1. What is the Heart Age Calculator?
   • The Heart Age Calculator is a population-based approach to raising awareness about heart disease risks to prompt consumers to make changes if their heart age is higher than their actual age.
   • The calculator is designed for people aged 35 to 75 years who do not have a known history of heart conditions.
   • There are limitations in that the Heart Age calculator does not consider a person’s ethnicity or other heart conditions such as atrial fibrillation. Overseas experience has shown that use of a heart age calculator is an effective way to raise personal awareness of heart disease risk.
   • The Heart Age Calculator is not a clinical tool and does not replace a CVD Risk Assessment, we still recommend doctors use the Absolute CVD Risk Assessment tool (http://www.cvdcheck.org.au/) to complete a heart health assessment and determine a person’s overall risk (their absolute risk) to guide if, and what, therapies are required.

2. What is the Heart Age Calculator data based on?
   • The Heart Age Calculator uses an algorithm to calculate the probability of a cardiovascular event occurring in the next five years based on a range of risk factors.
   • This algorithm is based on a multivariable known as the Framingham Risk Function, and it also incorporates Australian guidelines for people who are at an increased risk of having a heart attack and stroke based on certain risk factors. These risks include having a systolic blood pressure level of 180mmHg or above, or diastolic blood pressure level of 110mmHg or above, or total cholesterol level above 7.5mmol/L.
   • Features of the Heart Age Calculator include age, gender, smoking and diabetes status, BMI, close family history of heart attack/stroke prior to age 60, blood pressure and cholesterol levels and history of taking medication for high blood pressure.

3. Why is the commencement age 35 years?
   • The Heart Age calculator utilises international risk functions that incorporates risk estimates for people aged 35 to 75, compared to the Absolute Risk Guidelines that are focused on people aged 45 to 74. This is the main difference between the Absolute Risk Guidelines and the Absolute CVD Risk calculator compared to the Heart Age Calculator.
   • This does not change the recommendation at present for people aged 45 to 74 to have regular Heart Health Checks. (For background/information - based on Australian population data, more than 100,000 people aged 35 to 44 are at high risk of having a heart event).

4. How does our Australian Heart Age calculator differ from the British Heart Age tool?
   • The Heart Foundation’s Heart Age Calculator assesses a person’s risk of having a heart attack or stroke in the next five years by determining their heart age. The higher
the heart age compared to actual age, the higher the risk of having a heart attack or stroke.

- The British Heart Age tool [https://www.bhf.org.uk/informationsupport/risk-factors/check-your-heart-age](https://www.bhf.org.uk/informationsupport/risk-factors/check-your-heart-age) goes a step further in estimating not only a heart age but also estimates the age at which a person can expect to live until they first experience a heart attack or stroke.

5. **Will there be an increase in the ‘worried well’ visiting their GPs, placing a burden on our health system?**

- The British experience has been that most people have focused on trying to change their lifestyle risk factors.

6. **What is a Heart Health Check?**

- The lay term used by the Heart Foundation for Cardiovascular Absolute Risk Assessments is Heart Health checks.

7. **What is the Heart Foundation’s main call to action?**

- The Heart Foundation encourages people to use the Heart Age Calculator to find out their heart age as a strategy to better understand their risk of having a heart attack or stroke.
- The Heart Foundation recommends that every person aged 45 and over (or 35 and over for indigenous Australians) should have a Heart Health Check at least every two years.

8. **Has the Heart Foundation notified key stakeholders of the new Heart Age Calculator?**

- Yes, the Heart Foundation has consulted with several peak organisations and individual key stakeholders in the development of this tool.

9. **What type of promotion of the Heart Age Calculator will the Heart Foundation undertake?**

- The Heart Foundation has written to peak health and medical bodies advising that we are launching a Heart Age Calculator. There will also be some promotion of the calculator through mainstream and medical press. We will monitor consumer’s response to the calculator over the coming months to allow us to refine it. A bigger push of the calculator is anticipated in late April-May 2019.

10. **Where can consumers go for more information?**

- We encourage consumers to talk to their doctors about their heart health.
- The Heart Foundation’s Helpline (ph: 13 11 12) provides free personalised information and support on heart health, nutrition and a healthy lifestyle.
- The Heart Foundation’s Helpline can also answer consumer questions about the Heart Age Calculator.