Appendix D - ACSM Risk Stratification Screening Questionnaire

Assess your health by marking all true statements.

You have had:

___ a heart attack
___ heart failure
___ cardiac arrhythmia
___ known heart murmur
___ congenital heart disease
___ any heart surgery
___ coronary angioplasty
___ heart palpitations

You have:

___ experienced chest pain with mild exertion
___ experienced dizziness, fainting, or blackouts with mild exertion
___ experienced unusual fatigue or shortness of breath during usual activities
___ been prescribed heart medications (please indicate):

Check all that apply:

___ you are a man older than 45 years
___ you smoke
___ your blood pressure is greater than 140/90
___ you take blood pressure medication
___ you are completely physically inactive
___ you currently have bone/joint problems
___ you have had a recent injury/surgery
___ you are a diabetic or take medicine to control your blood sugar
___ you have been diagnosed with high cholesterol >200 (or HDL is less than 35 mg/dL or LDL is greater than 169 mg/dL)
___ you have a close blood relative who had a heart attack before age 55 (father/brother) or age 65 (mother/sister)
___ Other (specify) ______________________________________________________

Use the following risk stratification scoring table (page 17) to sum the total number of risk factors present in your patient in determining their current level of cardiovascular disease risk.
## Risk Stratification Scoring

<table>
<thead>
<tr>
<th>Positive Risk Factors</th>
<th>Defining Criteria</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Men ≥ 45 years, Women ≥ 55 years</td>
<td>+1</td>
</tr>
<tr>
<td>Family History</td>
<td>Myocardial infarction, coronary revascularization, or sudden death before 55 years of age in father of other 1st degree male relative or before 65 years of age in mother or other 1st degree female relative</td>
<td>+1</td>
</tr>
<tr>
<td>Cigarette Smoking</td>
<td>Current cigarette smoker or those who quit within the previous six months, or exposure to environmental tobacco smoke (i.e., secondhand smoke)</td>
<td>+1</td>
</tr>
<tr>
<td>Sedentary Lifestyle</td>
<td>Not participating in at least 30 minutes of moderate-intensity physical activity on at least three days/week for at least three months</td>
<td>+1</td>
</tr>
<tr>
<td>Obesity</td>
<td>Body mass index ≥30 kg/m² or waist girth &gt;102 cm (40 inches) for men &gt;88 cm (35 inches) for men</td>
<td>+1</td>
</tr>
<tr>
<td>Dyslipidemia</td>
<td>Low-density lipoprotein (LDL) cholesterol ≥ 130mg/dL (3.37 mmol/L) or high-density lipoprotein (HDL) cholesterol &lt;40mg/dL (1.04mmol/L) or currently on lipid-lowering medication; If total serum cholesterol is all that is available, use serum cholesterol &gt;200 mg/dL (5.18mmol/L)</td>
<td>+1</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>Fasting plasma glucose ≥100 mg/dL (5.50 mmol/L) but &lt;126 mg/dL (6.93 mmol/L) or impaired glucose tolerance (IGT) where a two-hour oral glucose tolerance test (OGTT) value is ≥140 mg/dL (7.70 mmol/L), but &lt;200 mg/dL (11.00mmol/L)</td>
<td>+1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Negative Risk Factors</th>
<th>Defining Criteria</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>High HDL Cholesterol</td>
<td>≥60 mg/dL (1.55 mmol/L)</td>
<td>-1</td>
</tr>
</tbody>
</table>

Total CVD Risk Score: __________

* See Appendix E for Risk Categories and related recommendations for Screening, Clinical Testing, and Exercise Recommendations.