

CARDIOVASCULAR DISEASE RISK FACTOR ESTIMATE Golding 1989

Name _____

DATE _____

1. Age	10-20 yrs 1	21-30 yrs 2	31-40 yrs 3	41-50 yrs 4	51-60 yrs 6	>60 yrs 8	Score
2. Heredity: Parents and siblings	No family history of CVD 1	One with CVD over age 60 2	Two with CVD over age 60 3	One death from VCD under age 60 4	Two deaths from CVD under age 60 6	Three deaths from CVD under age 60 7	
3. Weight Refer to table 1 Below	More than 5 lbs below standard weight 0	-5 to +5lbs of standard weight 1	5 to 20lbs overweight 2	21-35lbs overweight 3	35-50lbs overweight 5	51-65 lbs overweight 7	
4. Tobacco Use	Nonuser 0	Occasional cigar or pipe 1	cigarettes/day 10 or less 2	cigarettes/day 11-20 4	Cigarettes/day 21-30 6	Cigarettes/day Over 30 10	
5. EXERCISE	Intense job and recreational 0	Moderate job and rec. 1	Sedentary job intense rec. 2	Sed. Job and mod. Rec. 4	Sedentary job and light Rec. 6	Sedentary job, no exercise 8	
6. Cholesterol & Triglycerides	Low fat diet, no sugar 0	Below avg fat & sugar intake 2	Normal fat and sugar intake 3	High-fat, normal sugar intake 5	High fat & sugar intake 6	Excessive fat & sugar intake 10	
7. Systolic blood pressure	<111 mmHg 0	111-130 mmHg 1	131-140 mmHg 2	141-160 mmHg 3	161-180 mmHg 5	Above 180 mmHg 7	
8. Diastolic Blood pressure	< 80 mmHg 0	80-85 mmHg 1	86-90 mmHg 2	91-95 mmHg 4	96-100 mmHg 7	Above 100 mmHg 9	
9. Gender	Female less than 40 yrs. 1	Female 40-50 yrs. 2	Female >50 yrs. 4	Male 5	Male (paunchy) 6	Male (obese) 7	
10. Resting M heart rate F	< 56 1 <65 1	57-64 2 66-70 2	65-70 3 71-75 3	71-77 4 76-82 4	78-81 5 83-86 5	≥82 7 ≥87 7	
11. Stress	No stress 1	Occasional mild stress 2	Frequent mild stress 3	Frequent mod stress 4	Frequent high Stress 5	Constant high stress 7	
12. Present CVD symptoms	NONE 0	Occasional fast pulse and/or irregular rhythm 2	Frequent fast pulse and/or irregular beat 4	Occasional angina 6	Exertional angina 8	Frequent angina(exertional and resting) 10	
13. past personal CVD history	Completely benign 0	CVD symptoms, no MD confirmed 2	Mild CVD, MD confirmed, on BP meds 4	Moderate CVD, occasional symptoms 6	Severe CVD, frequent symptoms 8	Hospitalized for CVD 10	
14. Diabetes	No symptoms, neg fam history 0	Latent positive fam history 1	Elevated blood glucose 3	Mild dietary control 5	Moderate oral med control 7	Severe insulin control 9	
15. Gout	No symptoms or family history 0	Family history 1	Elevated uric acid .8mg/dl no symptoms 2	New onset gout medication controlled 3	Repeated chronic gouty attacks 5	Gout with renal and bone complications 8	

If you score:

6-14 = risk well below average
15-19 = risk below average
20-25 = risk generally average
26-32 risk moderate
33-40 risk, needs medical clearance
41-55 risk very dangerous, you must reduce your score immediately
56+ EXTREME RISK, URGENT MEDICAL TREATMENT RECOMMENDED

Height	Men	Women	Height	Men	Women
5'0"	--	96-125	5'8"	132-166	122-154
5'1"	-	99-128	5'9"	136-170	126-158
5'2"	112-141	102-131	5'10"	140-174	130-163
5'3"	115-144	105-134	5'11"	144-179	134-168
5'4"	118-148	108-136	6'0"	148-184	138-173
5'5"	121-152	111-142	6'1"	152-189	--
5'6"	124-156	114-146	6'2"	156-194	--
5'7"	128-161	118-150	6'3"	160-199	
			6'4"	164-204	

