



Lower your risk of heart disease

The everyday changes that make the biggest difference

Draft — under clinical review. General information only; not a substitute for advice from your doctor. To be finalised by ACF clinical advisers before publication.

Most heart disease is preventable

Much of what damages the heart builds up quietly over years. The choices that lower your risk also help you feel better now.

The changes that matter most

- **Don't smoke or vape.** Quitting is the single biggest step for most people. Quitline: 13 7848.
- **Move more.** Regular activity most days — even brisk walking. Sit less.
- **Eat for your heart.** Vegetables, fruit, wholegrains, legumes, fish, healthy oils; less salt, added sugar and processed food.
- **Know your blood pressure and cholesterol.** Both can be high without symptoms.
- **Manage blood sugar** if you have diabetes or prediabetes.
- **Limit alcohol;** look after sleep and stress.

Heart Health Check. From age 45 (30 for Aboriginal and Torres Strait Islander peoples; earlier with diabetes or strong family history), ask your GP for a Heart Health Check.

You don't have to change everything at once. Pick one change, make it a habit, then add another.