

Coronary Heart Disease

Risk Factor Prediction Chart

1. Find Points for each Risk Factor																
Age (if Female)				Age (if Male)				HDL Cholesterol		Total Cholesterol		Systolic Blood Pres		Other		
Age	Pts	Age	Pts	Age	Pts	Age	Pts	HDL-C	Pts	Total-C	Pts	SPB	Pts	Others	Pts	
30	-12	47-48	5	30	-2	57-59	13	0.65-0.68	7	3.60-3.99	-3	98-104	-2	Cigarettes	4	
31	-11	49-50	6	31	-1	60-61	14	0.69-0.76	6	4.00-4.30	-2	105-112	-1	Diabetic (M)	3	
32	-9	51-52	7	32-33	0	62-64	15	0.77-0.84	5	4.31-4.69	-1	113-120	0	Diabetic (F)	6	
33	-8	53-55	8	34	1	65-67	16	0.85-0.90	4	4.70-5.19	0	121-129	1	ECG-LVH	9	
34	-6	56-60	9	35-36	2	68-70	17	0.91-0.99	3	5.20-5.69	1	130-139	2	(0 pts for each NO)		
35	-5	61-67	10	37-38	3	71-73	18	1.00-1.09	2	5.70-6.19	2	140-149	3			
36	-4	68-74	11	39	4	74	19	1.10-1.19	1	6.20-6.79	3	150-160	4			
37	-3			40-41	5			1.20-1.30	0	6.80-7.49	4	161-172	5			
38	-2			42-43	6			1.31-1.43	-1	7.50-8.19	5	173-185	6			
39	-1			44-45	7			1.44-1.56	-2	8.20-8.55	6					
40	0			46-47	8			1.57-1.70	-3							
41	1			48-49	9			1.71-1.89	-4							
42-43	2			50-51	10			1.90-2.07	-5							
44	3			52-54	11			2.08-2.25	-6							
45-46	4			55-56	12			2.26-2.49	-7							

2. Sum Points for all Risk Factors																
Age () + (HDL-C () = Total-C () + SBP () + Smoker () + Diabetes () + ECG-LVH () Point Total																
<i>NOTE: Minus points subtract from total</i>																

3. Look up risk corresponding to point total													4. Compare to ave 10 year risk			
Probability (%)			Probability (%)			Probability (%)			Probability (%)			Probability (%)				
Pts	5yrs	10yrs	Pts	5yrs	10yrs	Pts	5yrs	10yrs	Pts	5yrs	10yrs	Age	Women	Men		
<1	<1	<2	10	2	6	19	8	16	28	19	33	30-34	<1	3		
2	1	2	11	3	6	20	8	18	29	20	36	35-39	<1	5		
3	1	2	12	3	7	21	9	19	30	22	38	40-44	2	6		
4	1	2	13	3	8	22	11	21	31	24	40	45-49	5	10		
5	1	3	14	4	9	23	12	23	32	25	42	50-54	8	14		
6	1	3	15	5	10	24	13	25				55-59	12	16		
7	1	4	16	5	12	25	14	27				60-64	13	21		
8	2	4	17	6	13	26	16	29				65-69	9	30		
9	2	5	18	7	14	27	17	31				70-74	12	24		

Modified from Chart by the American Heart Association, April 2002