

Coronary Heart Disease Assessment (For Men)

Step 1: Age

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

Step 2: LDL or TC Level

LDL		
mg per dL	mmol per L	Points
< 100	< 2.59	-3
100 to 129	2.59 to 3.35	0
130 to 159	3.36 to 4.13	0
160 to 190	4.14 to 4.92	1
> 190	> 4.92	2

TC		
mg per dL	mmol per L	Points
< 160	< 4.14	-3
160 to 199	4.14 to 5.16	0
200 to 239	5.17 to 6.20	1
240 to 279	6.21 to 7.23	2
≥ 280	≥ 7.24	3

Step 3: HDL Level

mg per dL	mmol per L	Points (if LDL used in step 2)	Points (if TC used in step 2)
< 35	< 0.91	2	2
35 to 44	0.91 to 1.15	1	1
45 to 49	1.16 to 1.28	0	0
50 to 59	1.29 to 1.54	0	0
≥ 60	≥ 1.55	-1	-2

Step 4: Blood Pressure

Systolic (mm Hg)	Diastolic (mm Hg)				
	< 80	80 to 84	85 to 89	90 to 99	≥ 100
< 120	0 points	0 points	1 point	2 points	3 points
120 to 129	0 points	0 points	1 point	2 points	3 points
130 to 139	0 points	0 points	1 point	2 points	3 points
140 to 159	0 points	0 points	1 point	2 points	3 points
≥ 160	0 points	0 points	1 point	2 points	3 points

NOTE: When systolic and diastolic pressures provide different point scores, use the higher score.

Step 5: Diabetes Mellitus

Present?	Points
No	0
Yes	2

Step 6: Smoking

Smoker?	Points
No	0
Yes	2

Step 7: Total Points

Step 1: Age	___
Step 2: LDL or TC level	___
Step 3: HDL level	___
Step 4: Blood pressure	___
Step 5: Diabetes mellitus	___
Step 6: Smoking	___
Total points	___

Step 8: CHD Risk

Total points	10-year risk if LDL used in step 2 (%)	10-year risk if TC used in step 2 (%)
≤ -3	1	—
-2	2	—
-1	2	2
0	3	3
1	4	3
2	4	4
3	6	5
4	7	7
5	9	8
6	11	10
7	14	13
8	18	16
9	22	20
10	27	25
11	33	31
12	40	37
13	47	45
≥ 14	≥ 56	≥ 53

Step 9: Comparative Risk

Age (years)	Average 10-year CHD risk (%)	Average 10-year risk of hard event* (%)	Low 10-year CHD risk† (%)
30 to 34	3	1	2
35 to 39	5	4	3
40 to 44	7	4	4
45 to 49	11	8	4
50 to 54	14	10	6
55 to 59	16	13	7
60 to 64	21	20	9
65 to 69	25	22	11
70 to 74	30	25	14

*—Hard events exclude angina pectoris.

†—Low risk as calculated for a man of the same age who does not smoke or have diabetes, and has optimal blood pressure, an LDL level of 100 to 129 mg per dL or TC level of 160 to 199 mg per dL, and an HDL level of 45 mg per dL.

Key

Color	Relative risk	Color	Relative risk
Green	Very low	Orange	High
White	Low	Red	Very high
Yellow	Moderate		

Coronary Heart Disease Assessment (For Women)

Step 1: Age

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

Step 2: LDL or TC Level

LDL		
mg per dL	mmol per L	Points
< 100	< 2.59	-2
100 to 129	2.59 to 3.35	0
130 to 159	3.36 to 4.13	0
160 to 190	4.14 to 4.92	2
> 190	> 4.92	2

TC		
mg per dL	mmol per L	Points
< 160	< 4.14	-2
160 to 199	4.14 to 5.16	0
200 to 239	5.17 to 6.20	1
240 to 279	6.21 to 7.23	1
≥ 280	≥ 7.24	3

Step 3: HDL Level

mg per dL	mmol per L	Points (if LDL used in step 2)	Points (if TC used in step 2)
< 35	< 0.91	5	5
35 to 44	0.91 to 1.15	2	2
45 to 49	1.16 to 1.28	1	1
50 to 59	1.29 to 1.54	0	0
≥ 60	≥ 1.55	-2	-3

Step 4: Blood Pressure

Systolic (mm Hg)	Diastolic (mm Hg)				
	< 80	80 to 84	85 to 89	90 to 99	≥ 100
< 120	-3 points				
120 to 129		0 points			
130 to 139			0 points		
140 to 159				2 points	
≥ 160					3 points

NOTE: When systolic and diastolic pressures provide different point scores, use the higher score.

Step 5: Diabetes Mellitus

Present?	Points
No	0
Yes	4

Step 6: Smoking

Smoker?	Points
No	0
Yes	2

Step 7: Total Points

Step 1: Age	_____
Step 2: LDL or TC level	_____
Step 3: HDL level	_____
Step 4: Blood pressure	_____
Step 5: Diabetes mellitus	_____
Step 6: Smoking	_____
Total points	_____

Step 8: CHD Risk

Total points	10-year risk if LDL used in step 2 (%)	10-year risk if TC used in step 2 (%)
≤ -2	1	1
-1	2	2
0	2	2
1	2	2
2	3	3
3	3	3
4	4	4
5	5	4
6	6	5
7	7	6
8	8	7
9	9	8
10	11	10
11	13	11
12	15	13
13	17	15
14	20	18
15	24	20
16	27	24
≥ 17	≥ 32	≥ 27

Step 9: Comparative Risk

Age (years)	Average 10-year CHD risk (%)	Average 10-year risk of hard event* (%)	Low 10-year CHD risk† (%)
30 to 34	<1	<1	<1
35 to 39	<1	<1	1
40 to 44	2	1	2
45 to 49	5	2	3
50 to 54	8	3	5
55 to 59	12	7	7
60 to 64	12	8	8
65 to 69	13	8	8
70 to 74	14	11	8

*—Hard events exclude angina pectoris.

†—Low risk as calculated for a woman of the same age who does not smoke or have diabetes, and has optimal blood pressure, an LDL level of 100 to 129 mg per dL or TC level of 160 to 199 mg per dL, and an HDL level of 55 mg per dL (1.42 mmol per L).

Key

Color	Relative risk	Color	Relative risk
Green	Very low	Orange	High
White	Low	Red	Very high
Yellow	Moderate		