



Modifiable or non-modifiable?

Look at the list of risk factors. Decide if they are modifiable or non-modifiable. Put a tick in the correct column.

Risk factor	M	NM
Gender (male or female)		
Sedentary lifestyle (lack of exercise)		
Type 2 diabetes		
Age		
Family history (genetics)		
High blood pressure (hypertension)		
Smoking		
Being overweight or obese		
Ethnicity		