TAKE ACTION

Based on your screening results, identify 3 risk factors that have the biggest impact on your health. Then, choose one of those to begin your lifestyle change program. It is best to start with one risk factor and then move on to the next as you become successful.

My key risk factors are:

1. _____

2. _____

3. _____

The first risk factor I will reduce is:

_____

I will improve this risk factor by doing the following three things:

1. _____

2. _____

3. _____

The barriers I need to overcome for me to be successful are:

1. _____

2. _____

3. _____

I will overcome these barriers by doing the following:

1. _____

2. _____

3. _____

I will take action on_____.
Date

TAKE CHARGE OF YOUR HEALTH

Knowing your risk for common chronic diseases such as heart disease, hypertension, diabetes, and certain types of cancer is an important first step to ***"Take Charge of Your Health"***.

Step 1: Identify Your Risk. This wellness screening will provide you with your own personal "Healthy Heart" profile. This profile will help determine your overall cardiovascular risk and identify what you should target to reduce that risk.

Step 2: Understand Your Risk. At the completion of this screening you will have the opportunity to speak with a healthcare professional. This health facilitator will provide you with a better understanding of your risk factors and will help you identify lifestyle factors that should be a priority for change.

Step 3: Reduce Your Risk. For most of us change is difficult. Having the right tools will increase your chances for success. Setting short-term and long-term goals, overcoming barriers, and having a strong support system are keys to successful behavior change. To assist you on your path to success you should speak with a healthcare professional, such as your personal physician, health educator, or counselor who can provide you with that added confidence.

Keep in mind there are risk factors that cannot be changed. These include age, gender, family history, and ethnicity.

However, by focusing on lifestyle factors that are within your control, you CAN reduce your risk! Proper nutrition, regular exercise, maintaining a healthy weight, quitting smoking, reducing alcohol consumption, and managing stress are just some healthy habits everyone can develop!

SUMMIT HEALTH SERVICES

For additional information please contact Summit Health, Inc.

Website: www.summithealth.com

Toll-free: 1-877-686-6636

E-mail: info@summithealth.com

To obtain further information about your screening results or risk reduction, please visit the following websites:

- U.S. Department of Agriculture
  www.mypyramid.gov
- National Heart, Lung and Blood Institute
  www.nhlbi.nih.gov
- American Heart Association
  www.americanheart.org
- American Diabetes Association
  www.diabetes.org
- American Cancer Society
  www.cancer.org

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TAKE CHARGE OF YOUR HEALTH!

It's as easy as:

1 **Identify Your Risk**

2 **Understand Your Risk**

3 **Reduce Your Risk**

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info@summithealth.com

The results of this screening are NOT a diagnosis. Please share these results with your physician.

CHOLESTEROL SCREENING

Cholesterol is a soft, waxy substance found in the bloodstream and your body's cells. The body needs cholesterol to form cell membranes, hormones, and even vitamin D. However, when cholesterol levels are elevated, there is increased risk for heart attack and stroke.

- **HDL** *(High Density Lipoprotein)* carries approximately 1/3 of blood cholesterol. It is called "Good Cholesterol" because it transports cholesterol from the body's tissues back to the liver for excretion or reuse.
- **LDL** *(Low Density Lipoprotein)* is the primary cholesterol carrier in the blood. It is called "Bad Cholesterol" because it transports cholesterol to arteries where it can be deposited on artery walls in the form of plaque.
- **TC/HDL Ratio** is the relationship between Total Cholesterol and HDL cholesterol. The TC/HDL Ratio is important in determining a person's risk for heart disease. The lower the ratio, the lower the risk.
- **Triglycerides** are a type of fat that provides cells with energy to function. However, elevated levels may increase the risk of atherosclerosis (hardening of the arteries), heart disease, and stroke.

Blood Lipids	Desirable	High Risk
Total Cholesterol (mg/dl)	<200	≥240
HDL-Cholesterol (mg/dl)	>60	<40M* <50F*
LDL-Cholesterol (mg/dl)	<130	≥160
TC/HDL Ratio	<3.5	>5.0
Triglycerides	<150	>200

*M=Male F=Female Source: National Cholesterol Education Program

You are at risk if you:

1. Have a family history of early heart disease
2. Smoke, are overweight or obese, have high blood pressure, or consume a diet high in saturated fat
3. Don't engage in cardiovascular exercise at least 30 minutes most days of the week

You can reduce your risk if you:

1. Quit smoking, reduce your weight if you are overweight, and consume a diet rich in fruits, vegetables and whole grains, and low in saturated fats
2. Keep your daily dietary cholesterol intake below 300 mg

Today's date is: _____ and your blood lipid levels today are:

Total Cholesterol _____mg/dl HDL _____mg/dl

TC/HDL Ratio _____

LDL _____mg/dl Trig. _____mg/dl

BLOOD GLUCOSE

Glucose is the main sugar in the blood that provides energy needed to perform everyday activities. When glucose levels are elevated or uncontrolled this may lead to a disease called diabetes.

Insulin is produced by the pancreas throughout the day. Insulin is a hormone that is needed to convert sugar, starches, and other foods into energy.

Diabetes is a disease in which the body does not produce or properly use insulin. There are two primary types: Type 1 Diabetes and Type 2 Diabetes. Left uncontrolled, diabetes may lead to heart, eye, kidney, or nerve damage.

Type 2 Diabetes is the most common form of diabetes. This occurs when the body cannot produce and use its own insulin well enough to control blood glucose (sugar) levels. Typically, changing your lifestyle can prevent or reverse Type 2 diabetes.

Type 1 Diabetes is a complete breakdown of the insulin production in the body. This type of diabetes is usually diagnosed before the age of 25 and requires insulin injections or an insulin pump.

Category	Fasting	Non-Fasting
Normal	70-99 mg/dl	Less than 140 mg/dl
Pre-Diabetes	100-125 mg/dl	140-200 mg/dl
Diabetes	Over 126 mg/dl	Over 200 mg/dl

Source: American College of Sports Medicine

You are more likely to get diabetes if you:

1. Are African-American, Native American, or Latino
2. Have a family history of diabetes
3. Are overweight or obese
4. Lack exercise or physical activity throughout the day

You can prevent or possibly eliminate diabetes if you:

1. Engage in at least 30 minutes of cardiovascular exercise or physical activity most days of the week
2. Eat smaller, more frequent meals and reduce your caloric intake to prevent weight gain
3. Reduce your weight to within acceptable levels

Your blood glucose is:

Glucose _____mg/dl

BLOOD PRESSURE

Blood pressure is the measure of the force the blood exerts on artery walls when the heart contracts (systolic) and relaxes (diastolic). The higher your blood pressure, the greater your risk for certain chronic diseases, such as heart disease, kidney disease, stroke, eye damage, and hardening of the arteries (arthrosclerosis).

Hypertension is chronically elevated blood pressure (see chart below). Hypertension is commonly referred to as the "Silent Killer" because it typically produces no symptoms. People with diabetes or kidney disease should pay particular attention to their blood pressure levels.

Category	Systolic		Diastolic
Normal	<120	AND	<80
Pre-hypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100

Source: American College of Sports Medicine

You may be at risk if you:

1. Have a family history of hypertension
2. Smoke, drink alcohol excessively, or don't exercise on a regular basis
3. Have difficulty managing ongoing stress
4. Are overweight or obese

You can lower your blood pressure if you:

1. Begin a regular exercise program and incorporate more physical activity into your daily routine
2. Learn how to manage stress more effectively
3. Reduce your daily sodium intake to under 2400 mg.
4. Quit smoking, limit alcohol intake and maintain a healthy weight

Your blood pressure reading is:

BP _____ /_____ mmHg
Systolic Diastolic

Pulse _____ per minute (Normal BPM is 60-100)

BODY COMPOSITION

Overweight and obesity are primary risk factors for many chronic health conditions, including hypertension, high cholesterol, Type 2 diabetes, coronary heart disease, stroke, osteoarthritis, sleep apnea and respiratory problems, and certain types of cancer (e.g., breast, colon).

Body Mass Index (BMI) is a measure of an adult's weight in relation to his or her height.

Waist Circumference is highly correlated with obesity related diseases.

Body Fat Percentage is the ratio of lean body mass (including organs, bones and muscles) to fat mass.

Body Mass Index

Normal	Overweight	Obese
18.5-24.9	25-29.9	≥30

Waist Circumference

Normal	Increased Risk
Men: ≤40" Women: ≤35"	Men: >40" Women: >35"

Body Fat Percentage

Gender	Age	Normal %	High %
Female	20-39 40-59 60-79	21-32.9 23-33.9 24-35.9	33-38.9 34-39.9 36-41.9
Male	20-39 40-59 60-79	8.0-19.9 11-21.9 13-24.9	20-24.9 22-27.9 25-29.9

Source: American College of Sports Medicine

To achieve a healthy weight you can:

1. Exercise 30 minutes or more on most days of the week and incorporate physical activity into your daily routine, e.g., take the stairs, park further from your destination to add calorie burning activities
2. Eat 5 or 6 smaller meals spaced evenly throughout the day rather than 2 or 3 large ones
3. Increase consumption of fruits, vegetables, whole grains, and lean meats; limit consumption of alcohol, fried foods, and simple sugars such as candy and regular soda

Your Body Composition is:

BMI _____ Body Fat _____ % WC _____ in.