



**NAME:** HRA DEMO

**ASSESSMENT DATE:** 1/29/2016

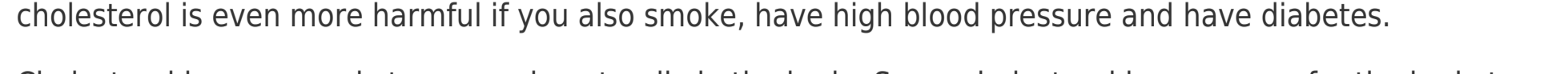
The following data has been compiled based on your answers to our health assessment. This is your source for accurate and relevant health information that has been personalized for your needs. This information will help you understand how everyday health habits and your family history could impact your health in the future.

## YOUR LIFESTYLE RISKS



- L LOW:** You are succeeding in your management of this health risk
- M MODERATE:** You could improve your management of this health risk
- H HIGH:** It is critical that you change your management of this health risk

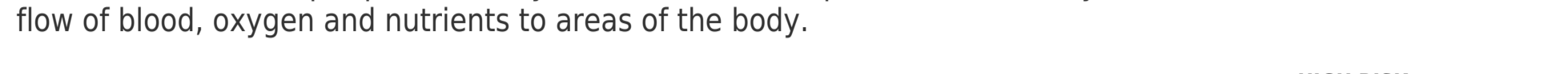
## CHOLESTEROL



Your Total Cholesterol should measure less than 200 mg/dL. **Your Total Cholesterol is (mg/dL): 220**

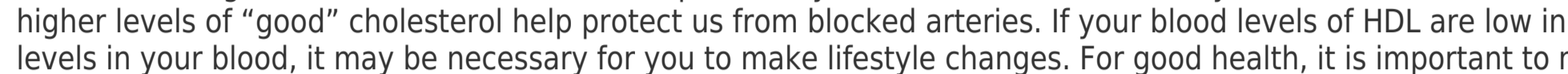
Studies show that having a high cholesterol level can lead to serious health risks such as heart attacks and strokes. High blood cholesterol is even more harmful if you also smoke, have high blood pressure and have diabetes.

Cholesterol is a waxy substance made naturally in the body. Some cholesterol is necessary for the body to work properly, and most people produce enough cholesterol naturally to meet these needs. Problems can arise when your body produces too much cholesterol, or you get too much in your diet. Excess cholesterol can build up and block arteries. When this occurs in an artery supplying the heart, the result is a heart attack. When this occurs in an artery going to your head, the result is a stroke; or if it is an artery going to your limbs it is "peripheral artery disease."



Depending on your risk, your LDL "Bad" Cholesterol should measure less than 130 mg/dL. **Your LDL is (mg/dL): 120**

LDL or "bad" cholesterol is needed by your body in normal amounts for the repair and growth of cells. If blood levels of LDL cholesterol become too high, a plaque buildup on the walls of blood vessels occurs. This leads to blocked arteries, the main cause of heart disease, stroke, and peripheral artery disease (PAD). Plaque can break away from the vessel walls and form blood clots that block the flow of blood, oxygen and nutrients to areas of the body.



HDL "Good" Cholesterol should measure 40 mg/dL or higher for men and 50 mg/dL or higher for women. The optimal level is 60 mg/dL or higher. **Your HDL is (mg/dL): 35**

HDL is called "good" cholesterol because it helps to carry "bad" LDL cholesterol away from blood vessel walls. Research shows that higher levels of "good" cholesterol help protect us from blocked arteries. If your blood levels of HDL are low in comparison to the LDL levels in your blood, it may be necessary for you to make lifestyle changes. For good health, it is important to maintain the proper balance between HDL and LDL levels.



Triglycerides should measure less than 150 mg/dL. **Your Triglycerides are (mg/dL): 300**

Triglycerides are another form of fat - though not a cholesterol. Triglycerides are the most common type of fat found in our bodies. Although the exact relationship is presently unclear, triglycerides have some effect on heart disease so they are usually included in the tests done for blood cholesterol levels.

Triglycerides, unlike LDL cholesterol do not stick to the walls of blood vessels. Triglycerides can be described like a "thick cream" in the blood and increase the blood's natural tendency to clot. As this clotting tendency becomes greater in the blood, the risk of heart disease increases.

High triglyceride levels are often associated with:

- Too much alcohol
- Being overweight
- Poorly controlled diabetes

### Tips for Reducing Cholesterol:

1. Lose any extra weight
2. Get physically active for at least 30 minutes daily (see the Exercise section for more details)
3. Eat healthy foods (see the Eating section for more details)
4. Quit smoking (if you smoke)
5. Drink alcohol in moderation (if you drink)
6. Talk with your health care provider

## BLOOD PRESSURE



**Your Blood Pressure is: 120/80**

- Optimal, 120/80 or lower
- Prehypertension, 130-139/80-89
- High, 140/90 or higher

Blood pressure is the force that distributes your blood to all areas of your body. Blood pressure is measured by two numbers. Your health care provider may tell you that your blood pressure is "125 over 80." The higher number (systolic pressure) is measured when the heart beats.

The lower number (diastolic pressure) is measured when the heart relaxes between beats. Untreated hypertension, also known as high blood pressure, is dangerous. People with high blood pressure are more likely to develop congestive heart failure, have a heart attack, stroke or kidney disease. High blood pressure is difficult to detect as most people do not have any symptoms, and do not know they are affected unless they have had their blood pressure checked. One in four people are not aware that they have high blood pressure. As we age, we are more likely to develop high blood pressure, especially if there is a family history.

Two studies in the US, one in the journal *Stroke* and another in the journal *Annals of Family Medicine*, both showed that prehypertension - blood pressure readings on the high end of normal - can also increase your risk of heart attacks and other cardiovascular events.

### Tips for Reducing Blood Pressure:

1. Lose any extra weight
2. Get physically active for at least 30 minutes daily (see the Exercise section for more details)
3. Eat healthy foods (see the Eating section for more details)
4. Quit smoking (if you smoke)
5. Limit how much salt you eat (check food labels for sodium)
6. Limit alcohol (if you drink)
7. Try relaxation techniques
8. Talk with your health care provider

## WEIGHT



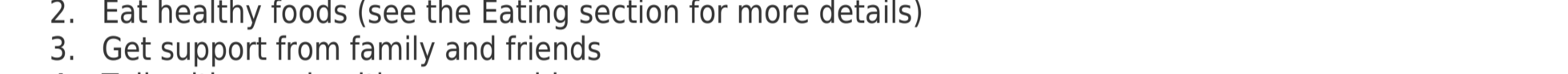
Body Mass Index (BMI) is a number calculated to indicate level of body fat. It measures your weight relative to your height and is used to screen for weight categories that may lead to health problems.

**A healthy BMI is between 18.5 and 24.9.** Those with a BMI between 25.0 and 29.0 are considered overweight while those above 30.0 are considered obese.

**Your BMI is: 37.6**

Your weight puts you at high risk of diabetes and heart disease. Eating a healthy diet and performing regular exercise are two things that you can do to help achieve and maintain a healthy weight and reduce your risk.

## WAIST



**Your Waist is (Inches): 40**

Your waist circumference is high. A waist size 88 cm (35 inches) or higher for a female or 102 cm (40 inches) or higher for a male carries a higher risk of type 2 diabetes, coronary heart disease and hypertension.

### Tips for Reducing Weight:

1. Get physically active for at least 30 minutes daily (see the Exercise section for more details)
2. Eat healthy foods (see the Eating section for more details)
3. Get support from family and friends
4. Talk with your health care provider

## EXERCISE



**ENDURANCE:** Watch Out. Your heart and lungs are vital to your overall health. To keep them, and the rest of your body healthy, current guidelines recommend that you do at least 150 minutes of moderate-intensity activity each week.

2 days/week Scientific evidence shows that 150-180 minutes/week of moderate intensity or higher physical activity is associated with a 30% reduction in the risk of all-cause mortality and reductions in the incidence of cardiovascular disease, stroke, hypertension, colon and breast cancer, and type 2 diabetes. The greatest benefit is seen when the physical activity is distributed throughout the week and in periods of at least 10 minutes in duration.

20 minutes/day

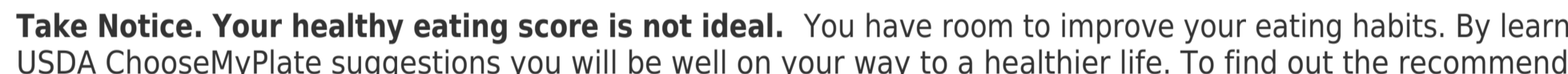
**STRENGTH:** Well done! By meeting the current recommendation of doing resistance type activities 2 to 4 times a week you are making a difference in your muscular strength and endurance. You are also helping to prevent osteoporosis. Aim for 8 to 12 repetitions of 8 to 10 different exercises that target all major muscle groups. Remember that resistance training requires good posture and good movement mechanics. Make sure you consult your fitness provider to show you how to use equipment and to guide you as to what intensity you should work at when you are weight training.

2 days/week

**FLEXIBILITY:** Regular stretching and flexibility type activities like yoga and Tai Chi can help you maintain your range of motion. Current guidelines recommend that you do flexibility type activities 4 to 7 days per week. Always do some light activity before your stretch. Stretching cold muscles can cause injury. You should stretch slowly and gently and try to hold each stretch for 15 to 30 seconds. Stretching should not hurt. Do not bounce your stretches, as this type of stretching can cause injury.

Never

## EATING



**Take Notice. Your healthy eating score is not ideal.** You have room to improve your eating habits. By learning more about the USDA ChooseMyPlate suggestions you will be well on your way to a healthier life. To find out the recommended amount of calories and foods to eat for your age, gender and physical activity level visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

### SERVINGS/DAY: RESULT: RECOMMENDATIONS:

<b>Vegetables</b>	1 1/2 cups or less	<b>Too Few</b>	Your diet is LOW in vegetables. It is recommended that you eat 2 1/2 cups of vegetables per day. Try to increase your servings by choosing more salads, raw or cooked vegetables for your snacks and meals. Aim to include dark green vegetables, red and orange vegetables and 1 1/2 cups a week of beans (kidney, pinto, lima) and peas (black-eyed, lentils) as part of your vegetable servings.
<b>Fruit</b>	1 1/2 cups	<b>Just Right</b>	Congratulations! You are meeting your daily recommendation of 1 1/2 cups of fruits. Try to choose whole fruits (rather than juice) for your snacks and meals.
<b>Low-Fat Milk</b>	2 1/2 cups or less	<b>Too Few</b>	Your diet is LOW in fat-free or low-fat milk or milk equivalents. It is recommended that you have 3 cups of fat-free or low-fat milk or milk equivalents per day. One cup of fat-free or low-fat milk or milk equivalents = 1 cup of non-fat or 1% milk or yogurt; 1 1/2 cups of fat-free or low-fat natural cheese; 2 ounces fat-free or low-fat processed cheese; 1 cup calcium-fortified juice, soy beverage or rice beverage.
<b>Protein</b>	6 ounces	<b>Too Many</b>	You are getting MORE than the recommended 5 ounces of protein foods per day. If your weight is higher than recommended, reducing your protein foods intake (especially higher fat choices) may help you to achieve a healthier weight. Healthier protein choices include seafood, lean meats, poultry without the skin, eggs, nuts & seeds, and beans & peas. Try to have seafood at least twice a week as your main protein food. One ounce of protein is equal to 1 ounce of meat, poultry or fish, 1/4 cup of cooked beans or peas, 1/2 ounce of nuts or seeds, 1 tablespoon of peanut butter, or 1 egg. A 3-ounce serving of meat, poultry or fish is about the size of a deck of cards.
<b>Whole Grains</b>	3 ounces	<b>Just Right</b>	Congratulations! You are meeting your daily recommendation of a minimum of 3 ounces of whole grains. Whole-grain products list a whole grain first on the label's ingredient list: brown rice, graham flour, bulgur, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, or wild rice. One slice of whole-grain bread, 1 cup of whole-grain ready-to-eat cereal or 1/2 cup cooked whole-grain rice, pasta or cereal equals 1 ounce of whole grain.

**You are doing well in the following healthy eating areas:**

**In addition to meeting your daily serving recommendations above, you can improve your eating habits by:**

Eating seafood (fish or shellfish) at least twice a week as your main protein type food. One serving is the equivalent of approximately 3 ounces of fish. Try to select seafood that is rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel. If you are planning to become pregnant, are pregnant, nursing, or have children, you and your children are more susceptible to contaminants that can be present in fish. For more information visit: [Healthy Fish Eating Guide](http://HealthyFishEatingGuide)

Eating three meals (breakfast, lunch & dinner) and no more than 3 snacks a day. Eating regular meals may help control hunger levels and provides more opportunities to include a variety of nutrient-dense foods. Also, eating balanced meals/snacks every 3-6 hours helps ensure consistent energy levels throughout the day.

Filling half your dinner plate with vegetables and fruits. Vegetables and fruits provide nutrients vital for health and maintenance of your body. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease and may protect against certain types of cancers. Since vegetables and fruits that are lower in calories, choosing them in place of other higher-calorie foods may help lower calorie intake.

Reading the nutrition information label when buying packaged foods and choosing options that are lower in sodium, saturated fat and sugar. Packaged foods can be major sources of excess sodium (salt), sugar and/or saturated fat in the diet. Reading nutrition information labels will help you to make more informed decisions.

Drinking water, low-fat/skim milk or beverages that contain few or no calories instead of sugary calorie-containing drinks like pop or soda, sports/ energy & fruit flavored drinks and juice when you are thirsty. Calorie-containing beverages can add up to significant calories, which may be of concern for someone trying to maintain a healthy body weight or lose weight. In many cases, water provides adequate hydration for your sport/exercise habits.

## SMOKING



There are more than 2,500 chemicals in tobacco. During combustion, these are transformed into more than 4,000 chemicals, over 50 of which are carcinogenic.

There are over **4,000 chemicals** in tobacco **smoke** including:

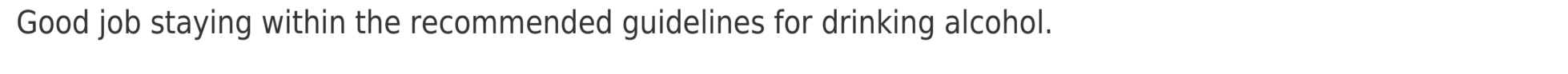
- Hydrogen Cyanide
- Tar
- Formaldehyde
- Benzene
- Carbon Monoxide
- Nicotine
- and more

When smoke is inhaled, it initially passes by the mouth. Then, it is absorbed through the lungs. Once absorbed through the lungs, the toxic chemicals are transferred to the bloodstream. Then, they are distributed to the entire body by the heart's pumping action.

Exposure to the chemicals in the tobacco smoke can cause a number of health effects, including:

- Lung cancer
- Bladder, pancreatic and other forms of cancer
- Emphysema and other respiratory diseases
- Heart diseases, strokes and other cardiovascular diseases
- Premature death

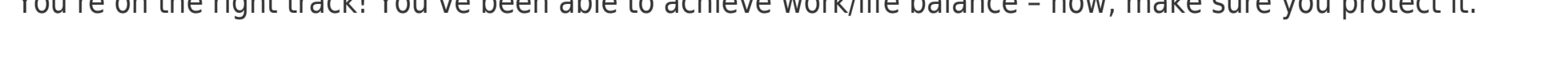
## ALCOHOL



Good job staying within the recommended guidelines for drinking alcohol.

A person should not drink more than 2 drinks per day to a maximum of 14 per week for men or 9 per week for women.

## WORKLIFE BALANCE



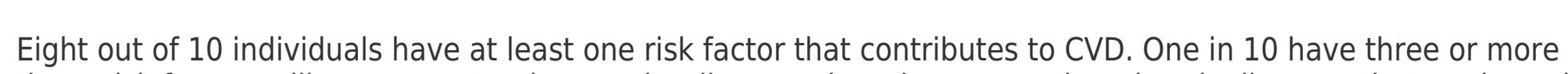
You're on the right track! You've been able to achieve work/life balance - now, make sure you protect it.

### Top 3 Tips for Staying in Balance

- Schedule brief breaks for yourself throughout the day
- Turn off your cell phone and leave your laptop at work
- Create and implement a household budget

For more tips on work-life balance check out: [Stress at Work](http://StressatWork).

## CARDIOVASCULAR DISEASE



Cardiovascular disease (CVD) is a term that refers to more than one disease of the circulatory system including the heart and blood vessels, whether the blood vessels are affecting the lungs, the brain, kidneys or other parts of the body. Cardiovascular diseases are one of the leading causes of death in adult men and women.

Eight out of 10 individuals have at least one risk factor that contributes to CVD. One in 10 have three or more risk factors. Addressing these risk factors will prevent not only vascular diseases, but also many other chronic diseases that are brought about by the same risk factors.

**Your 10 year risk of CVD is 7.3%**

When it comes to vascular disease, it is important to manage the risks that you can change, especially if you have other risk factors that are beyond your control.

### Risk factors that you CAN change:

- High blood cholesterol
- High blood pressure
- Lifestyle factors (including lack of exercise, diet, being overweight, smoking, excess alcohol, stress)
- Diabetes
- Stress/Depression

### Risk factors you CAN'T change:

- Age and gender (55+ for women, 45+ for men)
- Ethnic descent (African, South Asian, and First Nation populations are at higher risk)
- Family history of cardiac disease