

# USA-PRC 模型

## (1) 简介

在中国，脑卒中的发病率远高于冠心病，因此，任何仅针对冠心病的风险预测模型都可能不适合应用。USA-PRC 模型的目标就是建立一个适合中国人群的心血管风险预测模型。

## (2) 危险因素

危险因素包括年龄、收缩压、体重指数[体重 (kg) /身高(m)<sup>2</sup>]、血清总胆固醇、糖尿病和当前吸烟情况。

## (3) 评分规则

如下图所示，根据个体的年龄、收缩压、体重指数[体重 (kg) /身高(m)<sup>2</sup>]、血清总胆固醇、糖尿病和当前吸烟情况分别得到 6 个分数，分数相加即可估计出缺血性脑血管病发病率的 10 年风险。

(Men)

Step 1: Assign a score.				Step 2: Add sum of scores				Step 3: Find Absolute risk	
Age	Score	SBP	Score	Risk factor	Score	Total score	10-year risk (%)		
35-39	0	<120	-2	Age	_____	-2	0.3		
40-44	1	120-129	0	SBP	_____	-1	0.4		
45-49	2	130-139	1	BMI	_____	0	0.5		
50-54	3	140-159	2	Cholesterol	_____	1	0.7		
55-59	4	160-179	5	Smoking	_____	2	1.0		
		≥180	8	Diabetes	_____	3	1.4		
				Total	_____	4	1.9		
						5	2.6		
						6	3.6		
						7	5.0		
						8	7.0		
						9	9.6		
						10	12.2		
						11	16.7		
						12	21.5		
						13	27.1		
						14	36.0		
						15	43.0		
						≥16	≥54.9		

  

Reference standard of 10-year absolute risk of ICVD in men			
Age	Average risk	Lowest risk	
35-39	0.9	0.3	
40-44	1.2	0.4	
45-49	1.6	0.5	
50-54	2.3	0.7	
55-59	3.1	1.0	

  

BMI		Cholesterol	
BMI	Score	Cholesterol	Score
<24	0	<5.17	0
≥24	1	≥5.17	1

  

Smoking		Diabetes	
Smoking	Score	Diabetes	Score
No	0	No	0
Yes	2	Yes	1

(Women)

Step 1: Assign a score.				Step 2: Add sum of scores				Step 3: Find Absolute risk	
Age	Score	SBP	Score	Risk factor	Score	Total score	10-year risk (%)		
35-39	0	<120	-2	Age	_____	-2	0.1		
40-44	1	120-129	0	SBP	_____	-1	0.1		
45-49	2	130-139	1	BMI	_____	0	0.2		
50-54	3	140-159	2	Cholesterol	_____	1	0.3		
55-59	4	160-179	3	Smoking	_____	2	0.4		
		≥180	4	Diabetes	_____	3	0.6		
				Total	_____	4	1.0		
						5	1.4		
						6	2.2		
						7	3.3		
						8	5.0		
						9	7.8		
						10	12.1		
						11	18.3		
						12	27.6		
						13	40.2		
						≥14	≥49.2		

  

Reference standard of 10-year absolute risk of ICVD in women			
Age	Average risk	Lowest risk	
35-39	0.2	0.1	
40-44	0.4	0.1	
45-49	0.6	0.2	
50-54	0.9	0.3	
55-59	1.3	0.5	

  

BMI		Cholesterol	
BMI	Score	Cholesterol	Score
<24	0	<5.17	0
≥24	2	≥5.17	1

  

Smoking		Diabetes	
Smoking	Score	Diabetes	Score
No	0	No	0
Yes	1	Yes	2

## 参考文献

[1].Wu Y, Liu X, Li X, et al. Estimation of 10-year risk of fatal and nonfatal ischemic cardiovascular diseases in Chinese adults. *Circulation*. 2006;114(21):2217-2225.

doi:10.1161/CIRCULATIONAHA.105.607499