

CARDIOVASCULAR RISK ASSESSMENT

PERSONAL HISTORY OF HEART DISEASE	None 0	Diagnosed Heart Disease, No heart attack or bypass 4	Heart Attack and/or bypass after age 50 4	Heart Attack and/or Bypass before age 50 6	<u>SCORE</u>
FAMILY HISTORY OF HEART DISEASE	No Family History of Heart Disease 0	One or more Blood Relative After Age 50 1	One Blood Relative Before Age 60 2	Two or More Blood Relatives Before Age 60 3	
GENDER	Female Under 45 yrs 0	All ages Male or Female over 45 1			
AGE	Under 40 0	40-49 1	50-59 2	60+ 3	
SMOKING	None 0	Pipe, Cigar, 1-10 cigarettes/day, ex-smoker less than 10 years 1	11-30 cigarettes/day 2	30+ cigarettes/day 3	
BLOOD CHOLESTEROL	Under 180 mg 0	180 - 200 mg 1	201 - 225 mg 2	225 + mg 3	
SYSTOLIC BLOOD PRESSURE	110 mg or less 0	110-120 1	122-130 2	132 + 3	
DIASTOLIC BLOOD PRESSURE	80 mg or less 0	82 - 90 1	88 - 90 2	92 + 3	
RESTING HEART RATE	54 or less 0	55 - 60 bpm 1	61 - 75 bpm 2	76 + 3	
FITNESS LEVEL	Excellent 0	Good 1	Fair 2	Poor 3	
EXERCISE HABITS	Aerobic Activity 4 - 6 times/wk 0	Aerobic Activity 2-3 times/wk 1	Aerobic Activity once per week 2	No Regular Activity 3	
WEIGHT	At or below ideal weight 0	Less than 10 lbs over ideal weight 1	10 - 20 lbs over ideal weight 2	More than 20 lbs over ideal weight 3	
GOUT	No symptoms , no family history 0	Elevated uric acid 6.6+, no symptoms 1	New onset of gout 2	Repeated gout attacks 3	
DIABETES	No symptoms no family history 0	Exercise and diet controlled diabetes and/or positive family history 1	Drug controlled diabetes after 40 2	Drug controlled diabetes before age of 40 3	
STRESS	None or slight 0	Moderate tension 1	Frequent high stress 2	Constant high stress 3	
DIETARY HABITS	Strict low fat, low sugar, low cholesterol and high fiber diet 0	Careful about intake of fat, sugar and cholesterol, some fiber 1	Slight modification in fat, sugar, and cholesterol intake, no fiber 2	No limits on intake of fat, sugar, or cholesterol, no fiber 3	

CARDIOVASCULAR RISK SCORE

0 – 5 = VERY LOW RISK
 6 – 15 = LOW RISK
 16 – 25 = MODERATE RISK
 26 – 35 = HIGH RISK
 36+ = VERY HIGH RISK