

Guideline Directed Frequency for Adult and Pediatric Lipid Screening



High cholesterol is unhealthy and contributes to cardiovascular disease as the leading cause of death and disability worldwide. Children, adolescents, and adults may all have high cholesterol. The only way to observe cholesterol control and lipid lowering therapy compliance is through lipid screening. Clinicians should screen and manage lipids in accordance with established clinical guidelines.

CHOLESTEROL LEVELS:				
CLASSIFICATION	Children & Adolescents		Adults	
	LDL-C	TC	LDL-C	TC
Acceptable	<110 mg/dL	<170 mg/dL	<100 mg/dL	<200 mg/dL
Borderline	110- 129 mg/dL	170 – 199 mg/dL	130 – 159 mg/dL	200 – 239 mg/dL
Abnormal	>130 mg/dL	>200 mg/dL	>190 mg/dL	>240 mg/dL

Sources: American Academy of Pediatrics | 2018 AHA/ACC Multi-Society Guidelines
 TC = Total Cholesterol; LDL-C = Low-Density Lipoprotein Cholesterol

Screening Children & Adolescents (Age 0-20)¹

Children, adolescents, and young adults without risk factors for premature cardiovascular disease should be screened between 9 and 11 years and again between age 17 and 21 years. Children with a family history of hypercholesterolemia or premature cardiovascular disease should be screened at age 2.¹



Healthy	Present Risk Factors for ASCVD	Family History of FH or Premature ASCVD	Guideline Directed Screening Age	
✘	<input type="checkbox"/>	<input type="checkbox"/>	Age 9-11	Age 17-21
✘	<input type="checkbox"/>	✘	Age 2	Age 9-11
<input type="checkbox"/>	✘	<input type="checkbox"/>	At the time risk factors are identified	Annually

Source: American Academy of Pediatrics
 ASCVD = Atherosclerotic Cardiovascular Disease; FH = Familial Hypercholesterolemia

Screening Adults²

Lipid screening should be done in all healthy adults aged 20 years or older every 5 years. Men ages 45 to 65 and women ages 55 to 65 should be screened every 1 to 2 years. Older adults (>65) should be screened every year.



Healthy	Present Risk Factors for ASCVD	Family History of FH, Elevated Lp(a), or Premature ASCVD	Adults Age 21-45	Men Age 45-55	Men Age 55-65	Women Age 45-65	Adults Age ≥65
✘	<input type="checkbox"/>	<input type="checkbox"/>	Every 5 Years	Every 1-2 Years	Annually	Every 1-2 Years	Annually
<input type="checkbox"/>	✘	<input type="checkbox"/>	Annually	Annually	Annually	Annually	Annually
✘	<input type="checkbox"/>	✘	Annually	Annually	Annually	Annually	Annually