

Stroke Risk Scorecard

Check each box that applies to you. Each check mark equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels below.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	☐ > 140 / 90 or unknown	☐ 120-139/80-89	☐ <120/80
Atrial Fibrillation	☐ Irregular heartbeat	☐ I don't know	☐ Regular heartbeat
Smoking	☐ Smoker	☐ Trying to quit	☐ Nonsmoker
Cholesterol	☐ >240 or unknown	☐ 200-239	☐ <200
Diabetes	☐ Yes	☐ Borderline	☐ No
Exercise	☐ Don't exercise	☐ Some exercise	☐ Regular exercise
Diet	☐ Overweight	☐ Slightly overweight	☐ Healthy weight
Stroke in Family	☐ Yes	☐ Not sure	☐ No
TOTAL SCORE			

Risk Scorecard Results

-  **High Risk 3 or more:** Ask your doctor about stroke prevention right away.
-  **Caution 4-6:** A good start. Work on reducing risk.
-  **Low Risk 6-8:** You're doing very well at controlling stroke risk!

Scorecard information from the National Stroke Association www.stroke.org.