



# Corporate Health Services

## Health Risk Assessment Results

01/14/2009

MISCELLANEOUS

DOE, JANE Z

DOB: 05/05/1968

Employer:

Physician:

HRA DATE	HDL CHOL	LDL CHOL	TOTAL CHOL	CHOL RATIO	TRIGS	BLOOD SUGAR	BODY FAT	BODY WT.	BMI	BP SYS	BP DIA	HEART RATE	HOMOCYSTEINE	STRESS CATEGORY	TOBACCO CATEGORY	ATP III	CRP	W/H Ratio
11/30/2008	64	71	148	2.31	67	81	21	123	21.84	180	95	66 R		SLIGHT	UNKNOWN	1%		0.74

ANY ABNORMAL RESULT PRINTED IN RED IN THE BOXES ABOVE SHOULD BE DISCUSSED WITH YOUR PHYSICIAN

### HDL OR GOOD CHOLESTEROL

High-density lipoproteins (HDL) carry cholesterol away from the artery walls to the liver where it is metabolized. **Above 40 mg/dl for men and women is desirable.** Refer to page 14.

### LDL OR BAD CHOLESTEROL

Low-density lipoproteins (LDL) carry cholesterol to the artery walls and may contribute to narrowing or blockage. **A value less than 100 mg/dl is desirable.** Refer to page 14.

### TOTAL CHOLESTEROL

The levels of fats (lipids) in the blood stream. Cholesterol contributes to narrowing of the arteries. Increasing the intake of fresh fruits and vegetables and decreasing the intake of saturated fats and regular aerobic exercise may help reduce cholesterol. **Less than 200 mg/dl is desirable.** Refer to page 14.

### CHOLESTEROL RATIO

This number reflects the calculation of the total cholesterol divided by good cholesterol (HDL). The level of total chol. should not be more than 5 times the level of HDL. Refer to page 14.

### TRIGLYCERIDES

Triglycerides are the fats visible in food and are the major component of body fat. The body also converts excess dietary calories (from fat or carbohydrates) to triglycerides. Decreasing intake of white sugar products, snack cakes, soda, etc. may help decrease triglycerides. **Less than 150 mg/dl is desirable.** Refer to page 14.

### BLOOD SUGAR

Blood sugar is the amount of glucose or sugar in the blood stream. The fasting blood sugar should be between 65-100 mg/dl. **A value above 100 mg/dl should raise concern for Pre-diabetes.** Losing weight, decreasing use of sugar and increasing exercise may help manage blood sugar. Refer to page 16.

### BODY FAT/WEIGHT

This number is an estimation of body fat as a percentage of total body weight. **Less than 21% is desirable for men. Less than 25% is desirable for women.** Obesity increases your risk of diabetes, cancer and heart disease. Refer to page 18.

### BODY MASS INDEX (BMI)

A measure used to determine obesity, BMI is weight in kilograms divided by height in meters squared. **A BMI of 26 or greater is considered overweight while 30 or greater is considered obese.** Refer to page 20.

### BLOOD PRESSURE

The pressure exerted by the blood against the walls of the blood vessels at rest. **A healthy blood pressure is less than 120/80.** Refer to page 14.

### HOMOCYSTEINE

Homocysteine is an amino acid normally found in our blood. Abnormally high levels have been linked to heart disease in individuals with no other risk factors. Levels above 10 are considered high risk. Refer to page 20.

### STRESS

Stress is the reaction of the body to demands placed on it; physically, emotionally, mentally... positive or negative. The effects of stress are "10% of what happens to you and 90% of what you make out of it". Refer to Chapter 5. *Call Corporate Health Services at 820-3400 to schedule a stress management or relaxation consult to help you cope with your stress.*

### TOBACCO

Tobacco use dramatically increases your risk of illness and has been shown to trigger heart attacks and increase your risk of breast cancer, impotence, lung cancer, emphysema, heart disease, and arteriosclerosis of the blood vessels in the brain and body. Refer to Chapter 8. *Call the Road to Freedom program at 820-3342 to schedule an appointment to quit.*

### National Institute of Health ATP III Risk Score

ATP III is a National Institute of Health tool used to assist your physician in determining treatment options to reduce your risk of a cardiac event in the next ten years. This risk calculation is based on your age, various cholesterol levels, blood pressure, smoking and family history. Most of these risk factors are modifiable if you **CHOOSE** to make changes. (<http://www.nhlbi.nih.gov/>)

### High Cardiac Sensitive C-Reactive Protein HS-CRP

CRP is a protein found in the bloodstream of individuals with increased levels of active inflammation. Inflammation is the body's response to injury. High Cardiac Sensitive CRP is considered the inflammatory marker associated with high risk coronary heart disease. 3.1-10 is High Cardiovascular Risk. Refer to page 20.

### Waist/Hip Ratio

This number is your waist circumference (at the smallest part of your waist) divided by your hip circumference (at the largest part of your hip). Your ratio can indicate health risks. More weight around the waist indicates greater risk of heart disease and diabetes. Women with a ratio greater than 0.8 and men with a ratio greater than 1.0 are at an increased risk. Refer to page 20.

Please look over these results and refer to the pages provided in HEALTHY LIVING: A NEW START. If you have any questions, call Corporate Health Services at 820-3400.

All results not in the desirable range should be discussed with your physician.

Call Corporate Health Services for a personal wellness consult (**WELLCOACH**) to begin your road to a **HEALTHIER YOU**.

**This testing does not replace the need or value of an office visit and evaluation by your physician. It remains your choice and responsibility to follow up with your physician.**