

CVD Risk Factor Thresholds

Positive Risk Factors	Defining Criteria	Points
Age	Men ≥ 45 yrs, women ≥ 55 yrs	+1
Family History	Myocardial infarction, coronary revascularization, or sudden death in of parent or other first degree relative if male less than < 55 yrs or female < 65 yrs	+1
Cigarette Smoking	Current smoker or those who quit within the past 6 months; OR exposure to environmental tobacco smoke (second-hand smoke)	+1
Hypertension	SBP ≥ 140 mmHg or DBP ≥ 90 mmHg confirmed by measurements on at least two separate occasions, OR on antihypertensive medication	+1
Dyslipidemia	LDL > 130 mg/dL OR HDL < 40 mg/dL, OR on lipid-lowering medication. If total serum cholesterol is all that is available , use > 200 mg/dL	+1
Prediabetes	Fasting blood glucose ≥ 100 mg/dL but < 126 mg/dL confirmed on at least two separate occasions	+1
Obesity	BMI > 30 , or waist girth > 102 cm (40 in) for men and > 88 cm (35 in) for women	+1
Sedentary Lifestyle	Persons not participating in a regular exercise program accumulating 30 minutes or more of moderate physical activity on most days of the week	+1
Negative Risk Factors	Defining Criteria	Points
High Serum HDL	> 60 mg/dL	-1
		Total

Stratifying a Client's Risk

