

## Cardiovascular Risk Profile Scoresheet

Name: \_\_\_\_\_

Date	Your initial Estimated Risk
Date	Re-evaluation

<i>If your score is...</i>	<i>Then your estimated risk is...</i>
6 – 14	Well below average
15 – 19	Below average
20 – 25	Generally average
26 – 32	Moderate
33 – 40	Dangerous: you must reduce your score
41 – 55	Very Dangerous: you must reduce your score immediately
56 +	Extreme: urgent medical treatment recommended

\* Adapted from New York State Education Department Physical Fitness/Heart Disease Prevention Program, A.T.T. Co. Risk Factor Estimate.

### Cardiovascular Risk Profile

Name \_\_\_\_\_ Date \_\_\_\_\_

Gender	Female	1	Female Over 45 Years	2	Male	4	Bald Male	5	Bald Short Male	6	Bald Short Stocky Male	7	
Age	10-20 yrs.	1	21-30 years	2	31-40 years	3	41-50 years	4	51-60 years	6	60+ years	8	
Heredity: Parents & Siblings	No Family History of CVD	1	One with CVD Over 60 Years	2	Two with CVD Over 60 Years	3	One Death from CVD Under 60 Years	4	Two Deaths from CVD Under 60 Years	6	Three Deaths from CVD Under 60 Years	7	
Past Personal History CVD	Completely Benign	0	CVD Symptoms: Not MD Confirmed	2	CVD Mild: MD Confirmed (BP med)	4	CVD Moderate: Occasional Symptoms	6	CVD Severe: Frequent Symptoms	8	Hospitalized for CVD	10	
Diabetes	No Symptoms, Negative Family History	0	Latent Positive Family History	1	Chemical	2	Mild Dietary Control	5	Moderate: Oral Drug Control	7	Severe: Insulin Control	9	
Gout	No Symptoms, Negative Family History	0	Family History	1	Elevated Uric Acid (8mg%+) No Symptoms	2	New Onset Gout Early Detected	3	Repeated Chronic Gout Attacks	5	Gout with Renal and Osteo Complications	8	
Present CVD Symptoms	None	0	Occasional Fast Pulse/Irregular Rhythm	2	Frequent Fast Pulse/Irregular Rhythm	4	Occasional Angina	6	Exertional Angina	8	Frequent Angina (Exertional and Resting)	10	
Weight	More than 5 lbs. Below standard weight	0	± 5 lbs. of standard weight	1	5-20 lbs. overweight	2	21-35 lbs. overweight	3	36-50 lbs. overweight	5	51-65 lbs. overweight	7	
Tobacco Smoking	Nonuser	0	Occasional Cigar/Pipe	1	Cigarettes 10 or less/day	2	Cigarettes 11-20/day	4	Cigarettes 21-30/day	6	Cigarettes over 31/day	10	
Exercise	Intensive Job and Recreational Exertion	0	Moderate Job and Recreational Exercise	1	Sedentary Job and Intensive Recreation	2	Sedentary Job and Moderate Recreation	4	Sedentary Job and Light Recreation	6	Sedentary Job No Special Exercise	8	
Diet	Low Fat Diet No Sugar Intake	0	Below Average Fat and Sugar Intake	2	Normal Fat and Sugar Intake	3	High Fat and Normal Sugar Intake	5	High Fat and High Sugar Intake	5	Excessive Fat and Sugar Intake	8	
Systolic Blood Pressure	Below 110 mmHg	0	111-130 mmHg	1	131-140 mmHg	2	141-160 mmHg	3	161-180 mmHg	5	Above 180 mmHg	7	
Diastolic Blood Pressure	Below 80 mmHg	0	80-85 mmHg	1	86-90 mmHg	2	91-95 mmHg	4	96-100 mmHg	7	101 and above	9	
Resting EKG	Normal	0	Borderline	2	Frequent PVC's	3	Conduction Defect	4	Ischemia	7	Infarction	10	
Stress	No Stress	1	Occasional Mild Stress	2	Frequent Mild Stress	3	Frequent Moderate Stress	4	Frequent High Stress	5	Constant High Stress	7	
Please write the score following your answer in the column at the end of the row.													
Total the points and put in the box marked "total" at the end of the page.											<b>TOTAL</b>		