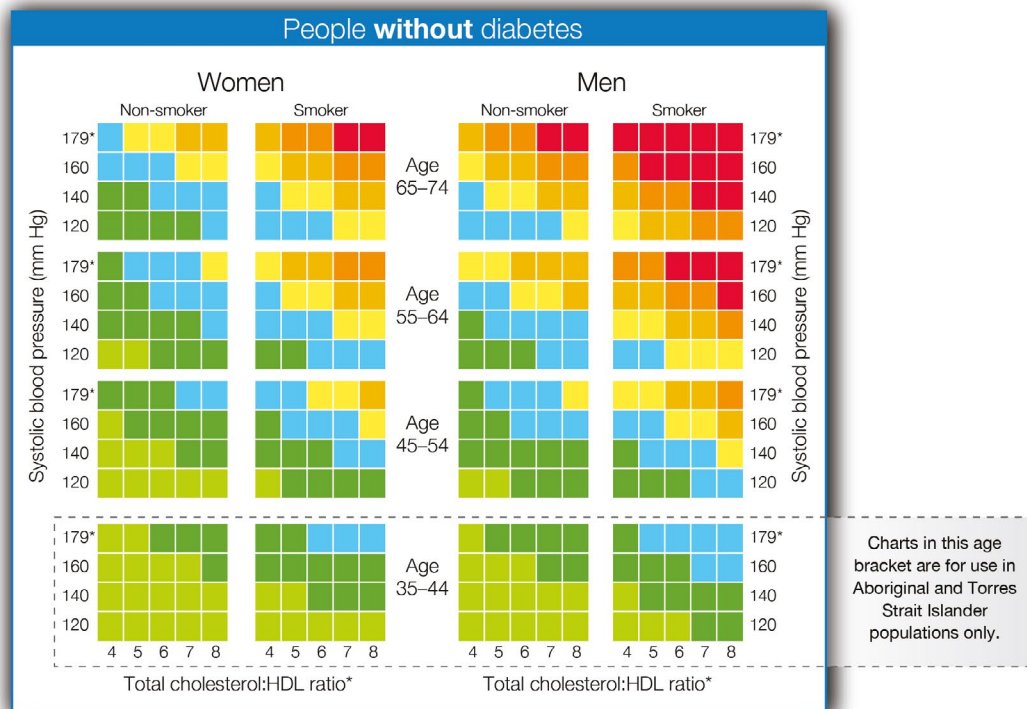


Appendix 8A. Australian cardiovascular disease risk charts



*In accordance with Australian guidelines, patients with systolic blood pressure ≥ 180 mm Hg, or a total cholesterol of >7.5 mmol/L, should be considered at clinically determined high absolute risk of CVD.

Risk level for 5-year cardiovascular (CVD) risk

High risk	Moderate risk	Low risk
<ul style="list-style-type: none"> ■ $\geq 30\%$ ■ 25–29% ■ 20–24% ■ 16–19% 	<ul style="list-style-type: none"> ■ 10–15% 	<ul style="list-style-type: none"> ■ 5–9% ■ $< 5\%$

How to use the risk charts

- Identify the chart relating to the person's sex, diabetes status, smoking history and age. The charts should be used for all adults aged 45 years or over (and all Aboriginal and Torres Strait Islander adults aged 35–74 years) without known history of CVD and not already known to be at clinically determined high risk.
- Within the chart, choose the cell nearest to the person's age, systolic blood pressure (SBP) and total cholesterol (TC):HDL ratio. For example, the lower left cell contains all non-smokers without diabetes who are 34–44 years and have a TC:HDL ratio of less than 4.5 and a SBP of less than 130 mmHg.
- The colour of the cell that the person falls into provides their 5-year absolute cardiovascular risk level (see legend for risk category). People who fall exactly on a threshold between cells are placed in the cell indicating higher risk.