

Risk Factor ⁱ	CVD Risk Factors and Defining Criteria – ACSM Guidelines 2014, Table 2.2	Yes	No	Source Document (e.g. lab report)	Date ⁱⁱ
Age _____	Male ≥ 45 years of age / Female ≥ 55 years of age				
Family History	Myocardial infarction, Coronary revascularization, or sudden death before age 55 of first degree male relative or before age 65 of first degree female relative				
Tobacco Use	Current smoker or quit within the previous 6 months or exposure to environmental tobacco smoke				
Sedentary Lifestyle	Not participating in at least 30 minutes of moderate-intensity physical activity on at least 3 days of the week for at least 3 months				
Obesity	BMI ≥ 30 kg/m ² <u>or</u> waist girth > 102 cm (40 in) men or > 88 cm (35 in) females				
Hypertension	SBP ≥ 140 mm Hg and/or DBP ≥ 90 mm Hg confirmed by measurements on at least 2 separate occasions <u>or</u> on antihypertensive medication			1. 2.	1. 2.
Dyslipidemia	LDL cholesterol ≥ 130 mg/dL <u>or</u> HDL cholesterol ≤ 40 mg/dL <u>or</u> total serum cholesterol ≥ 200 mg/dL <u>or</u> on lipid-lowering medication				
Pre-diabetes ⁱⁱⁱ	Impaired fasting blood glucose ≥ 100 mg/dL and < 126 mg/dL confirmed by measurements on at least 2 separate occasions			1. 2.	1. 2.
SUBTOTAL					
High Serum HDL ^{iv}	HDL ≥ 60 mg/dL (If yes, subtract 1 from sub-total)				
TOTAL					

“Yes” Total	Risk	Exercise Intensity	Study Team ^v Present	Clinician ^{vi} Present	Physician Present (Current ACLS certification required)	Medical Clearance Prior to Testing	ECG Monitoring During Testing (Clinician ^v presence required)	Non-emergency Alert
≤ 1	Low	Submax Max	Sufficient	Not required	Not required	Not required	Not required	Recommended
≥ 2	Mod	Submax Max	Sufficient Not sufficient	Not required ^{vii} Required	Not required Recommended ^{viii}	Not required Required	Not required Required	Required
≥ 2 ^{ix}	High	Submax Max	Not sufficient	Not sufficient	Required	Required	Required	Required

RESULTS (to be completed by HPL Member)

Total	Risk	Intensity	Level of Supervision Required			Medical Clearance Prior to Testing	ECG Monitoring During Testing	Non-emergency Alert
<input type="checkbox"/> ≤ 1 <input type="checkbox"/> ≥ 2 <input type="checkbox"/> ≥ 2	<input type="checkbox"/> Low <input type="checkbox"/> Mod <input type="checkbox"/> High	<input type="checkbox"/> Submax <input type="checkbox"/> Max	<input type="checkbox"/> Study Team	<input type="checkbox"/> Clinician	<input type="checkbox"/> Physician	<input type="checkbox"/> Required <input type="checkbox"/> Not Required	<input type="checkbox"/> Required <input type="checkbox"/> Not Required	<input type="checkbox"/> Required <input type="checkbox"/> Not Req'd

HPL Member Signature: _____

Date: _____

ⁱ If the presence or absence of a risk factor is not disclosed or is not available, that risk factor should be counted as a “yes” except for pre-diabetes.

ⁱⁱ Results must be from within 12 months of exercise testing.

ⁱⁱⁱ If pre-diabetes criteria are missing/unknown, pre-diabetes should be counted as a risk factor if ≥ 45 years with BMI ≥ 25kg/m² and additional risk factors for pre-diabetes. The number of positive risk factors is then summed.

^{iv} High HDL is considered a negative risk factor. For individuals having high HDL ≥ 60 mg/dL, one positive risk factor is subtracted from the sum of positive risk factors.

^v This column only applies if ACSM education guidelines are met and documented for at least one person present during exercise testing.

^{vi} “Clinician” is defined as an individual possessing competency in all skills listed on the “Skills Required to Competently Supervise Exercise Tests” form, and either current ACSM certification or current Oregon licensure as an MD, DO, PA, or NP.

^{vii} Clinician supervision may be needed depending on the nature of the risk factors of the study population.

^{viii} ACSM 2014 guidelines; recommendation for supervision of exercise testing box 2.3.

^{ix} Plus symptomatic or known cardiovascular, pulmonary, renal, or metabolic disease. Symptomatic or known cardiovascular, pulmonary, renal, or metabolic disease automatically makes participant high risk.