

Table 1A. ATP III: Assessing CHD Risk in Men

Step 1: Age

Years	Points
20-34	-9
35-39	-4
40-44	0
45-49	3
50-54	6
55-59	8
60-64	10
65-69	11
70-74	12
75-79	13

Step 4: Systolic Blood Pressure

Systolic BP (mm Hg)	Points if Untreated	Points if Treated
<120	0	0
120-129	0	1
130-139	1	2
140-159	1	2
≥160	2	3

Step 6: Adding Up the Points

Age	_____
Total cholesterol	_____
HDL-cholesterol	_____
Systolic blood pressure	_____
Smoking status	_____
Point total	_____

Step 2: Total Cholesterol

TC (mg/dL)	Points at Age 20-39	Points at Age 40-49	Points at Age 50-59	Points at Age 60-69	Points at Age 70-79
<160	0	0	0	0	0
160-199	4	3	2	1	0
200-239	7	5	3	1	0
240-279	9	6	4	2	1
≥280	11	8	5	3	1

Step 7: CHD Risk

Point Total	10-Year Risk	Point Total	10-Year Risk
<0	<1%	11	8%
0	1%	12	10%
1	1%	13	12%
2	1%	14	16%
3	1%	15	20%
4	1%	16	25%
5	2%	≥17	≥30%
6	2%		
7	3%		
8	4%		
9	5%		
10	6%		

Step 3: HDL-Cholesterol

HDL-C (mg/dL)	Points
≥60	-1
50-59	0
40-49	1
<40	2

Step 5: Smoking Status

	Points at Age 20-39	Points at Age 40-49	Points at Age 50-59	Points at Age 60-69	Points at Age 70-79
Nonsmoker	0	0	0	0	0
Smoker	8	5	3	1	1

Note: Risk estimates were derived from the experience of the Framingham Heart Study, predominantly Caucasian population in Massachusetts, USA.

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). Bethesda, Md: National Institutes of Health, National Heart, Lung, and Blood Institute; 2001. NIH publication 01-3095.