

# 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.



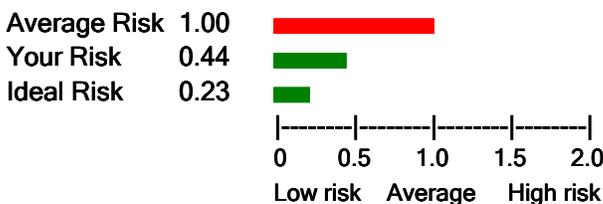
## Your Heart Health Score is 2/7



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.