


Appendix 1: Simon Fraser Heart Health Report Card

Below is an example of a patient's cardiovascular risk status that was determined using the report card.

Summary of Risk for Heart Disease

Personal Data	You	Your Target Level	Lowest Risk Level
Total Cholesterol	D = 6.4	C = 5.18–6.21	< 4.14
HDL Cholesterol	D = 1.1	C = 1.17–1.29	> 1.56
Systolic Blood Pressure	C = 136	B = 120–129	< 120
Diabetes Status	F = 15.9	D = 7.1–10.0	None
Smoking Status	A = non-smoker	Maintain	None
Risk Factors	Letter Grade		
Total Cholesterol	D		
HDL Cholesterol	D		
Systolic Blood Pressure	C		
Diabetes Status	F		
Smoking Status	A		

The bar graph below represents your overall risk for heart attack. Risk factors contribute to your overall risk of a heart event. These ratings are based on numerous scientific studies conducted over the past 40 years.



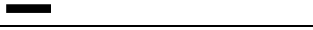

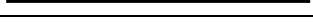
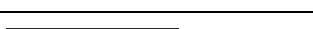

Your Absolute Risk	Low < 10%	Moderate 10%–19%	High ≥ 20%
Percentage Over 10 years			

OVERALL LETTER GRADE FOR CARDIOVASCULAR RISK STATUS

C

Lifestyle Report Card

Summary of Lifestyle Factors for Heart Disease

Lifestyle Factors	Risk Level			Letter Grade
	Low	Moderate	High	
Smoking				A
Physical Activity				F
Nutrition				A
Stress				C
Body Mass Index				F
Waist Circumference				F
Health Confidence				C

Lifestyle Factors	You	Your Target Level	Lowest Risk Level
Smoking	Non-smoker	Maintain	Non-Smoker
Physical Activity	0–2 x/wk 0–10 min	D = 2–3x/wk 11–20 min	A = 4–6 x/wk 41+ min
Nutrition	4/4 in the 4 food groups	Maintain	A = choices from all 4 food groups
Stress	7/10	B = 3–5/10	A=0–2/10
Body Mass Index	38.5	C ≤ 29	A ≤ 25
Waist Circumference	115 cm	C ≤ 96 cm	A ≤ 88 cm
Health Confidence	C = fair	B = good	A = excellent

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Appendix to: Wister A, Loewen N, Kennedy-Symonds H, et al. One-year follow-up of a therapeutic lifestyle intervention targeting cardiovascular disease risk. *CMAJ* 2007;177(8):859-65.