Coronary Disease Risk Prediction Score Sheet for Men Based on Total Cholesterol Level

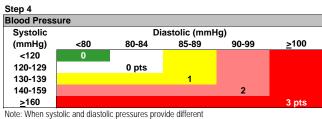**Step 1**

Age

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

Key

Color	Risk
green	Very low
white	Low
yellow	Moderate
rose	High
red	Very high

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

Step 4

Blood Pressure

Systolic (mmHg)	Diastolic (mmHg) <80	80-84	85-89	90-99	≥100
<120	0				
120-129		0 pts			
130-139			1		
140-159				2	
≥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
≤-1	2%
0	3%
1	3%
2	4%
3	5%
4	7%
5	8%
6	10%
7	13%
8	16%
9	20%
10	25%
11	31%
12	37%
13	45%
≥14	≥53%

Step 9 (compare to man 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, non-smoker, no diabetes