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Appendix D - ACSM Risk Stratification Screening Questionnaire

Assess your health by marking all true statements.

You have had:

- | | |
|---|---|
| <input type="checkbox"/> a heart attack | <input type="checkbox"/> congenital heart disease |
| <input type="checkbox"/> heart failure | <input type="checkbox"/> any heart surgery |
| <input type="checkbox"/> cardiac arrhythmia | <input type="checkbox"/> coronary angioplasty |
| <input type="checkbox"/> known heart murmur | <input type="checkbox"/> heart palpitations |

You have:

- experienced chest pain with mild exertion
- experienced dizziness, fainting, or blackouts with mild exertion
- experienced unusual fatigue or shortness of breath during usual activities
- been prescribed heart medications (please indicate):

Check all that apply:

- you are a man older than 45 years
- you smoke
- your blood pressure is greater than 140/90
- you take blood pressure medication
- you are completely physically inactive
- you currently have bone/joint problems
- you have had a recent injury/surgery
- you are a diabetic or take medicine to control your blood sugar
- you have been diagnosed with high cholesterol >200 (or HDL is less than 35 mg/dL or LDL is greater than 169 mg/dL)
- you have a close blood relative who had a heart attack before age 55 (father/brother) or age 65 (mother/sister)
- Other (specify) _____

Use the following risk stratification scoring table (page 17) to sum the total number of risk factors present in your patient in determining their current level of cardiovascular disease risk.



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Risk Stratification Scoring

| Positive Risk Factors | Defining Criteria | Points |
|-----------------------|--|--------|
| Age | Men ≥ 45 years, Women ≥ 55 years | +1 |
| Family History | Myocardial infarction, coronary revascularization, or sudden death before 55 years of age in father or other 1 st degree male relative or before 65 years of age in mother or other 1 st degree female relative | +1 |
| Cigarette Smoking | Current cigarette smoker or those who quit within the previous six months, or exposure to environmental tobacco smoke (i.e., secondhand smoke) | +1 |
| Sedentary Lifestyle | Not participating in at least 30 minutes of moderate-intensity physical activity on at least three days/week for at least three months | +1 |
| Obesity | Body mass index ≥30 kg/m ² or waist girth >102 cm (40 inches) for men >88 cm (35 inches) for men | +1 |
| Dyslipidemia | Low-density lipoprotein (LDL) cholesterol ≥ 130mg/dL (3.37 mmol/L) or high-density lipoprotein (HDL) cholesterol <40mg/dL (1.04mmol/L) or currently on lipid-lowering medication; If total serum cholesterol is all that is available, use serum cholesterol >200 mg/dL (5.18mmol/L) | +1 |
| Prediabetes | Fasting plasma glucose ≥100 mg/dL (5.50 mmol/L) but <126 mg/dL (6.93 mmol/L) or impaired glucose tolerance (IGT) where a two-hour oral glucose tolerance test (OGTT) value is ≥140 mg/dL (7.70 mmol/L), but <200 mg/dL (11.00mmol/L) | +1 |
| Negative Risk Factors | Defining Criteria | Points |
| High HDL Cholesterol | ≥60 mg/dL (1.55 mmol/L) | -1 |

Total CVD Risk Score: _____

* See Appendix E for Risk Categories and related recommendations for Screening, Clinical Testing, and Exercise Recommendations.