

Stroke Risk Scorecard

For each risk factor, **circle** one response for each row.
To score, count the number of responses for each column.

Risk Factor			
Blood Pressure	Greater than 130/80 or I don't know	Between 120-129/Less than 80	Less than 120/80
Cholesterol	Greater than 240 MG/DL or I don't know	Between 200-239 MG/DL	Less than 200 MG/DL
Diabetes	Yes	Borderline	No
Smoking	I smoke	I am trying to quit	I am a non-smoker
Atrial Fibrillation	I have an irregular heartbeat	I don't know	I do not have an irregular heartbeat
Diet *	I am overweight	I am slightly overweight	My weight is in a healthy range
Exercise	I do not exercise	I exercise infrequently (1-2 times/week)	I exercise regularly (3-4 times/week)
Family History	Yes	Not sure	No
Score:			

Score Results:

High Risk

If your RED score is 3 or more, please ask your healthcare provider about stroke prevention measures!

Caution

If your YELLOW score is 4 to 6, you have an increased risk for a stroke.
Keep working on it!

Low Risk

If your GREEN score is 6 to 8, congratulations! You're doing very well at controlling your risk for stroke!

For more information please contact:
Heart Disease & Stroke Prevention Program
Division of Health Promotion
North Dakota Department of Health
Phone: 701.328.2367 or 800.280.5512 (in ND)
<https://heartstroke.health.nd.gov>

NORTH
Dakota | Health
Be Legendary.™

Heart Disease & Stroke
prevention program

Adapted from the
National Stroke
Association

* - For more information see (www.cdc.gov/BMI)