease

Around **50%**
of heart attacks and
strokes are associated
with high blood
pressure

Every 3 minutes
someone in the UK
goes to hospital due
to a heart attack

7 out of 10
Survival rate for heart
attacks in the UK
today

Around **7 million**
people live with heart and
circulatory diseases in the UK

People with heart
failure are 2-3
times more likely
to have a stroke

40%
of adults in the UK do not meet
physical activity recommendations



There are more
than 30,000
out-of-hospital
cardiac arrests in
the UK each year