

Supplemental Data

Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women—2011 Update: A Guideline From the American Heart Association

Mosca et al

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General Cardiovascular Disease (10-Year Risk)

(Based on D'Agostino RB Sr, Vasan RS, Pencina MJ, Wolf PA, Cobain M, Massaro JM, Kannel WB. General cardiovascular risk profile for use in primary care: the Framingham Heart Study. *Circulation*. 2008;117:743–753.)

Outcome

CVD (coronary death, myocardial infarction, coronary insufficiency, angina, ischemic stroke, hemorrhagic stroke, transient ischemic attack, peripheral artery disease, heart failure)

Duration of follow-up

Maximum of 12 years, 10-year risk prediction

Population of interest

Individuals 30 to 74 years old and without CVD at the baseline examination

Predictors

- Age
- Diabetes
- Smoking
- Treated and untreated systolic blood pressure
- Total cholesterol
- HDL cholesterol

Estimate of Risk of CVD in Women							
Points	Age	HDL	Total Cholesterol	SBP Not Treated	SBP Treated	Smoker	Diabetic
<-3				<120			
-2		60+					
-1		50–59			<120		
0	30–34	45–49	<160	120–129		No	No
1		35–44	160–199	130–139			
2	35–39	<35		140–149	120–129		
3			200–239		130–139	Yes	
4	40–44		240–279	150–159			Yes
5	45–49		280+	160+	140–149		
6					150–159		
7	50–54				160+		
8	55–59						
9	60–64						
10	65–69						
11	70–74						
12	75+						

SBP indicates systolic blood pressure.

CVD Risk							
Points	Risk		Points	Risk		Points	Risk
-2 or less	Below 1%		6	3.40%		14	11.60%
-1	1.00%		7	3.90%		15	13.50%
0	1.10%		8	4.60%		16	15.60%
1	1.50%		9	5.40%		17	18.10%
2	1.80%		10	6.30%		18	20.90%
3	2.10%		11	7.40%		19	24.00%
4	2.50%		12	8.60%		20	27.50%
5	2.90%		13	10.00%		21+	Above 30%