

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

Step 1

Age	Points
Years	Points
30-34	-1
35-39	0
40-44	1
45-49	2
50-54	3
55-59	4
60-64	5
65-69	6
70-74	7

Step 2

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

Step 3

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

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

Step 4

Blood Pressure					
Systolic (mmHg)	Diastolic (mmHg)				
	<80	80-84	85-89	90-99	≥100
<120	0 pts				
120-129		0 pts			
130-139			1 pt		
140-159				2 pts	
≥160					3 pts

Note: When systolic and diastolic pressures provide different estimates for point scores, use the higher number.

Step 5

Diabetes	
	Points
No	0
Yes	2

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)

CHD Risk			
Point Total	10 Yr CHD Risk	Point Total	10 Yr CHD Risk
≤-1	2%	7	13%
0	3%	8	16%
1	3%	9	20%
2	4%	10	25%
3	5%	11	31%
4	7%	12	37%
5	8%	13	45%
6	10%	≥14	≥53%

Step 9 (compare to men of the same age)

Comparative Risk		
Age (years)	Average 10 Yr CHD Risk	Low* 10 Yr CHD Risk
30-34	3%	2%
35-39	5%	3%
40-44	7%	4%
45-49	11%	4%
50-54	14%	6%
55-59	16%	7%
60-64	21%	9%
65-69	25%	11%
70-74	30%	14%

*Low risk was calculated for a man the same age, normal blood pressure, total cholesterol 160-199 mg/dL, HDL cholesterol 45 mg/dL, nonsmoker, no diabetes.



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

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