**Your cardiovascular risk score**

You’ll be given your risk of developing a heart or circulation problem (such as heart disease, stroke, type 2 diabetes or kidney disease) over the next 10 years.

Your risk score may be described as:

* low – you have less than a 10% chance of a heart or circulation problem in the next 10 years
* moderate – you have a 10-20% chance of a heart or circulation problem in the next 10 years
* high – you have more than a 20% chance of a heart or circulation problem in the next 10 years

There are some things about your risk that you can't change – like your age, ethnicity or family history. But the most important factors in your risk score – such as your BMI, cholesterol level and blood pressure – can be changed.