HealthCalc 2000™

Name: Sample Man

Male, 51.5 years   The Heart Place

Introduction

Congratulations on completing this health risk assessment, an important step on your journey to optimal health and fitness. The following report will cover a variety of topics related to enhancing your wellness and reduction of your risk of disease and accidents. These sections will be based on your responses to the questionnaire you completed and measurements of blood pressure, cholesterol, etc. Some of those responses and measurements are summarized below.

Measurements and Lifestyle Factors

Measurements	03/21/1993	03/21/1997		Lifestyle Factors	03/21/1993	03/21/1997
Height (in)	73.00	73.00		Cigarettes (per day)	30	0
Weight (lb)	230.00	180.00		Smokeless Tobacco/Day	0	0
BMI (kg/m^2)	30.4	23.8		Eat High Fat Foods	Daily	?
% Body Fat	27.0	18.0		Alcohol (drinks/week)	24	0
Waist / Hip Ratio	1.08	1.03		Aerobic Fitness Level	Very Poor	Very Poor
Cholesterol (mg/dl)	260	180		Seat Belt Use (%)	0	0
HDL (mg/dl)	35	50		Driving Speed Over Limit	>15	< 5
LDL (mg/dl)	160	120		Perceived Stress	?	?
Blood Pressure (mmHg)	145/90	120/80		Energy Level	?	?

The calculations of your current and future risk were made using formulas from the US Centers for Disease Control. We will use certain terms in this report that may be new to you:

1. **Your Health Risk.** The statistical probability of health risk for someone your age and gender **with similar measurements and lifestyle factors.**

2. **Average Risk.** The statistical probability of health risk for all people of your age and gender. Average Risk is not necessarily desirable since the average American suffers prematurely of heart disease, cancer or other preventable conditions.

3. **Achievable Risk.** What your risk would be if you were at the optimal levels of these measurements and lifestyle factors (non-smoker, ideal weight, normal cholesterol, blood pressure).

4. **Relative Risk.** The ratio of Your risk divided by the Average Risk. For example, a Relative Risk of 1.2 indicates you would have a 20% higher risk than the average person your age and gender. A Relative Risk below 1.0 is desirable and the lower this ratio, the better.

Health Age

After calculating your health risk, we can compare it to a table of what the Average Risk would be for all people your age and gender. The age where the Average Risk matches your calculated risk is called your Health Age. This simply means that you have the same statistical health risk as the average person this age (of your gender).

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Obviously, you want your Health Age to be as low as possible. If your Health Age is above your chronological age, it means that you have a higher than average risk and you should consider making some positive lifestyle changes. By incorporating actions suggested on the following pages, you can improve your health and wellness and reduce your risk of developing a preventable disease. Good Luck!