

Name _____

How to Assess Your Heart Disease Risk (CHD)

Do you know your heart disease risk score? Respond to the statements below, and score yourself as directed. Be aware that a high risk score does not mean you *will* develop heart disease, but it should warn you of the possibility. Consult your physician if you have questions about your score results.

In each category, circle the number next to the statement that's most true for you.

Cigarette Smoking

I never smoked or stopped smoking three or more years ago.	1
I don't smoke but live and/or work with smokers.	2
I stopped smoking within the past three years.	3
I smoke regularly.	4
I smoke regularly and live and/or work with other smokers.	5

Total Blood Cholesterol

Use the number from your most recent blood cholesterol measurement:

Less than 160	1
160 – 199	2
Don't know	3
200 – 239	4
240 or higher	5

HDL Cholesterol

Use the number from your most recent HDL cholesterol measurement:

Over 60	1
56 – 60	2
Don't know	3
35 – 55	4
Less than 35	5

Systolic Blood Pressure

Use the first (highest) number from your most recent blood pressure measurement:

Less than 120	1
120 – 139	2
Don't know	3
140 – 159	4
160 or higher	5

Excess Body Weight

I am within 10 pounds of my desirable weight.	1
I am 10 – 20 pounds above my desirable weight.	2
I am 21 – 30 pounds above my desirable weight.	3
I am 31 – 50 pounds above my desirable weight.	4
I am more than 50 pounds above my desirable weight.	5

Physical Activity

Determine which statements best describe your usual level of physical activity.

A: Highly Active

My job requires very hard physical labor (such as digging or loading heavy objects at least four hours a day

or

I do vigorous activities (jogging, cycling, swimming, etc.) at least three times a week for 30 minutes or more.

or

I do at least one hour of moderate activity such as brisk walking at least four days a week.

B: Moderately Active

My job requires that I walk, lift, carry, or do other moderately hard work for several hours a day (day-care worker, stock clerk, or busboy/waitress)

or

I spend much of my leisure time doing moderate activities (dancing, gardening, walking, or housework).

C: Inactive

My job requires that I sit at a desk most of the day

and

Much of my leisure time is spent in sedentary activities (watching TV, reading, etc.)

and

I seldom work up a sweat, and I cannot walk fast without having to stop to catch my breath.

Now circle the number that best describes your level of physical activity:

A: Highly Active	1
Between A and B	2
B: Moderately Active	3
Between B and C	4
C: Inactive	5

Scoring Your Heart Attack Risk

To learn your estimated risk, add the six numbers you've circled.

If Your Total Score Is:

6-13
14-22
23-30

Your Heart Attack Risk Is:

Low
Moderate
High