

My Heart Health Report



Bill Jones (Sample Report) Dec 7, 2014

Planning for heart health is a key ingredient for enjoying a long life. This report will help you identify any risks you may have and will make personal recommendations for enhancing heart health. A '*' indicates a risk factor needing attention.



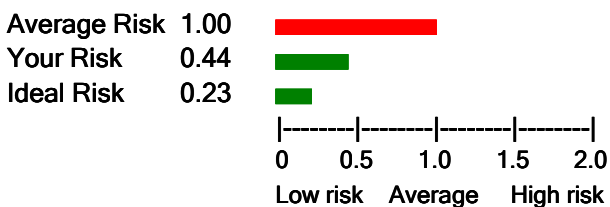
Your Heart Health Score is 2/7



Your heart health score is the number of good heart health factors that you meet (listed on right).

| Test Results | You | Goal |
|-----------------------|------------|--------------|
| * Weight (BMI) | 27.1 | Less than 25 |
| Waist circumference | 36 inches | < 37 inches |
| * Total cholesterol | 212 mg/dL | < 200 mg/dL |
| HDL cholesterol | 42 mg/dL | 45+ mg/dL |
| * Non-HDL cholesterol | 170 mg/dL | < 160 mg/dL |
| * Blood pressure | 125/85 | < 120/80 |
| * Fasting glucose | 129 mg/dL | < 100 mg/dL |
| Exercise minutes | 200 min/wk | 150+ min/wk |
| * Diet score (0-8) | 2 out of 8 | Score of 7-8 |

Relative Risk of a Heart Attack or Stroke



Relative risk is your risk compared to the average person your age and gender. Your risk is less than average, but it could be 48% lower by eliminating all risk factors.

Absolute risk is heavily influenced by age and sex and predicts your probability of a heart attack or stroke. Your probability of a heart attack or stroke in the next 10 years is 6.2%. Average risk is 14.0%. Ideal risk is 3.2% (based on eliminating all risks).

Prevention Guidelines - Health Tests

- * **Weight.** Your BMI is in the overweight risk range. Aim for a BMI less than 25 for best heart health. Your waist circumference is in the desirable range indicating normal abdominal fat.
- * **Cholesterol.** The best overall evaluation of cholesterol is 'non-HDL cholesterol.' You are above the desirable range, less than 160. Ideal is <130
- * **Blood pressure.** Your blood pressure is above the recommended range. For best heart health, keep blood pressure less than 120/80.
- * **Glucose.** Your blood glucose level is above the recommended range. For best heart health, keep fasting blood glucose levels less than 100 mg/dL.

Health Habits

Physical activity. Your physical activity level is good. Continue getting 150+ minutes of moderate exercise weekly such as brisk walking, or 75+ minutes of vigorous exercise such as running or active sports.

Smoking. By stopping you have significantly decreased your risk of a heart attack and stroke and have added many healthy years to your life.

- * **Stress.** Keep stress within manageable limits. Relieve stress with relaxation and exercise.

Nutrition

Choose heart healthy foods. See guidelines below:

- * Eat more fruits and vegetables; 5-9 servings/day.
- * Eat more whole grains; 3 or more servings per day.
- * Reduce the intake of salt and high sodium foods. Aim for less than 1500 mg of sodium/day.
- * Eat more nuts, seeds and nut butters; 5+ serv/week. Continue eating legumes (beans, soy;) 3+ serv/week.
- * Limit or avoid red and processed meats. Healthier choices include nuts, legumes, soy, fish, or poultry. Fish is a healthy alternative to red meat and is a good source of omega-3 fatty acids.
- * Limit soft drinks and other foods high in sugar.

Next Steps

Read 'Building Heart Health' for additional guidance in making lifestyle changes. Get personal help if needed from your doctor or health coach in making desired changes.