

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

Step 1

Age	Points
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

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

CHD Risk			
Point Total	10 Yr CHD Risk	Point Total	10 Yr 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 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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