

For health care professionals

CVD Risk Stratification				
Risk Categories		Low	Moderate	High
Demographics	BMI	< 85 th %	85 th – 98 th %	≥ 99 th %
	Race / Ethnicity	Non-Hisp White	Hispanic / AA / Asia	Native American
	Smoker	Non-smoker	Previous Smoker Exposed to 2 nd Hand Smoke	Current Smoker
Family History	Obesity	None	Gparents / Aunts / Uncles	Parents / Sibs
	Diabetes	None	Gparents / Aunts / Uncles	Parents / Sibs
	Dyslipidemia	None	Gparents / Aunts / Uncles	Parents / Sibs
	Premature CVD	None	Gparents / Aunts / Uncles	Parents / Sibs
Insulin Resistance				
	FBG ¹ mg/dl	<100	100 – 125	≥ 126
	2Hr Glucose ² mg/dl	<140	140 - 199	≥200
	HgbA1c %	<6	6 – 6.4	≥6.5
Dyslipidemia	Total C mg/dl	<170	170 - 199	≥200
	Tg mg/dl	<150	150 - 499	≥500
	HDL-c mg/dl	≥ 45	40 – 44	< 40
	LDL- c mg/dl	130 - 159	160 - 189	≥ 190
	Non HDL-c mg/dl	<130	130 - 144	≥145
	LDL-Particle #	<1600	1600 - 1799	≥ 1800
BP	Systolic %	<95 th	95 – 99 th + 5	> 99 th + 5
	Diastolic %	<95 th	95 – 99 th + 5	> 99 th + 5
Co-Morbid Conditions	TSH	< 5	5 - 10	≥ 10
	Vit D	> 30	20 - 30	< 20
	OSA	-S/S	± S/S	+ S/S
	Liver			
	AST	≤ 2X ULN	≥ 2 - 3X ULN	≥ 3X ULN
	ALT	≤ 2X ULN	≥ 2 - 3X ULN	≥ 3X ULN
	Lipoprotein (a)	≥ ULN / -FHx / -Hx	≥ ULN / +FHx / -Hx	≥ ULN / +FHx / +Hx
	PCOS	Normal menses	Irregular menses	Irregular menses + hirsutism
¹ Fasting (≥9 hours) ; ² Following an Oral Glucose Tolerance Test (1.75 grams/kg; max dose 75 grams)				