

# WHAT'S YOUR RISK OF DEVELOPING A HEART ATTACK OR CORONARY DISEASE?

## Framingham Risk Assessment Tool - Men and Women

This risk assessment tool uses information from the Framingham Heart Study to predict your risk of developing a myocardial infarction (heart attack) or death from coronary disease in the next 10 years. This tool is designed for people aged 20 years and older without known heart disease and who do not have diabetes.

The risk factors included in the Framingham calculation are age, cigarette smoking, total cholesterol, HDL cholesterol, systolic blood pressure measurement and treatment for hypertension (high blood pressure). Point values are calculated based on each of these risks.

This risk score may not adequately reflect the long-term or lifetime coronary heart disease risk of young adults, which is one in two for men and one in three for women.



### 1. What is your age? Indicate your points below in "My Score."

Age (Years)	WOMEN	MEN
20-34	-7	-9
35-39	-3	-4
40-44	0	0
45-49	3	3
50-54	6	6
55-59	8	8
60-64	10	10
65-69	12	11
70-74	14	12
75-79	16	13
<b>My Score:</b>		

### 2. Are you a smoker? Indicate smoker or nonsmoker to determine your points below in "My Score."

Age (Years)	Points NON-SMOKER	Points FEMALE Smoker	Points MALE Smoker
20-39	0	9	8
40-49	0	7	5
50-59	0	4	3
60-69	0	2	1
70-79	0	1	1
<b>My Score:</b>			

*Please note: This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.*

### 3. What is your total cholesterol (mg/dL)? Indicate your points below in “My Score.”

Total cholesterol is the sum of all the cholesterol in your blood. The higher your total cholesterol, the greater your risk for heart disease.

Total Cholesterol (mg/dL)	Points WOMEN Age 20-39	Points WOMEN Age 40-49	Points WOMEN Age 50-59	Points WOMEN Age 60-69	Points WOMEN Age 70-79
Less than 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
Equal to or greater than 280	13	10	7	4	2
<b>My Score (for Women):</b>					
Total Cholesterol (mg/dL)	Points MEN Age 20-39	Points MEN Age 40-49	Points MEN Age 50-59	Points MEN Age 60-69	Points MEN Age 70-79
Less than 160	0	0	0	0	0
160-199	4	3	2	1	0
200-239	7	5	3	1	0
240-279	9	6	4	2	1
Equal to or greater than 280	11	8	5	3	1
<b>My Score (for Men)</b>					

Here’s what your total cholesterol level means:

- **Less than 200 mg/dL:** ‘Desirable’ level that lowers your risk for heart disease. A cholesterol level of 200 mg/dL or greater increases your risk.
- **200 to 239 mg/dL:** ‘Borderline-high.’
- **240 mg/dL and above:** ‘High’ blood cholesterol. A person with this level has more than twice the risk of heart disease compared to someone whose cholesterol is below 200 mg/dL.

### 4. What is your HDL (good) cholesterol (mg/dL)? Indicate your points below in “My Score.”

High density lipoprotein (HDL) is the ‘good’ cholesterol. HDL carries cholesterol in the blood from other parts of the body back to the liver, which leads to its removal from the body. So HDL helps keep cholesterol from building up in the walls of the arteries.

Answer	Points <i>(applies for men and women)</i>
Equal to or greater than 60	-1
50-59	0
40-49	1
Less than 40	2
<b>My Score:</b>	

Here’s what your HDL level means:

- **60 mg/dL and above:** An HDL of 60 mg/dL and above is considered protective against heart disease.
- **40 to 59 mg/dL:** The higher your HDL, the better
- **Less than 40 mg/dL:** A major risk factor for heart disease

## 5. What was the first number (the systolic pressure) in your most recent blood pressure reading?

Systolic blood pressure is the first number of your blood pressure reading. For example, if your reading is 120/80 (120 over 80), your systolic blood pressure is 120.

Find your latest blood pressure measurement in the chart below and look across the row to find your score. Indicate your points below in “My Score”.

### WOMEN

Systolic Blood Pressure Measurement (mmHg)	Yes – Taking Blood Pressure Medications	No – Not Taking Blood Pressure Medications
Less than 120	0	0
120-129	3	1
130-139	4	2
140-159	5	3
Greater than or equal to 160	6	4
<b>My Score (for Women):</b>		

### MEN

Systolic Blood Pressure Measurement (mmHg)	Yes – Taking Blood Pressure Medications	No – Not Taking Blood Pressure Medications
Less than 120	0	0
120-129	0	1
130-139	1	2
140-159	1	2
Greater than or equal to 160	2	3
<b>My Score (for Men):</b>		

## WHAT'S YOUR RISK?

Add up the sum from your previous answers to determine your risk total.  
See next page for more information.

Question	My Points
1.	
2.	
3.	
4.	
5.	
<b>TOTAL:</b>	

**Source:** Used with permission from the National Cholesterol Education Program, Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III), National Heart, Lung, Blood Institute (NHLBI), National Institutes of Health (NIH). [www.nhlbi.nih.gov/guidelines/cholesterol/index.htm](http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm)

**Additional Reference:** Wilson PWF, et al. Prediction of coronary heart disease using risk factor categories. *Circulation* 1998. 97(18):1837-1847.

Point Total	10-Year Risk: WOMEN	10-Year Risk: MEN
Less than 0	0%	Less than 1%
0-4	Less than 1%	1%
5-6	Less than 1%	2%
7	Less than 1%	3%
8	Less than 1%	4%
9	1%	5%
10	1%	6%
11	1%	8%
12	1%	10%
13	2%	12%
14	2%	16%
15	3%	20%
16	4%	25%
17	5%	Equal to or greater than 30%
18	6%	Equal to or greater than 30%
19	8%	Equal to or greater than 30%
20	11%	Equal to or greater than 30%
21	14%	Equal to or greater than 30%
22	17%	Equal to or greater than 30%
23	22%	Equal to or greater than 30%
24	27%	Equal to or greater than 30%
25 or more	Equal to or greater than 30%	Equal to or greater than 30%

### Your Risk Category

These risk categories are based on guidelines established by the National Cholesterol Education Program.

Once you and your doctor identify your risk, treatment can be prescribed to reduce these risks.

**High Risk:** A greater than 20% risk that you will develop a heart attack or die from coronary disease in the next 10 years. This risk can be reduced by addressing and managing your risk factors with the help of your doctor.

**Intermediate risk:** A 10 to 20% risk that you will develop a heart attack or die from coronary disease in the next 10 years. This risk can be reduced by addressing and managing your risk factors with the help of your doctor.

**Low Risk:** Less than 10% risk that you will develop a heart attack or die from coronary disease in the next 10 years. Continue to manage your risk factors and visit your doctor regularly to assess your risk.

**Important Note:** The presence of any cardiovascular disease risk factor, including a family history of cardiovascular disease, requires appropriate attention because a single risk factor may mean that you have a high risk for developing cardiovascular disease in the long run, even if the 10-year risk does not appear to be high.



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#### CARDIOVASCULAR MEDICINE

Appointments: 216.444.6697 or  
 800.223.2273 ext. 46697

Hearing Impaired (TTY) Assistance: 216/444-0261

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