

Appendix 1: SCORE2-Diabetes Risk charts

Four risk charts are contained in this Appendix. The correct chart should be selected according to the individuals sex and age:

- 1) SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Men with diabetes and current age between 40 and 54 years
- 2) SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Men with diabetes and current age between 55 and 69 years
- 3) SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Women with diabetes and current age between 40 and 54 years
- 4) SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Women with diabetes and current age between 55 and 69 years

STEPS 1:4 should be followed on the relevant chart. STEP 4 requires the risk region for the individual's county of residence to be known. This can be obtained in the following table

List of countries in each risk region

| | |
|------------------------------|--|
| Low risk region | Belgium Denmark France Israel Luxembourg Netherlands Norway Spain Switzerland United Kingdom |
| Moderate risk region | Austria Cyprus Finland Germany Greece Iceland Ireland Italy Malta Portugal San Marino Slovenia Sweden |
| High risk region | Albania Bosnia and Herzegovina Croatia Czech Republic Estonia Hungary Kazakhstan Poland Slovakia Turkey |
| Very high risk region | Algeria Armenia Azerbaijan Belarus Bulgaria Egypt Georgia Kyrgyzstan Latvia Lebanon Libya Lithuania Montenegro Morocco Republic of Moldova Romania Serbia Syria TFYR Macedonia Tunisia Ukraine Uzbekistan |

SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Men with diabetes and current age between 40 and 54 years

STEP 1: Determine Current Age (years) and select the corresponding column in the Points Table

STEP 2: In this column find the correct category for each risk predictor and record the points listed in the column titled 'Points for current patient'.

STEP 3: Add up the points you have recorded in the final column and record the Points Total in the box at the bottom of the column

| Points Table | | | | | Points extracted from relevant age column |
|-----------------------------------|----------------------------|---------------------|---------------------|---------------------|---|
| Risk predictor | Category of risk predictor | Column 1: Age 40-44 | Column 2: Age 45-49 | Column 3: Age 50-54 | |
| Age of diabetes Diagnosis (years) | 30-34 | 3 | 3 | 3 | |
| | 35-39 | 2 | 2 | 2 | |
| | 40-44 | 1 | 1 | 1 | |
| | 45-49 | - | 0 | 0 | |
| | 50-54 | - | - | 0 | |
| Smoking Status | Non smoker | -9 | -5 | 0 | |
| | Current smoker | -2 | 2 | 6 | |
| Systolic Blood Pressure (mmHg) | 100-19 | -1 | -1 | -1 | |
| | 120-39 | 1 | 1 | 1 | |
| | 140-59 | 3 | 3 | 3 | |
| | >=160 | 6 | 5 | 4 | |
| Total cholesterol (mmol/L) | 3.0-3.9 | -4 | -4 | -3 | |
| | 4.0-4.9 | -3 | -2 | -2 | |
| | 5.0-5.9 | -1 | -1 | -1 | |
| | 6.0-6.9 | 1 | 1 | 1 | |
| | >=7.0 | 3 | 3 | 2 | |
| HDL Cholesterol (mmol/L) | 0.5-0.9 | 2 | 1 | 1 | |
| | 1.0-1.4 | 0 | 0 | 0 | |
| | >=1.5 | -1 | -1 | -1 | |
| HbA1c (mmol/mol) | 30-39 | 1 | 1 | 0 | |
| | 40-49 | 2 | 2 | 2 | |
| | 50-59 | 4 | 3 | 3 | |
| | 60-69 | 5 | 5 | 4 | |
| | >=70 | 7 | 6 | 5 | |
| eGFR (ml/min/1.73m ²) | 30-44 | 8 | 7 | 6 | |
| | 45-59 | 4 | 4 | 3 | |
| | 60-89 | 1 | 1 | 1 | |
| | >=90 | -1 | -1 | -1 | |
| Points total: | | | | | |

STEP 4: Match the Points Total to the corresponding risk in the Risk Table, selecting the value for the risk region of the country of residence

Risk Table: 10-year CVD risk estimate corresponding to each total score

| Risk region | Points Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|--------------|-----|-----|-----|-----|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | -15 | -14 | -13 | -12 | -11 | -10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Low risk region | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 36 | 38 |
| Moderate risk region | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 41 | 43 | 46 | 49 | 51 |
| High risk region | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 21 | 22 | 24 | 26 | 28 | 31 | 33 | 36 | 39 | 41 | 44 | 48 | 51 | 54 | 57 | 61 | 64 | 68 |
| Very high risk region | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 22 | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 38 | 40 | 43 | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 |

Interpretation: The risk given is the % of people with the same risk estimation, who will experience a CVD event (heart attack, stroke, or other fatal CVD event) in the next 10-years. This estimate is an approximate/simplified value based on broad risk predictor categories. A more accurate risk estimation for the precise measured risk predictors can be obtained using the full risk equation provided in the online calculator. Estimates may differ by up to 4% points.

SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Men with diabetes and current age between 55 and 69 years

STEP 1: Determine Current Age (years) and select the corresponding column in the Points Table

STEP 2: In this column find the correct category for each risk predictor and record the points listed in the column titled 'Points for current patient'.

STEP 3: Add up the points you have recorded in the final column and record the Points Total in the box at the bottom of the column

| Points Table | | | | | Points extracted from relevant age column |
|-----------------------------------|----------------------------|---------------------|---------------------|---------------------|---|
| Risk predictor | Category of risk predictor | Column 1: Age 55-59 | Column 2: Age 60-64 | Column 3: Age 65-69 | |
| Age of diabetes Diagnosis (years) | 30-34 | 3 | 3 | 3 | |
| | 35-39 | 2 | 2 | 2 | |
| | 40-44 | 1 | 1 | 1 | |
| | 45-49 | 0 | 0 | 0 | |
| | 50-54 | 0 | 0 | 0 | |
| | 55-59 | -1 | -1 | -1 | |
| | 60-64 | - | -2 | -2 | |
| 65-69 | - | - | -3 | | |
| Smoking Status | Non smoker | 4 | 9 | 13 | |
| | Current smoker | 9 | 13 | 17 | |
| Systolic Blood Pressure (mmHg) | 100-19 | -1 | -1 | 0 | |
| | 120-39 | 1 | 1 | 0 | |
| | 140-59 | 2 | 2 | 1 | |
| | >=160 | 4 | 3 | 2 | |
| Total cholesterol (mmol/L) | 3.0-3.9 | -3 | -3 | -2 | |
| | 4.0-4.9 | -2 | -2 | -1 | |
| | 5.0-5.9 | -1 | -1 | 0 | |
| | 6.0-6.9 | 1 | 1 | 0 | |
| | >=7.0 | 2 | 2 | 1 | |
| HDL Cholesterol (mmol/L) | 0.5-0.9 | 1 | 1 | 1 | |
| | 1.0-1.4 | 0 | 0 | 0 | |
| | >=1.5 | -1 | -1 | -1 | |
| HbA1c (mmol/mol) | 30-39 | 0 | 0 | 0 | |
| | 40-49 | 2 | 1 | 1 | |
| | 50-59 | 3 | 2 | 2 | |
| | 60-69 | 4 | 3 | 3 | |
| | >=70 | 5 | 4 | 4 | |
| eGFR (ml/min/1.73m ²) | 30-44 | 6 | 5 | 4 | |
| | 45-59 | 3 | 3 | 2 | |
| | 60-89 | 1 | 1 | 1 | |
| | >=90 | 0 | 0 | 0 | |
| Points total: | | | | | |

STEP 4: Match the Points Total to the corresponding risk in the Risk Table, selecting the value for the risk region of the country of residence

| Risk Table: 10-year CVD risk estimate corresponding to each total score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Risk region | Points Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 |
| Low risk region | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 22 | 23 | 25 | 27 | 28 | 30 | 32 | 34 | 36 | 38 | 41 | 43 | 45 | 48 |
| Moderate risk region | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 41 | 43 | 46 | 49 | 51 | 54 | 57 | 60 | 63 |
| High risk region | 5 | 5 | 5 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 21 | 22 | 24 | 26 | 28 | 31 | 33 | 36 | 39 | 41 | 44 | 48 | 51 | 54 | 57 | 61 | 64 | 68 | 71 | 74 | 78 | 81 |
| Very high risk region | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 22 | 23 | 25 | 27 | 29 | 31 | 33 | 35 | 38 | 40 | 43 | 45 | 48 | 51 | 54 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 80 | 83 | 85 | 88 |

Interpretation: The risk given is the % of people with the same risk estimation, who will experience a CVD event (heart attack, stroke, or other fatal CVD event) in the next 10-years. This estimate is an approximate/simplified value based on broad risk predictor categories. A more accurate risk estimation for the precise measured risk predictors can be obtained using the full risk equation provided in the online calculator. Estimates may differ by up to 4% points.

SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Women with diabetes and current age between 40 and 54 years

STEP 1: Determine Current Age (years) and select the corresponding column in the Points Table

STEP 2: In this column find the correct category for each risk predictor and record the points listed in the column titled 'Points for current patient'.

STEP 3: Add up the points you have recorded in the final column and record the Points Total in the box at the bottom of the column

| Points Table | | | | | Points extracted from relevant age column |
|-----------------------------------|----------------------------|---------------------|---------------------|---------------------|---|
| Risk predictor | Category of risk predictor | Column 1: Age 40-44 | Column 2: Age 45-49 | Column 3: Age 50-54 | |
| Age of diabetes Diagnosis (years) | 30-34 | 4 | 4 | 4 | |
| | 35-39 | 3 | 3 | 3 | |
| | 40-44 | 2 | 2 | 2 | |
| | 45-49 | - | 1 | 1 | |
| | 50-54 | - | - | -1 | |
| Smoking Status | Non smoker | -11 | -6 | 0 | |
| | Current smoker | -1 | 3 | 8 | |
| Systolic Blood Pressure (mmHg) | 100-119 | -1 | -1 | -1 | |
| | 120-139 | 1 | 1 | 1 | |
| | 140-159 | 3 | 3 | 3 | |
| | >=160 | 5 | 5 | 4 | |
| Total cholesterol (mmol/L) | 3.0-3.9 | -5 | -4 | -4 | |
| | 4.0-4.9 | -3 | -2 | -2 | |
| | 5.0-5.9 | -1 | -1 | -1 | |
| | 6.0-6.9 | 1 | 1 | 1 | |
| | >=7.0 | 3 | 3 | 3 | |
| HDL Cholesterol (mmol/L) | 0.5-0.9 | 2 | 2 | 2 | |
| | 1.0-1.4 | 0 | 0 | 0 | |
| | >=1.5 | -2 | -2 | -2 | |
| HbA1c (mmol/mol) | 30-39 | 1 | 1 | 1 | |
| | 40-49 | 3 | 2 | 2 | |
| | 50-59 | 5 | 4 | 4 | |
| | 60-69 | 7 | 6 | 5 | |
| | >=70 | 9 | 8 | 7 | |
| eGFR (ml/min/1.73m ²) | 30-44 | 9 | 8 | 7 | |
| | 45-59 | 5 | 5 | 4 | |
| | 60-89 | 2 | 1 | 1 | |
| | >=90 | -1 | -1 | -1 | |
| Points total: | | | | | |

STEP 4: Match the Points Total to the corresponding risk in the Risk Table, selecting the value for the risk region of the country of residence

Risk Table: 10-year CVD risk estimate corresponding to each total score

| Risk region | Points Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|--------------|-----|-----|-----|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | -14 | -13 | -12 | -11 | -10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| Low risk region | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 7 | 8 | 9 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 15 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 26 | 27 | |
| Moderate risk region | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | |
| High risk region | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 20 | 22 | 24 | 26 | 28 | 31 | 33 | 36 | 38 | 41 | 44 | 47 | 50 | 54 | 57 | 61 | 64 | |
| Very high risk region | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 8 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 39 | 41 | 44 | 47 | 50 | 52 | 55 | 58 | 61 | 65 | 68 | 71 | 74 | 76 | 79 |

Interpretation: The risk given is the % of people with the same risk estimation, who will experience a CVD event (heart attack, stroke, or other fatal CVD event) in the next 10-years. This estimate is an approximate/simplified value based on broad risk predictor categories. A more accurate risk estimation for the precise measured risk predictors can be obtained using the full risk equation provided in the online calculator. Estimates may differ by up to 4% points.

SCORE2-Diabetes risk chart to estimate 10-year CVD risk in Women with diabetes and current age between 55 and 69 years

STEP 1: Determine Current Age (years) and select the corresponding column in the Points Table

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STEP 3: Add up the points you have recorded in the final column and record the Points Total in the box at the bottom of the column

| Points Table | | | | | Points extracted from relevant age column |
|-----------------------------------|----------------------------|---------------------|---------------------|---------------------|---|
| Risk predictor | Category of risk predictor | Column 1: Age 55-59 | Column 2: Age 60-64 | Column 3: Age 65-69 | |
| Age of diabetes Diagnosis (years) | 30-34 | 4 | 4 | 4 | |
| | 35-39 | 3 | 3 | 3 | |
| | 40-44 | 2 | 2 | 2 | |
| | 45-49 | 1 | 1 | 1 | |
| | 50-54 | -1 | -1 | -1 | |
| | 55-59 | -2 | -2 | -2 | |
| | 60-64 | - | -3 | -3 | |
| | 65-69 | - | - | -4 | |
| Smoking Status | Non smoker | 5 | 11 | 16 | |
| | Current smoker | 12 | 16 | 21 | |
| Systolic Blood Pressure (mmHg) | 100-119 | -1 | -1 | -1 | |
| | 120-139 | 1 | 1 | 1 | |
| | 140-159 | 2 | 2 | 2 | |
| | >=160 | 4 | 3 | 3 | |
| Total cholesterol (mmol/L) | 3.0-3.9 | -3 | -3 | -2 | |
| | 4.0-4.9 | -2 | -2 | -1 | |
| | 5.0-5.9 | -1 | -1 | 0 | |
| | 6.0-6.9 | 1 | 1 | 0 | |
| | >=7.0 | 2 | 2 | 1 | |
| HDL Cholesterol (mmol/L) | 0.5-0.9 | 2 | 2 | 1 | |
| | 1.0-1.4 | 0 | 0 | 0 | |
| | >=1.5 | -1 | -1 | -1 | |
| HbA1c (mmol/mol) | 30-39 | 1 | 0 | 0 | |
| | 40-49 | 2 | 2 | 1 | |
| | 50-59 | 3 | 3 | 2 | |
| | 60-69 | 5 | 4 | 3 | |
| | >=70 | 6 | 5 | 4 | |
| eGFR (ml/min/1.73m ²) | 30-44 | 6 | 5 | 4 | |
| | 45-59 | 3 | 3 | 2 | |
| | 60-89 | 1 | 1 | 1 | |
| | >=90 | 0 | 0 | 0 | |
| Points total: | | | | | |

STEP 4: Match the Points Total to the corresponding risk in the Risk Table, selecting the value for the risk region of the country of residence

Risk Table: 10-year CVD risk estimate corresponding to each total score

| Risk region | Points Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------|--------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | -1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 |
| Low risk region | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 7 | 8 | 9 | 9 | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 15 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 26 | 27 | 29 | 31 | 32 | 34 | 36 | 38 |
| Moderate risk region | 4 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 24 | 25 | 27 | 29 | 31 | 33 | 35 | 37 | 39 | 42 | 44 | 47 | 49 | 52 |
| High risk region | 5 | 5 | 5 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 20 | 22 | 24 | 26 | 28 | 31 | 33 | 36 | 38 | 41 | 44 | 47 | 50 | 54 | 57 | 61 | 64 | 67 | 71 | 74 | 77 | 80 | 83 |
| Very high risk region | 10 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 39 | 41 | 44 | 47 | 50 | 52 | 55 | 58 | 61 | 65 | 68 | 71 | 74 | 76 | 79 | 82 | 84 | 87 | 89 | 91 | 92 |

Interpretation: The risk given is the % of people with the same risk estimation, who will experience a CVD event (heart attack, stroke, or other fatal CVD event) in the next 10-years. This estimate is an approximate/simplified value based on broad risk predictor categories. A more accurate risk estimation for the precise measured risk predictors can be obtained using the full risk equation provided in the online calculator. Estimates may differ by up to 4% points.