New Zealand Cardiovascular Risk Charts

Risk level women

- No diabetes
- Non-smoker
- Smoker
- Total cholesterol:HDL ratio
- Systolic blood pressure (mm Hg)
- Age

Risk level men

- No diabetes
- Non-smoker
- Smoker
- Total cholesterol:HDL ratio
- Systolic blood pressure (mm Hg)
- Age

Key

- 5-year cardiovascular disease (CVD) risk (fatal and non-fatal)

- Very high: >30%
- High: 25-30%
- Moderate: 20-25%
- Low: 15-20%
- Mild: 5-10%
- <2.5%

Using the Charts

- Identify the chart relating to the person’s sex, diabetic status, smoking history and age.
- Within the chart choose the cell nearest to the person’s age, systolic blood pressure (SBP) and total cholesterol (TC):TC:HDL ratio. People who fall exactly on a threshold between cells are placed in the cell indicating higher risk.

Note: The risk charts now include values for SBP alone, as this is the most informative of conventionally measured blood pressure parameters for cardiovascular risk. Diastolic pressures may add some predictive power, especially at younger ages (eg, a diastolic pressure consistently >100 mm Hg in a patient with SBP values between 140 and 170 mm Hg).

Certain groups may have CVD risk underestimated using these charts. See Cardiovascular Guidelines Handbook (2009 Edition) for details.

Risk level: 5-year CVD risk (fatal and non-fatal)

<table>
<thead>
<tr>
<th>Risk level</th>
<th>Benefits: NNT for 5 years to prevent one event (CVD events prevented per 100 people treated for 5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>1 intervention (25% risk reduction)</td>
</tr>
<tr>
<td>20%</td>
<td>13 (7.5 per 100)</td>
</tr>
<tr>
<td>15%</td>
<td>11 (9 per 100)</td>
</tr>
<tr>
<td>10%</td>
<td>27 (6 per 100)</td>
</tr>
<tr>
<td>5%</td>
<td>40 (2.5 per 100)</td>
</tr>
<tr>
<td></td>
<td>80 (1.25 per 100)</td>
</tr>
</tbody>
</table>

NNT = Number needed to treat