CORONARY DISEASE RISK PREDICTION SCORE SHEET FOR WOMEN BASED ON TOTAL CHOLESTEROL LEVEL

Step 1

Age	
Years	Points
30-34	-9
35-39	-4
40-44	0
45-49	3
50-54	6
55-59	7
60-64	8
65-69	8
70-74	8

Step 2

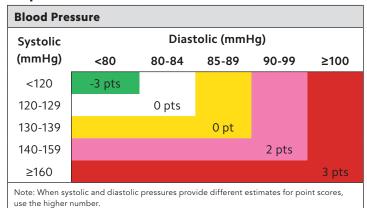
Total Cholesterol			
(mg/dl)	(mmol/L)	Points	
<160	≤4.14	-2	
160-199	4.15-5.17	0	
200-239	5.18-6.21	1	
240-279	6.22-7.24	1	
≥280	≥7.25	3	

Step 3

HDL - Cholesterol			
(mg/dl)	(mmol/L)	Points	
<35	≤0.90	5	
35-44	0.91-1.16	2	
45-49	1.17-1.29	1	
50-59	1.30-1.55	0	
≥60	≥1.56	-3	

Key					
Color	Green	White	Yellow	Rose	Red
Risk	Very low	Low	Moderate	High	Very high

Step 4



Step 5

Diabetes		
	Points	
No	0	
Yes	4	

Step 6

Smoker	
	Points
No	0
Yes	2

Risk estimates were derived from the experience of the NHLBI's Framingham Heart Study, a predominantly Caucasian population in Massachusetts, USA.

Step 7 (sum from steps 1-6)

Adding up the points		
Age		
Total Cholesterol		
HDL Cholesterol		
Blood Pressure		
Diabetes		
Smoker		
Point Total		

Step 8 (determine CHD risk from point total)

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CHD Risl	CHD Risk			
Point	10 Yr	Point	10 Yr	
Total	CHD Risk	Total	CHD Risk	
≤-2	1%	8	7%	
-1	2%	9	8%	
0	2%	10	10%	
1	2%	11	11%	
2	3%	12	13%	
3	3%	13	15%	
4	4%	14	18%	
5	4%	15	20%	
6	5%	16	24%	
7	6%	≥17	≥27%	

Step 9 (compare to women of the same age)

Comparative Risk		
Age (years)	Average 10 Yr CHD Risk	Low* 10 Yr CHD Risk
30-34	<1%	<1%
35-39	1%	<1%
40-44	2%	2%
45-49	5%	3%
50-54	8%	5%
55-59	12%	7%
60-64	12%	8%
65-69	13%	8%
70-74	14%	8%
*Low risk was calculated for a woman the same age, normal		

*Low risk was calculated for a woman the same age, normal blood pressure, total cholesterol 160-199 mg/dL, HDL cholesterol 55 mg/dL, nonsmoker, no diabetes.



FPM Toolbox To find more practice resources, visit https://www.aafp.org/fpm/toolbox.

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