

# I Heart America Diet

R Barnett

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is a leading cause of death. You can't change some risk factors for it, such as family history, sex at birth or age. But you can take plenty of other steps to lower your risk of heart disease. One of the best things you can ... **Coronary Heart Disease Risk Factors - NHLBI, NIH** Dec 27, 2024 · Your risk of coronary heart disease increases based on the number of risk factors you have and how serious they are. Some risk factors — such as high blood pressure and unhealthy cholesterol levels can be adjusted through heart-healthy lifestyle changes. Other risk factors, such as your age, family history, and race and ethnicity, cannot be changed.

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