

This is Online Appendix 1 of Crowley T, Adams R, Ismail T, Hoffman J, Noncungu TM, Chipps JA. Cardiovascular risk among community members in three communities in the Cape Metropole of the Western Cape. Afr J Prm Health Care Fam Med. 2024;16(1), a4246. <https://doi.org/10.4102/phcfm.v16i1.4246>

Online Appendix 1

Data collection tool (to be completed by fieldworker)

Participant number: _____

Blood pressure: _____

Weight: _____ Height: _____ BMI: _____

Smoking

- Never smoked
- Current smoker

Alcohol consumption

- < 2 drinks daily [One drink is 1 tot of spirits or 1 small glass (125mL) of wine or 1 can/bottle (330mL) of beer]
- \geq 2 drinks daily

Do you engage in moderate exercise at least 5 days/ week? [Moderate exercise is brisk walking, jogging, cycling, swimming, playing sports or any exercise that increases breathing and heart rate continuously for at least 30 minutes.]

- Yes
- No

Do you feel stressed on most days of the week?

- Yes
- No

Do you consider your eating habits/diet healthy? [Healthy eating habits include eating a variety of foods in moderation. Daily fruit, vegetables, nuts and legumes. Choosing whole grain bread/rice or potatoes rather than white bread/rice. Replacing brick margarine/butter with vegetable oil or soft tub margarine. Removing skin and fat from meat. Reducing salty processed foods like gravies, stock cubes, packet soup. Avoid adding salt to food. Avoiding or using less sugar.]

- Yes
- No

Are you taking treatment for hypertension?

- Yes
- No

Do you have diabetes?

- Yes
- No

Have you ever been diagnosed with cardiovascular disease / had a heart attack or stroke?

- Yes
- No

Do you have a family history of heart disease or stroke?

- Yes
- No

Do you have a family history of diabetes?

- Yes
- No

Fieldworker to calculate the CVD risk using the information above on the online calculator.

CVD risk _____

EXCEL document

From The Framingham Heart Study		Enter Values Here	
General CVD Risk Prediction			
Risk Factor	Units	(Type Over Placeholder Values in Each Cell)	Notes
Sex	male (m) or female (f)	f	
Age	years	35	
Systolic Blood Pressure	mmHg	125.0	
Treatment for Hypertension	yes (y) or no (n)	y	
Smoking	yes (y) or no (n)	y	
Diabetes	yes (y) or no (n)	y	
Body Mass Index	kg/m ²	35	
Your 10-Year Risk (The risk score shown is derived on the basis of an equation. Other print products, use a point-based system to calculate a risk score that approximates the equation-based one.)		11.1%	<i>If value is < the minimum for the field, enter the minimum value. If value is > the maximum for the field, enter the maximum value.</i>
Your Heart/Vascular Age		72	

<https://www.framinghamheartstudy.org/fhs-risk-functions/cardiovascular-disease-10-year-risk/>

Participant referred to PHC clinic

- Yes
- No