

# Summary of Health

**Roberta Roberts**

Oct 15, 2011

## How am I doing overall?

As of Oct 15, 2011



## Recommendations

Based on your latest strengths and risks, here is a list of recommendations for you to consider, listed in order of importance.

- 1** Reach your healthy weight
- 2** Eat more fruits and vegetables
- 3** Get in motion
- 4** Address your stress

## Roberta Roberts

Oct 15, 2011

### Strengths

Alcohol Use  
Blood Sugar  
Cholesterol  
Tobacco Use  
Triglycerides

### Risks

Blood Pressure  
Emotional Health  
Exercise  
Nutrition  
Weight

## Alcohol Use



As of Oct 15, 2011

You reported that you don't currently drink alcohol or that you drink in moderation. If you don't drink alcohol, that's fine. If you do drink and you're healthy, there's no medical reason to stop as long as you drink responsibly and in moderation.

### Drinks per week

As of Oct 15, 2011

**Recommended level:** Drink less than 8 alcoholic beverages a week. If you have a history of problems with alcohol, don't drink at all.

**Most recent level:** 2 drinks per week

## Blood Sugar



As of Oct 15, 2011

You indicated that your blood sugar level is within the normal range. Good for you. A healthy blood sugar (glucose) level means that you don't have diabetes, a disease that results from a mix-up in the way your body processes the sugar you need for energy. There's a lot you can do to help keep your healthy blood sugar in the healthy range. Maintain a healthy weight, eat a healthy diet and get at least 30 minutes of physical activity most days of the week.

### Blood Sugar (Fasting)

As of Oct 15, 2011

**Recommended level:** Less than 100 mg/dL Fasting

**Most recent level:** 82 mg/dL Fasting

## Blood Pressure



As of Oct 15, 2011

You indicated that you have been diagnosed with high blood pressure (hypertension). Remind yourself that even with a diagnosis, there's a lot you can do to keep your blood pressure under control. By taking action, you can decrease your risk of future health problems, such as heart disease and stroke. Partner with your doctor to determine what steps you can take to manage your blood pressure. Take medications as instructed by your doctor, and look for everyday lifestyle changes that can help, too. Even small adjustments — such as limiting sodium intake, increasing the fruits and vegetables in your diet, losing 5 extra pounds, or taking a 30-minute walk most days — can make a big difference.

### Blood Pressure

As of Oct 6, 2011

**Recommended level:** Both the top number (systolic) and bottom number (diastolic) must be within the recommended range (less than 120/80 mm Hg).

**Most recent level:** 132 / 90 mm Hg

## Cholesterol



As of Oct 15, 2011

Your reported low-density lipoprotein (LDL) cholesterol level falls within the recommended range — that's great! It's important to keep your cholesterol levels as low as possible. This may get harder to do as you age. Lifestyle changes are essential to keeping your cholesterol at the recommended levels. To maintain your LDL level, lose any excess weight, eat healthy foods and increase your physical activity. And if you smoke, quit.

### Total Cholesterol

As of Oct 15, 2011

**Recommended level:** Less than 200 mg/dL

**Most recent level:** 140 mg/dL

### LDL Cholesterol

As of Oct 15, 2011

**Recommended level:** Less than 130 mg/dL

**Most recent level:** 93 mg/dL

### HDL cholesterol

As of Oct 15, 2011

**Recommended level:** 40 mg/dL or higher

**Most recent level:** 36 mg/dL

## Emotional Health



As of Oct 15, 2011

Your results suggest that you're experiencing a significant amount of stress in your life. You also indicated that you're taking steps to deal with it. Good for you! By adopting some stress management strategies, you're probably coping better and enjoying life more. At the same time, you can improve your body's ability to fight off illnesses. Continue to identify your stressors and look for better ways of dealing with them. Try keeping a stress journal to help uncover your stress triggers and identify your most effective stress-reduction strategies. Focus on helpful self-care strategies, too, such as exercise, relaxation and regular sleep. Make time for yourself, and stay involved with activities that you enjoy. If you find that your stress level is so high that you can't cope, consider talking to your doctor. He or she can determine whether you're experiencing another problem, such as anxiety or depression, and suggest strategies for coping with your situation. Just know that help is available if you need it.

### Stress level

As of Oct 15, 2011

**Recommended level:** 1 - 2: Adopt techniques for coping with stress.

**Most recent level:** 4 (1=Very Low, 5=Very High)

### Mood

As of Oct 15, 2011

**Recommended level:** Maintain a positive outlook on life.

**Most recent level:** Feeling sad or down isn't causing problems in your job or personal life.

## Exercise



As of Oct 15, 2011

According to your results, you could benefit from getting more physical activity. You also indicated that you're making plans to be more active — that's great! Now is a good time to think about what kind of physical activity schedule might work for you. Identify ways to add 10-minute bouts of activity throughout your day. As you progress, carve out time for longer exercise sessions and put them on your calendar. Let friends and family members know about your plans, and ask for their support and encouragement. You might even ask a friend or family member to be your exercise buddy. It's a great way to keep both of you motivated! Remember, every effort you make is a move in the right direction. If you have questions or need help getting started with a fitness plan, talk to your doctor or a fitness professional.

### Light activity

As of Oct 15, 2011

**Most recent level:** 40 minutes per week

### Moderate activity

As of Oct 15, 2011

**Recommended level:** 150 minutes or more per week

**Most recent level:** 0 minutes per week

### Vigorous activity

As of Oct 15, 2011

**Recommended level:** 60 minutes or more per week

**Most recent level:** 10 minutes per week



## Nutrition



As of Oct 15, 2011

You indicated that you're meeting the guidelines for fruits and vegetables — that's excellent! And you also indicated that you're currently taking steps to reduce the amount of fat in your diet. Good for you. Make it a goal to limit your saturated fats to less than 7 percent of your daily calories, and avoid trans fats as much as possible. The best way to reduce saturated and trans fats is to limit the amount of solid fats — butter, margarine and shortening — you add to food when cooking and serving. You may also want to check the food labels of some cookies, crackers and chips. Many of these snacks — even those labeled "reduced fat" — may be made with oils containing trans fats. But remember, you don't have to be perfect. Moderation is the key. When you're deciding what to eat, consider whether you could substitute a healthier alternative that's lower in fat. Each time you do, it's a step in the right direction.

### Servings of fruit and vegetables per day

As of Oct 15, 2011

**Recommended level:** 5 Servings of fruit and vegetables or more

**Most recent level:** 5 Servings of fruit and vegetables

### Fat in your diet

As of Oct 15, 2011

**Recommended level:** Low Amount

**Most recent level:** Moderate Amount

## Tobacco Use



As of Oct 15, 2011

You reported that you don't currently use tobacco products. That's great! Continue to avoid using tobacco products, and stay away from secondhand smoke, too. Even short exposures to secondhand smoke can damage the lining of blood vessels and reduce heart rate variability, potentially increasing the risk of heart attack. By avoiding any exposure to tobacco, you're making an important healthy lifestyle choice that can pay off for years to come.

### Tobacco Use

As of Oct 15, 2011

**Recommended level:** Don't use tobacco products, and avoid secondhand smoke.

**Most recent level:** You don't use tobacco products

## Triglycerides



As of Oct 15, 2011

You indicated that your triglyceride level is within the healthy range — that's great! Give yourself credit for this indicator of a healthy lifestyle, and keep up the good work. Maintaining a triglyceride level in the normal range helps reduce your risk of heart disease. To help keep it there, continue to limit sugar, watch your weight, and limit or avoid alcohol.

### Triglycerides (Fasting)

As of Oct 15, 2011

**Recommended level:** Less than 150 mg/dL

**Most recent level:** 56 mg/dL Fasting

## Weight



As of Oct 15, 2011

Your body mass index (BMI), a measure of health risk related to weight, shows that you could benefit from losing weight. The good news is that you're already taking action to lose weight — great! As you continue your journey to weight loss, remember to set reasonable, specific goals. Track your successes, and reward yourself each time you meet a goal. If something doesn't work, consider it a learning experience. Just adjust your plan and try again. Every effort you make is a step in the right direction. And remember, losing as few as 5 to 10 pounds offers notable health benefits. It can lower your blood pressure, reduce your risk of heart disease and stroke, and help prevent or control diabetes. With planning and determination, you can reach your goals. If you need help, consider working with your doctor to develop a weight-loss plan that's right for you. You're worth it!

### Weight

As of Oct 15, 2011

**Recommended level:** 114.4 - 154.5 pounds

**Most recent level:** 200.0 pounds

### Body mass index (BMI)

As of Oct 15, 2011

**Recommended level:** 18.5 - 25 kg/m<sup>2</sup>

**Most recent level:** 32.3 kg/m<sup>2</sup>