

Coronary Artery Disease Risk Factor Thresholds

Positive risk factors	Defining criteria
Age	Men ≥ 45 years; women ≥ 55 years
Family history	Myocardial infarction, coronary revascularization, or sudden death before 55 years of age in biological father or other male first-degree relative, or before 65 years of age in biological mother or other female first-degree relative
Cigarette smoking	Current cigarette smoker or someone who quit within the previous six months, or exposure to environmental tobacco smoke
Sedentary lifestyle	Not participating in at least 30 min of moderate intensity (40-60% VO_2 Reserve) physical activity on at least three days of the week for at least three months (47)*
Obesity†	Body mass index of ≥ 30 kg/m ² or waist girth of > 102 cm (40 in.) for men and > 88 cm (35 in.) for women (17)
Hypertension	Systolic blood pressure ≥ 140 mmHg and/or diastolic ≥ 90 mmHg, confirmed by measurements on at least two separate occasions, or on antihypertensive medication**
Dyslipidemia	Low-density lipoprotein cholesterol (LDL-C) ≥ 130 mg/dl (3.37 mmol/L) or high-density lipoprotein cholesterol (HDL-C) of < 40 mg/dl (1.04 mmol/L), or on lipid-lowering medication. If total serum cholesterol is all that is available, use ≥ 200 mg/dl (5.18 mmol/L)***
Prediabetes	Impaired fasting glucose (IFG) = fasting plasma glucose ≥ 100 mg/dl (5.50 mmol/L) but < 126 mg/dl (6.93 mmol/L) or impaired glucose tolerance (IGT) = 2-h values in oral glucose tolerance test (OGTT) ≥ 140 mg/dl (7.70 mmol/L) but < 200 mg/dl (11.00 mmol/L), confirmed by measurements on at least two separate occasions****
Negative risk factor	Defining criteria
High serum high-density lipoprotein cholesterol§	≥ 60 mg/dl (1.55 mmol/L)