



MEN

Step up to more complete assessment of risk

Framingham 10-Year Risk Assessment System¹



AGE (in year)

20-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
-9	-4	0	3	6	8	10	11	12	13

AGE POINTS

TOTAL CHOLESTEROL

	20-39 yrs.old	40-49 yrs.old	50-59 yrs.old	60-69 yrs.old	70-79 yrs.old
<160 mg/dL	0	0	0	0	0
160-199 mg/dL	4	3	2	1	0
200-239 mg/dL	7	5	3	1	0
240-279 mg/dL	9	6	4	2	1
≥280 mg/dL	11	8	5	3	1

TC POINTS

HDL

≥60 mg/dL	50-59 mg/dL	40-49 mg/dL	<40 mg/dL
-1	0	1	2

HDL POINTS

SYSTOLIC BLOOD PRESSURE

	<120 mmHg	120-129 mmHg	130-139 mmHg	140-159 mmHg	≥160 mmHg
If Untreated	0	0	1	1	2
If Treated	0	1	2	2	3

BP POINTS

SMOKING HABITS

	20-39 yrs.old	40-49 yrs.old	50-59 yrs.old	60-69 yrs.old	70-79 yrs.old
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

SMOKING POINTS

10-YEAR RISK

Pts	<0	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	≥17
%	<1	1	1	1	1	1	2	2	3	4	5	6	8	10	12	16	20	25	≥30

TOTAL POINTS

10-YEAR RISK = %

¹ National Cholesterol Education Program. *Recommendations Regarding Public Screening For Measuring Blood Cholesterol*. Bethesda, MD: National Heart, Lung, and Blood Institute; National Institutes of Health; 2001. NIH Publication No. 01-3305.





WOMEN

Step up to more complete assessment of risk

Framingham 10-Year Risk Assessment System¹



AGE (in year)

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

AGE POINTS

TOTAL CHOLESTEROL

	20-39 yrs.old	40-49 yrs.old	50-59 yrs.old	60-69 yrs.old	70-79 yrs.old
<160 mg/dL	0	0	0	0	0
160-199 mg/dL	4	3	2	1	1
200-239 mg/dL	8	6	4	2	1
240-279 mg/dL	11	8	5	3	2
≥280 mg/dL	13	10	7	4	2

TC POINTS

HDL

≥60 mg/dL	50-59 mg/dL	40-49 mg/dL	<40 mg/dL
-1	0	1	2

HDL POINTS

SYSTOLIC BLOOD PRESSURE

	<120 mmHg	120-129 mmHg	130-139 mmHg	140-159 mmHg	≥160 mmHg
If Untreated	0	1	2	3	4
If Treated	0	3	4	5	6

BP POINTS

SMOKING HABITS

	20-39 yrs.old	40-49 yrs.old	50-59 yrs.old	60-69 yrs.old	70-79 yrs.old
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	1

SMOKING POINTS

10-YEAR RISK

Pts	<9	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	≥25
%	<1	1	1	1	1	2	2	3	4	5	6	8	8	11	14	17	22	≥30

TOTAL POINTS

10-YEAR RISK = %

¹ National Cholesterol Education Program. *Recommendations Regarding Public Screening For Measuring Blood Cholesterol*. Bethesda, MD: National Heart, Lung, and Blood Institute; National Institutes of Health; 2001. NIH Publication No. 01-3305.

