

Estimate of 10-Year Risk for Coronary Heart Disease (FEMALE - Framingham Point Scores)

Step 1: Calculate Point Total

The risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults ages 20 and older who do not have heart disease or diabetes. To find your risk score, calculate your total points:

| Age (years) | Points |
|-------------|--------|
| 20 - 34 | -7 |
| 35 - 39 | -3 |
| 40 - 44 | 0 |
| 45 - 49 | 3 |
| 50 - 54 | 6 |
| 55 - 59 | 8 |
| 60 - 64 | 10 |
| 65 - 69 | 12 |
| 70 - 74 | 14 |
| 75 - 79 | 16 |

High density lipoproteins (HDL) is the 'good' cholesterol. HDL carry cholesterol in the blood from other parts of the body back to the liver, which leads to its removal from the body.

| HDL Cholesterol (mg/dL) | Points |
|-------------------------|--------|
| ≥ 60 | -1 |
| 50 - 59 | 0 |
| 40 - 49 | 1 |
| ≤ 40 | 2 |

Systolic blood pressure is the first number of your blood pressure reading.

| Systolic BP (mmHg) | Untreated | Treated |
|--------------------|-----------|---------|
| < 120 | 0 | 0 |
| 120 - 129 | 1 | 3 |
| 130 - 139 | 2 | 4 |
| 140 - 159 | 3 | 5 |
| ≥ 160 | 4 | 6 |

Total cholesterol is the sum of all the cholesterol in your blood.

| Total Cholesterol | Age: 20 - 39 | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 |
|-------------------|--------------|---------|---------|---------|---------|
| < 160 | 0 | 0 | 0 | 0 | 0 |
| 160 - 199 | 4 | 3 | 2 | 1 | 1 |
| 200 - 239 | 8 | 6 | 4 | 2 | 1 |
| 240 - 279 | 11 | 8 | 5 | 3 | 2 |
| ≥ 280 | 13 | 10 | 7 | 4 | 2 |

This section applies to those who have used tobacco within the past three months.

| Tobacco | Age: 20 - 39 | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 |
|------------|--------------|---------|---------|---------|---------|
| Non-smoker | 0 | 0 | 0 | 0 | 0 |
| Smoker | 9 | 7 | 4 | 2 | 1 |

TOTAL POINTS: _____



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Step 2: Determine 10-Year Risk of CHD

| Point Total (previous page) | 10-year risk (%) |
|------------------------------------|-------------------------|
| < 0 | < 1 |
| 0 | < 1 |
| 1 | < 1 |
| 2 | < 1 |
| 3 | < 1 |
| 4 | < 1 |
| 5 | < 1 |
| 6 | < 1 |
| 7 | < 1 |
| 8 | < 1 |
| 9 | 1 |
| 10 | 1 |
| 11 | 1 |
| 12 | 1 |
| 13 | 2 |
| 14 | 2 |
| 15 | 3 |
| 16 | 4 |
| 17 | 5 |
| 18 | 6 |
| 19 | 8 |
| 20 | 11 |
| 21 | 14 |
| 22 | 17 |
| 23 | 22 |
| 24 | 27 |
| ≥ 25 | ≥ 30 |

| Risk Category | Description | LDL Goal (mg/dL) | Non-HDL Goal* (mg/dL) |
|----------------------|--------------------|---------------------------|------------------------------|
| Low | < 5% | < 160 | < 190 |
| Moderate | 5 - 10% | < 130 | < 160 |
| Moderately High | 11 - 20% | < 130 (optional < 100) | < 160 (optional < 130) |
| High | > 20% | < 100 (optional < 70) | < 130 (optional < 100) |

| Risk Category | LDL Goal (mg/dL) | Non-HDL Goal* (mg/dL) |
|----------------------|-------------------------|------------------------------|
|----------------------|-------------------------|------------------------------|

For those individuals with a history of coronary heart disease (CHD), diabetes, stroke, or peripheral vascular disease (PVD).

< 70

< 100