



Stroke Risk Self Assessment Test

Add up your total score. The lower your score, the better.

The higher your score, the greater your risk of having a stroke.

An approximate guide to the risk is:

0-5 Very low risk
6-10 Moderate risk **11-15 High risk** **16+ Very high risk**

See your Doctor if you are concerned about your risk of stroke or want more information.

Risk Factors	0	1	2	3	Score
Age	0-44	45-64	65-74	75+	
Family History	No strokes known	A relative has had a stroke	A relative who was younger than 65 had a stroke	Several relatives have suffered stroke	
Diabetes		None known	Family history	Diabetic	
Blood Pressure	Normal	Mild high blood pressure	Moderate high blood pressure	Severe high blood pressure	
Smoking	Never smoked or Quit more than 5 years ago	Quit after smoking for less than 5 years	Current smoker less than 20/day	Current smoker more than 20/day	
Cholesterol	Below average	Average	Moderately raised	Severely raised	
Irregular Heart (Atrial Fibrillation)	No			YES (potentially very high risk - add 14 points and see your doctor)	
Exercise	1 hour energetic activity at least 3 times/week	Very active once or twice a week	Moderately active once or twice a week	Very little physical exercise	
Alcohol (Male)	0-2 standard drinks per day	Up to 4 drinks per day	More than 4 drinks twice or more often four times or more	More than 6 drinks daily 4 or more days weekly	
Alcohol (Female)	0-1 standard drinks per day	Up to 4 drinks per day	More than 2 drinks a day 2 or more days per week	More than 4 drinks a day 2 or more days per week	
Salt in usual daily diet	No added salt to diet	Salt added to cooking or to food at the table	Salt added to cooking as well as to food at the table	Salt added to cooking, table food, plus eat salty snacks	
Fat in usual daily diet	I avoid all animal fat including dripping in cooking	Use oils for cooking, low fat milk and cheese, margarine, meat 3-4 times each week	Butter, full fat milk and dairy products, fatty meats, 3-4 times a week and fast foods/takeaways	Butter, high fat cheese, full fat milk and dairy products, fatty meats, bakery items, fast food.	
Fruit and vegetables in usual daily diet	6-8 portions of fruit and vegetables a day	4-5 portions of fruit and vegetables a day	2-3 portions of fruit and vegetables a day	Less than 2 portions of fruit and vegetables a day	
Total					