

Coronary Disease Risk Prediction Score Sheet for Men Based on LDL 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

LDL - Cholesterol		
(mg/dl)	(mmol/L)	Points
<100	≤2.59	-3
100-129	2.60-3.36	0
130-159	3.37-4.14	0
160-189	4.15-4.91	1
≥190	≥4.92	2

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	-1

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	_____
LDL 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
≤-3	1%
-2	2%
-1	2%
0	3%
1	4%
2	4%
3	6%
4	7%
5	9%
6	11%
7	14%
8	18%
9	22%
10	27%
11	33%
12	40%
13	47%
≥14	≥56%

Step 9 (compare to man of the same age)

Age (years)	Comparative Risk	
	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, LDL cholesterol 100-129 mg/dL, HDL cholesterol 45 mg/dL, non-smoker, no diabetes

DIRECTIONS FOR USE

- Record your points from Steps 1-6 in the table provided in Step 7.
- Steps 8 & 9 display the % of CHD risk.