

1. Risk Categories (Based on 10-Year ASCVD Score)

Risk Category	Score Range	Definition
Low Risk	< 5%	Maintain healthy lifestyle
Moderate Risk	5% – <20%	Lifestyle modification + medical consideration
High Risk	≥ 20%	Clinical treatment + close monitoring

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2. Age & Gender Buckets

Age Groups	Subcategories
Young Adults	20–39 years
Middle-aged Adults	40–59 years
Older Adults	60–75 years
Seniors	>75 years

ASCVD-Based Health Recommendations – Minimal Text Version

LOW RISK (ASCVD < 5%)

Age Group	Gender	Diet	Medical	Activity
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20–39	All	Eat fresh, natural. Fruits, grains, lean protein.	No meds. Just keep it up!	Walk 30 mins/day. Dance, cycle, enjoy movement.
40–59	Male	Low salt, no junk. Hydrate.	Yearly check: BP, cholesterol.	Brisk walk, gym light, sports.
40–59	Female	Add calcium & iron. Eat colorful plates.	Track hormones, family heart history.	Yoga + walks. Feel-good fitness.
60–75	All	High fiber, soft foods, less red meat.	Yearly health check.	Walk indoors, swim, or light tai chi.
75+	All	Simple, small meals. Easy to chew.	Focus on comfort & mobility.	Chair exercises, slow strolls. Stay steady.

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#### MODERATE RISK (ASCVD 5–20%)

Age Group	Gender	Diet	Medical	Activity
20–39	All	No sodas. Go plant-first.	Doctor may suggest meds if family history.	Walk, bike, start a routine.
40–59	Male	DASH-style: low salt, no fried food.	Statins if LDL $\geq$ 70.	Jog, gym, stretch 3x/week.
40–59	Female	Omega-3s, cut sugar.	Ask about risks from pregnancy/menopause.	Cardio + flexibility workouts.
60–75	All	Hydrate well, eat soft heart-healthy foods.	Likely on statins, BP control.	Safe walks, light strength training.
75+	All	Protein-rich, no sweets.	Treatment based on daily health, frailty.	Gentle yoga, supervised balance drills.

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#### HIGH RISK (ASCVD $\geq$ 20%)

Age Group	Gender	Diet	Medical	Activity
20–39	All	No fried food. No sugar drinks.	Likely statins + more tests.	Doctor-guided movement.
40–59	Male	Heart-focused: cut fat, salt, red meat.	Strong meds: statin, BP, sugar.	Cardiac rehab or trainer-led activity.
40–59	Female	Add calcium. Eat clean fats.	High vigilance post-menopause.	Regular, low-stress fitness.

60–75	All	Focus on digestion, nutrients.	Combination therapy likely.	Rehab, indoor walk, strength safely.
75+	All	Easy, warm, nutrient-dense food.	Case-by-case meds. Monitor closely.	Seated stretches, fall-prevention focus.