PRIMARY PREVENTION ASSESSMENT TOOL

Risk factor assessment in adults should begin at age 20. The following should be assessed at every office visit:

1.	Family history							
Age Age Age	e Lipids _ e Lipids _ e Lipids _ e Lipids _	HTN HTN HTN HTN	MI MI MI MI	CVA CVA CVA	DM DM DM DM	Renal Renal Renal Renal Renal Renal		
2.	Smoking status	not smoking smoking advised to quit s	amount					
3.	Diet	Encourage fruits, vegetables, grains, low fat or nonfat dairy products, fish, legumes, poultry, lean meats, low sugar products.						
4.	Alcohol intake Amount/frequencyadvised to quit drinking alcohol			nol	Type			
5.	Physical activity Goal at least 30 minutes of moderate intensity physical activity on most days of the wee (ie: brisk walk 15-20 minute per mile; resistance training with 8-10 different exercises; 1-2 sets per exercise and 10-15 repetitions at moderate intensity > 2 days/week).							
6.	Blood pressure Goal <140/90 Goal <130/85 if renal insufficiency or heart failure Goal <130/80 if diabetes Encourage weight loss, sodium reduction, moderate alcohol intake, physical activity Medication							
7.	BMI				Goal of 24 or less			
8.	Waist circumference			Goal	Women <88 cm (<35 inches) Men < 102 cm (< 40 inches)			
9.	Pulse (to screen for atrial fib)							
10. Fast serum lipoprotein profile (or total and HDL cholesterol if fasting is unavailable) Cholesterol goal (<200) Triglycerides goal (<150) HDL goal (men ≥ 40) (women ≥ 50) LDL goal primary prevention optimal <100. Base on risk factors and Framingham Risk Assessment								
11.		J			demia and di	abetes, at least every	5 y.; if risk	
-	factors are presen	,	•	• • • • • • • • • • • • • • • • • • • •		,	, ,	
AHA	A Guidelines for Prima	ary Prevention of Card	liovascular Dise	ease and Stroke:	2002 Update. C	Circulation. 2002; 106:388-	391.	

