

FRAMINGHAM HEART STUDY

A Project of the National Heart, Lung and Blood Institute and Boston University



Hard Coronary Heart Disease (10-year risk)

Women

Calculator for 10 year risk of Myocardial Infarction or Coronary Death

Predictors

- Age _____
- Total cholesterol _____
- Smoking status _____
- Systolic BP _____
- Treatment for hypertension _____
- HDL _____

Points by Category

Other High Risk Behaviors Not Included in the Calculation:

- Diabetes
- Physical Inactivity
- Family History of CVD

TOTAL _____	10-YEAR RISK _____
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Framingham Point Scores	
Age	Points
20 - 34	- 7
35 - 39	- 3
40 - 44	0
45 - 49	3
50 - 54	6
55 - 59	8
60 - 64	10
65 - 69	12
70 - 74	14
75 - 79	16

Total	point by age				
	20 - 39	40 - 49	50 - 59	60 - 69	70 - 79
Cholesterol					
< 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
≥ 280	13	10	7	4	2
Nonsmoker	0	0	0	0	0
Smoker	9	7	4	2	1

Systolic BP (mmHg)	if untreated	if treated
< 120	0	0
120 - 129	1	3
130 - 139	2	4
140 - 159	3	5
≥ 160	4	6

HDL (mg/dL)	Points
≥ 60	- 1
50 - 59	0
40 - 49	1
< 40	2

Point Total	10-year risk
< 9	< 1
9	1
10	1
11	1
12	1
13	2
14	2
15	3
16	4
17	5
18	6
19	8
20	11
21	14
22	17
23	22
24	27
≥ 25	≥ 30