

ATTACHMENT 1

ACSM Coronary Artery Disease Risk Factor Thresholds

Risk Factors	Defining Criteria	Score
Family history	MI, coronary revascularization, or sudden death in an immediate relative (male <55 years or female <65 years)	+1
Cigarette Smoking	Current smoker or those who quit within the past 6 months	+1
Hypertension	SBP \geq 140 mmHg or DBP \geq 90 mmHg confirmed by measurements on at least two separate occasions, or on antihypertensive medication	+1
Dyslipidemia	Total >200 mg/dL or HDL <40 mg/dL or LDL >130 mg/dL; if LDL >130 mg/dL, use LDL rather than total >200 mg/dL, or on lipid-lowering medication	+1
Impaired Fasting Glucose	Fasting blood glucose \geq 100 mg/dL confirmed on two separate occasions	+1
Obesity	BMI >30, or waist girth >102 cm (40 in) for men and > 88 cm (35 in) for women, or waist-to-hip ratio \geq 0.95 for men and \geq 0.86 for women	+1
Sedentary Lifestyle	Persons not participating in a regular exercise program or accumulating 30 minutes or more of moderate physical activity on most days of the week	+1
High Serum HDL	>60 mg/dL	1

SCORE

Initial ACSM Risk Stratification

Low Risk (younger)

- Men <45 years of age AND no more than one positive risk factor
 Women <55 years of age AND no more than one positive risk factor

Moderate Risk (older)

- Men 45 or older
 Women 55 or older
 Those who meet the threshold for two or more positive risk factors

High Risk

- Cardiac, peripheral vascular, or cerebrovascular disease
 Chronic OPD, asthma, interstitial lung disease, or cystic fibrosis
 Diabetes mellitus type 1 or 2, thyroid disorders, renal, or liver disease

Those with one or more of the following signs or symptoms:

- | | |
|---------------------------------------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Angina | <input type="checkbox"/> Ankle edema |
| <input type="checkbox"/> Shortness of breath at rest or with mild exertion | <input type="checkbox"/> Palpitations or tachycardia |
| <input type="checkbox"/> Dizziness or syncope | <input type="checkbox"/> Intermittent claudication |
| <input type="checkbox"/> Orthopnea or paroxysmal nocturnal dyspnea | <input type="checkbox"/> Known heart murmur |
| <input type="checkbox"/> Unusual fatigue or shortness of breath with usual activities | |

ACSM Recommendations for (A) Current Medical Examination and Exercise Testing Prior to Participation and (B) Physician Supervision of Exercise Tests

	Low Risk	Moderate Risk	High Risk
A.			
Moderate Exercise (40–60% VO ₂ max)	Not Necessary	Not Necessary	Recommended
Vigorous Exercise (>60% VO ₂ max)	Not Necessary	Recommended	Recommended
B.			
Submaximal Test	Not Necessary	Not Necessary	Recommended
Maximal Test	Not Necessary	Recommended	Recommended