



WISEWOMAN Worksheets

Screening Date _____

Last Name	First Name	Middle Initial	Birth Date
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Cholesterol Worksheet (Use for Borderline High Cholesterol only)

	YES	NO
Does client have CHD or Diabetes? If YES , refer for fasting lipid profile & diagnostic exam within 1-2 months. If NO , Calculate Risk Factors (Refer to Health History, Healthy Risk Questions and Screening Forms)		
Current Cigarette Smoker	1	0
Hypertension ($\geq 140/90$ or on anti-hypertensive medication)	1	0
HDL Cholesterol < 40 mg/dL	1	0
Family History of premature CHD: CHD in father/brother/son < 55 yrs. or mother/sister/daughter < 65 yrs.	1	0
Age ≥ 55 yrs.	1	0
HDL Cholesterol ≥ 60 mg/dL (subtract one point)	-1	0
TOTAL		

(If 2 or more risk factors, refer for fasting lipid profile & diagnostic exam within 1-2 months)

Diabetes Risk Factor Worksheet (Use if Casual Plasma Glucose is between 100 and 160)

	YES ✓	NO ✓
Family History of Diabetes		
Personal History of Gestational Diabetes or of baby > 9 pounds		
Personal History of Pre-Diabetes		
Undesirable Cholesterol (HDL < 40 mg/dL or Total Cholesterol > 240 mg/dL)		
BMI > 25		
Physical Inactivity (< 30 min/day; 5 days/week)		
Age > 45 yrs		
Hypertension ($\geq 140/90$ or on anti-hypertensive medication)		
TOTAL		

(If 1 or more risk factors, refer for fasting plasma glucose)