



March 1, 2023

ReFresh: Heart Health – Do you know your Framingham Risk Score?

What is a Framingham Risk Score?

The Framingham Risk Score (FRS) is a simplified and common tool that assesses your risk level of developing **cardiovascular disease** over the next 10 years.

The FRS considers six coronary risk factors, including age, gender, total cholesterol (TC), high density lipoprotein cholesterol (HDL), smoking habits, and systolic blood pressure.

Here is a helpful and easy to understand [one-pager from the Government of BC](#) that breaks down FRS points, gender scores, and risk levels.

How do you interpret your Framingham risk score?

A 10-year risk score can be derived as a percentage, which can then be used to inform the decision about initiating lipid-lowering therapy for primary prevention. **Risk is considered low if the FRS is less than 10%, moderate if it is 10% to 19%, and high if it is 20% or higher.**

Find out your score today!

In case you needed one, here is a great reason to see a doctor and have baseline lab blood work done and enter your numbers into [this FRS calculator](#).

(My physician used this one with me – easily interpreted results based on happy faces!)

My hope for you is that you predominantly see green happy faces! However, if there are some red ones, don't worry, you've identified the risk factors now, and there are many different ways to reduce your risk of heart disease and increase the number of green faces in your future FRS score!

Source:

<https://www.verywellhealth.com/framingham-cardiac-risk-score-5206199>

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.