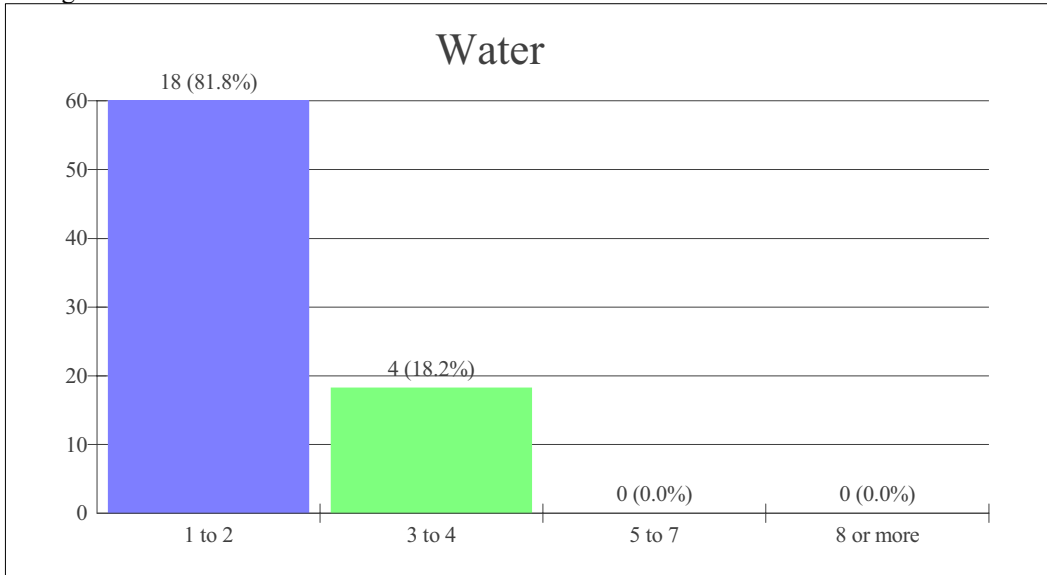


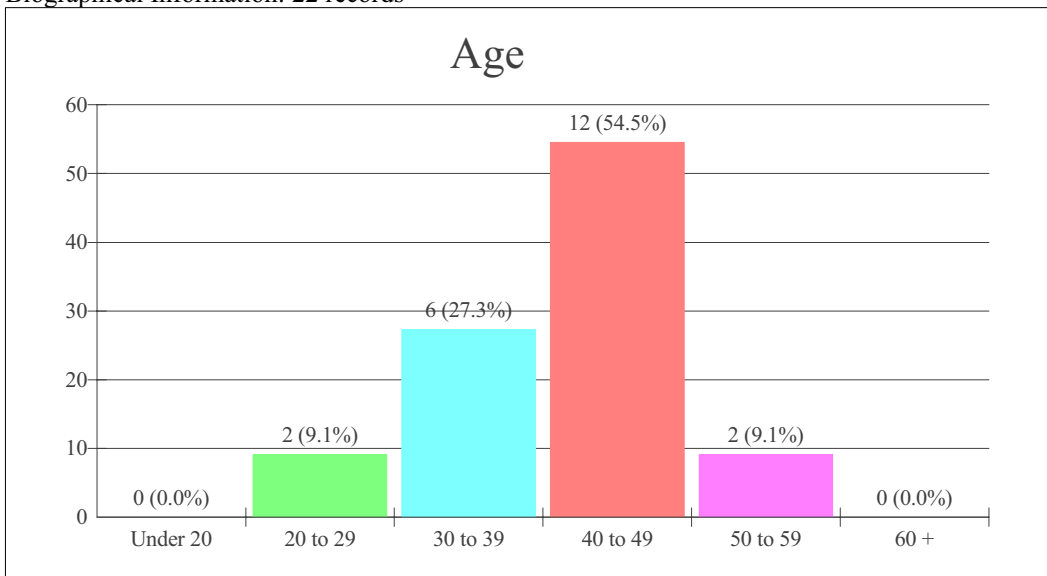
Heart Health Group Report

Eating habits: 22 records



Drinking plenty of water each day is essential to good health. At least eight glasses of water per day are recommended. 18 (81.8%) from this group drink only one or two glasses of water per day. 4 (18.2%) drink three or four glasses per day. 0 (0.0%) drink five to seven glasses per day. And 0 (0.0%) drink the recommended eight or more glasses per day.

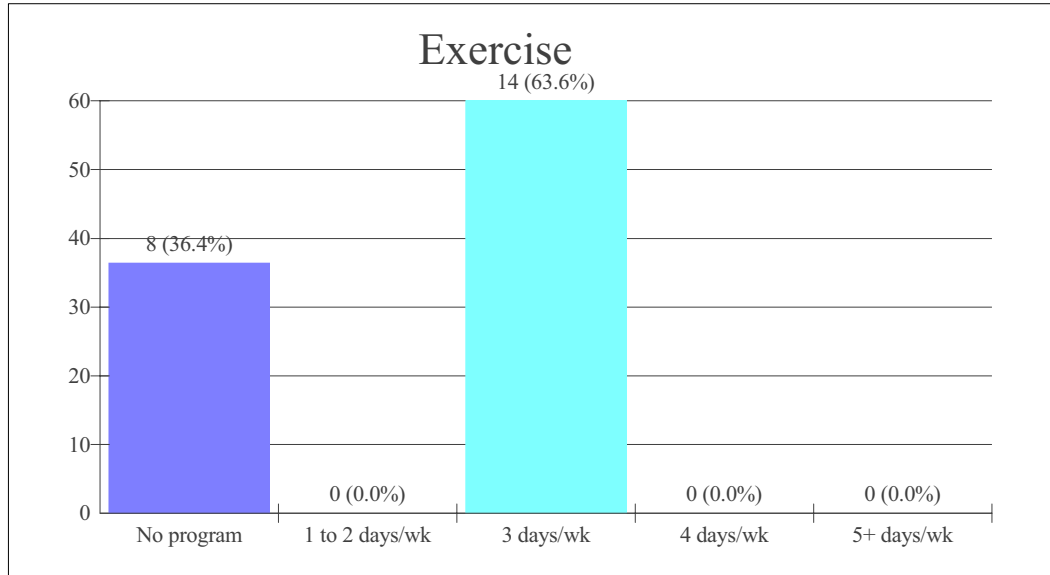
Biographical Information: 22 records



The average age for persons in this group is 41.5. This report is based on a sample size of 22 people.

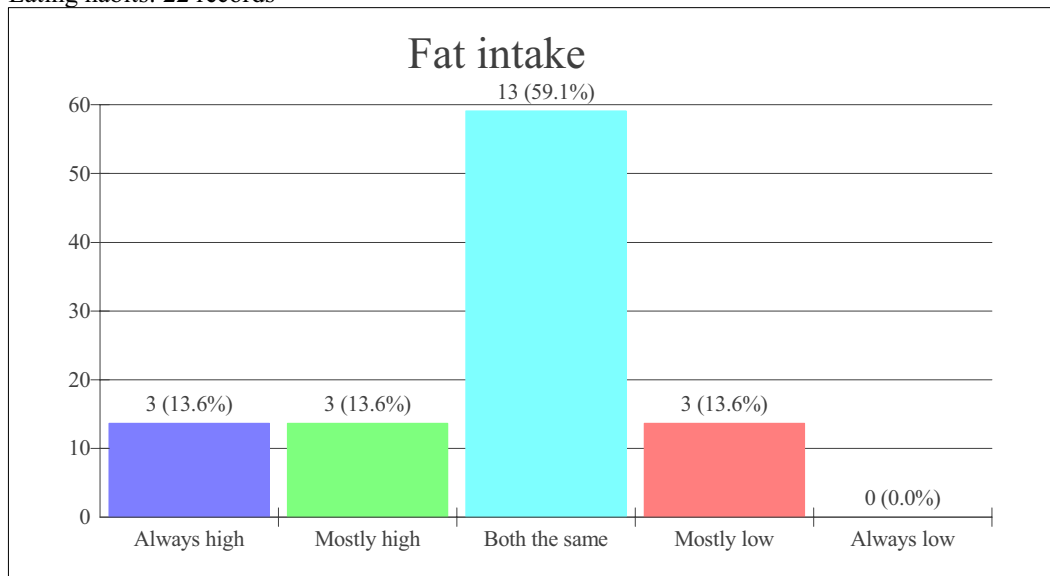
Heart Health Group Report

Exercise: 22 records



Three to four aerobic exercise sessions per week (20 to 30 minutes each) are recommended for maintaining good cardiovascular fitness. In this group, 14 (63.6%) meet these requirements. Another 8 (36.4%) have no regular exercise program, or are not getting adequate exercise to maintain good health.

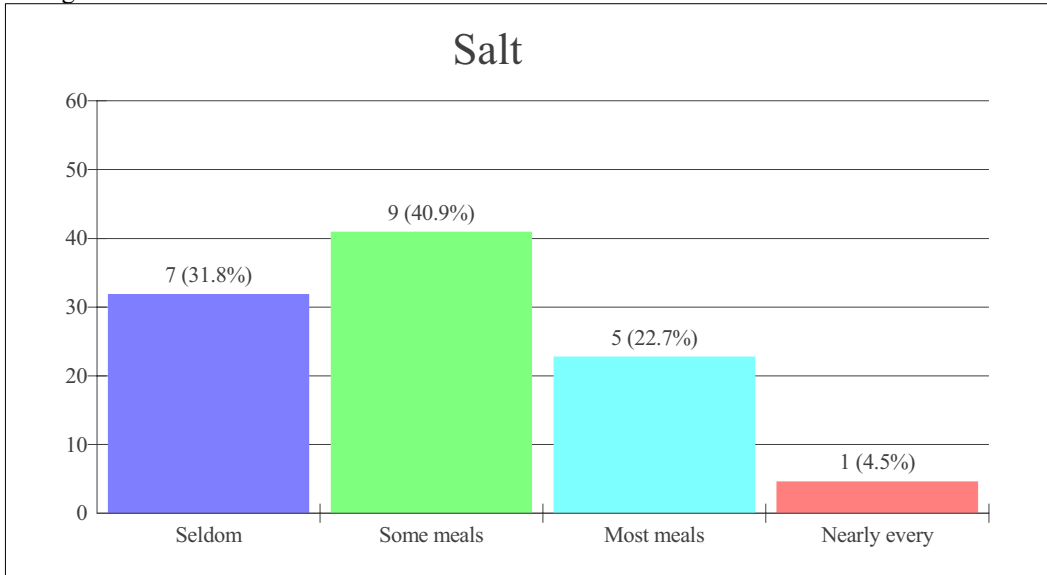
Eating habits: 22 records



Choosing lowfat foods and cooking options such as using vegetable oils instead of animal fats, doing less frying, eating low fat dairy products (skim milk, low fat yogurt and cottage cheese) in place of high fat products (whole milk, cream, cheese, butter) and choosing low fat protein sources (nuts, skinless poultry, and fish) instead of high fat protein foods (bacon, beef, and poultry with skin) can significantly reduce calories and fat in the diet. In this group, 6 (27.3%) report using high amounts of fat. 3 (13.6%) report using primarily low fat. The remaining 13 (59.1%) use both about the same.

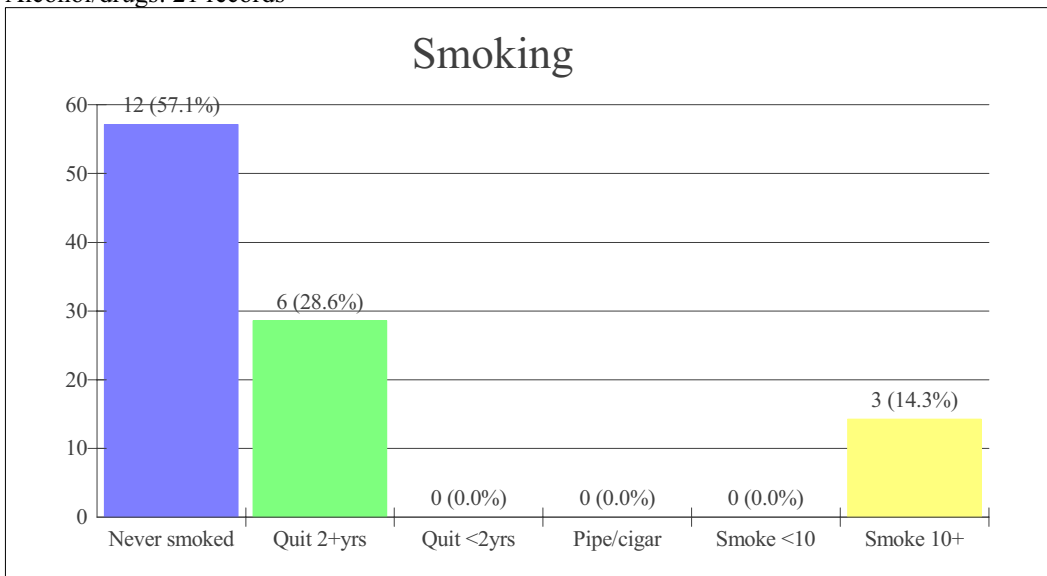
Heart Health Group Report

Eating habits: 22 records



Heavy use of salt can contribute to high blood pressure. Because high blood pressure is so common in the population, it is recommended that everyone avoid the heavy use of salt (including salty foods). In this group, 16 (72.7%) of the people report using salt or eating salty foods sparingly (seldom or occasionally); while 6 (27.3%) say they use salt or eat salty foods regularly or often.

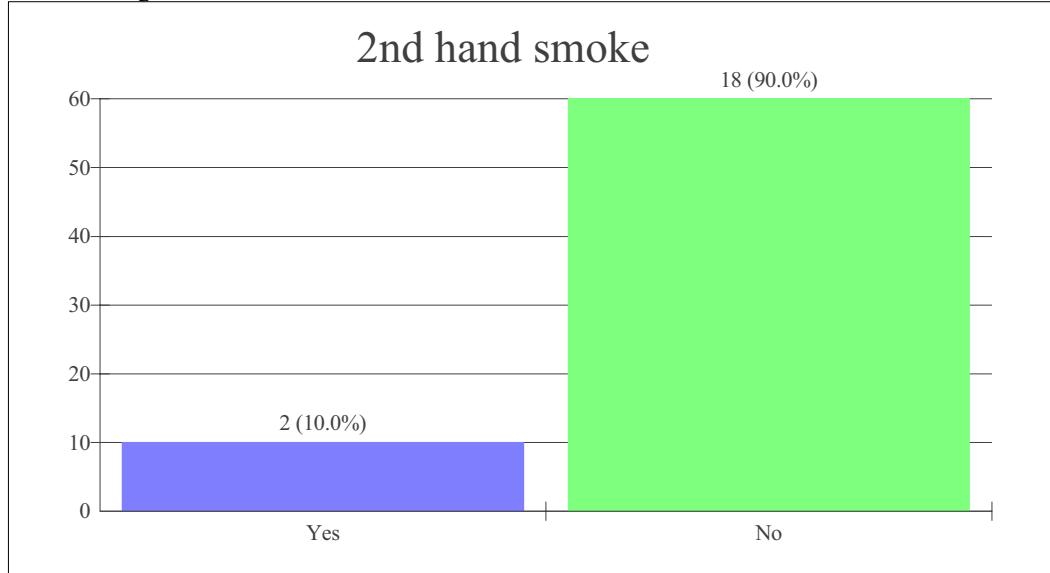
Alcohol/drugs: 21 records



The greatest preventable cause of early death today is smoking. Smokers are sick more often than non-smokers. In fact, studies suggest that a smoker will pay approximately \$300 to \$600 more each year for health care than a non-smoker. In this group, 12 (57.1%) people have never smoked, 6 (28.6%) people have quit smoking, and 3 (14.3%) people currently are smokers.

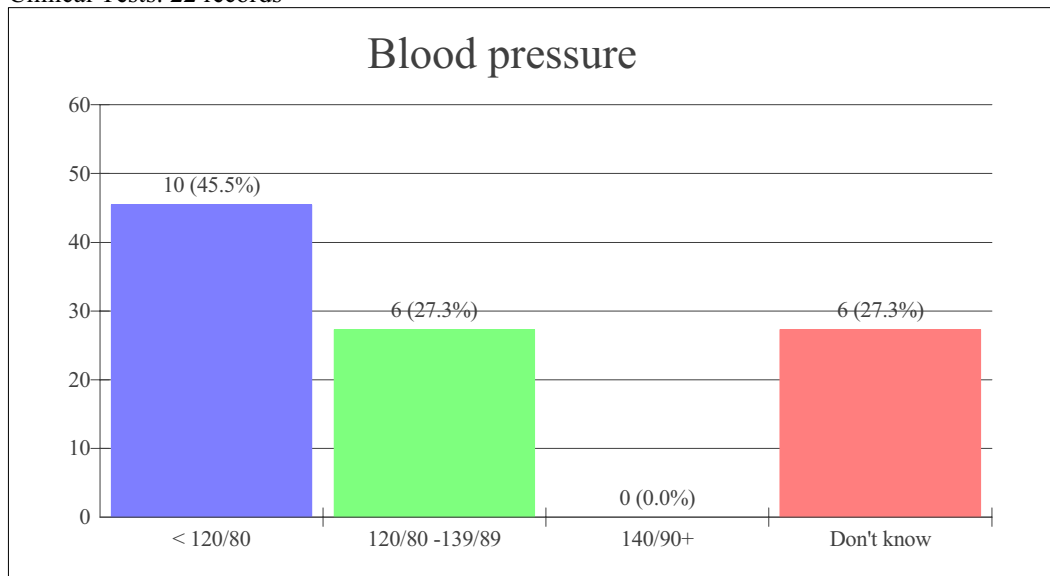
Heart Health Group Report

Alcohol/drugs: 20 records



The scientific advisory board to the Environmental Protection Agency recommended that second-hand smoke receive classification as a Class A carcinogen in the same category as asbestos. Second-hand smoke is a serious health hazard for individuals that are exposed to it. All organizations should ensure that their workers are protected from exposure to second-hand smoke at the worksite and should warn employees to avoid exposure elsewhere. In this group 2 (10.0%) people report that they are regularly exposed to second-hand smoke.

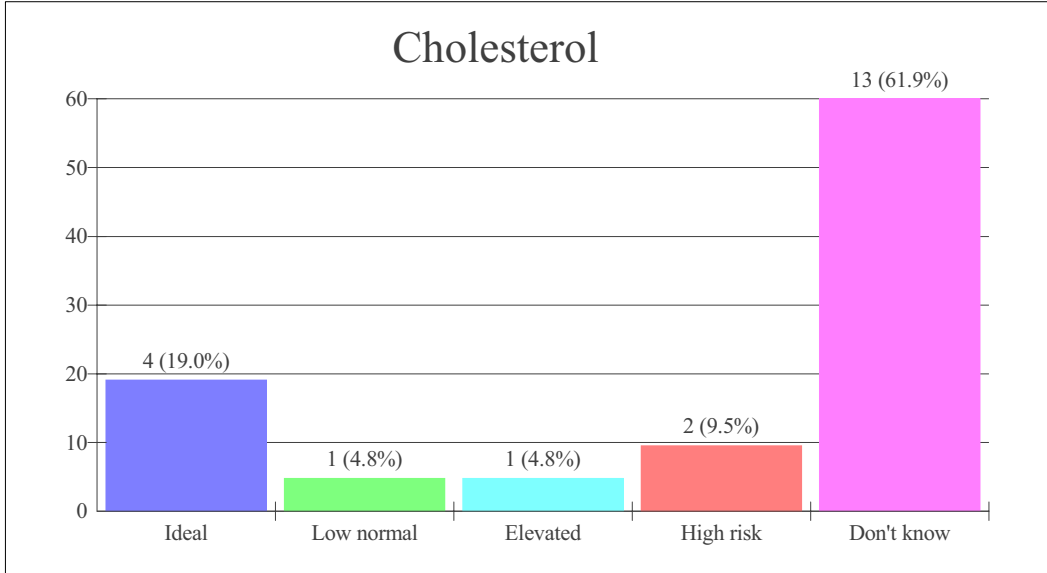
Clinical Tests: 22 records



High blood pressure increases the risk for heart disease and stroke. Studies show that persons with high blood pressure tend to have higher health care expenses. Ideal blood pressure is 115/75 or below. Those with blood pressure of 120/80 to 139/89 are considered prehypertension. In this group, 6 people self reported elevated blood pressure. 0 people self reported blood pressures of 140/90 or above, putting them at higher risk.

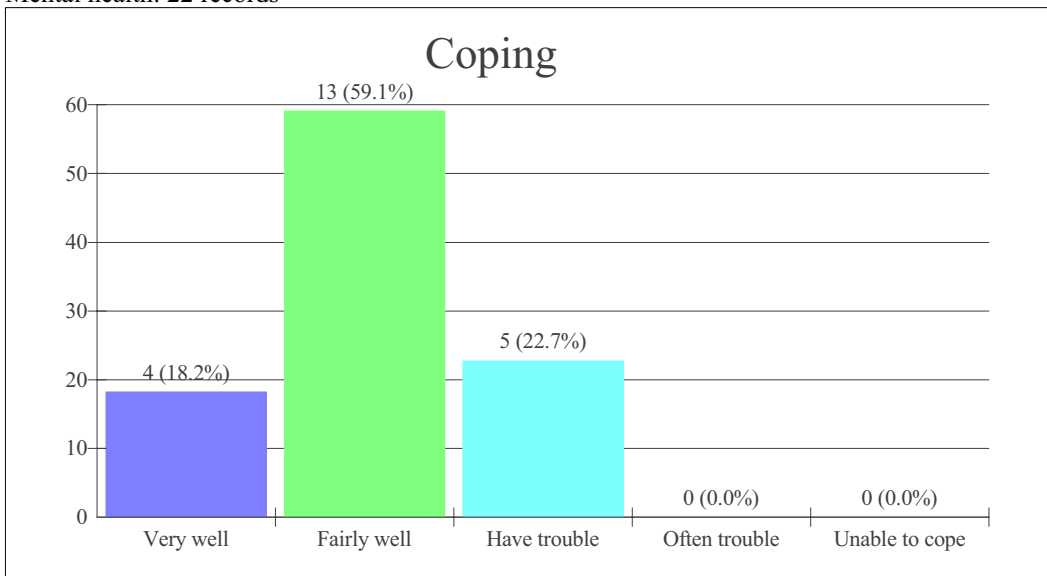
Heart Health Group Report

Clinical Tests: 21 records



Cholesterol Question - High blood cholesterol levels increase the risk for heart disease and stroke. It is recommended that everyone should have a cholesterol level below 200. A level of 161 or below is ideal. Persons with a level of 240 or higher are at high risk. In this group, 1 people self reported an elevated cholesterol level. 2 people self reported a level in the high risk range.

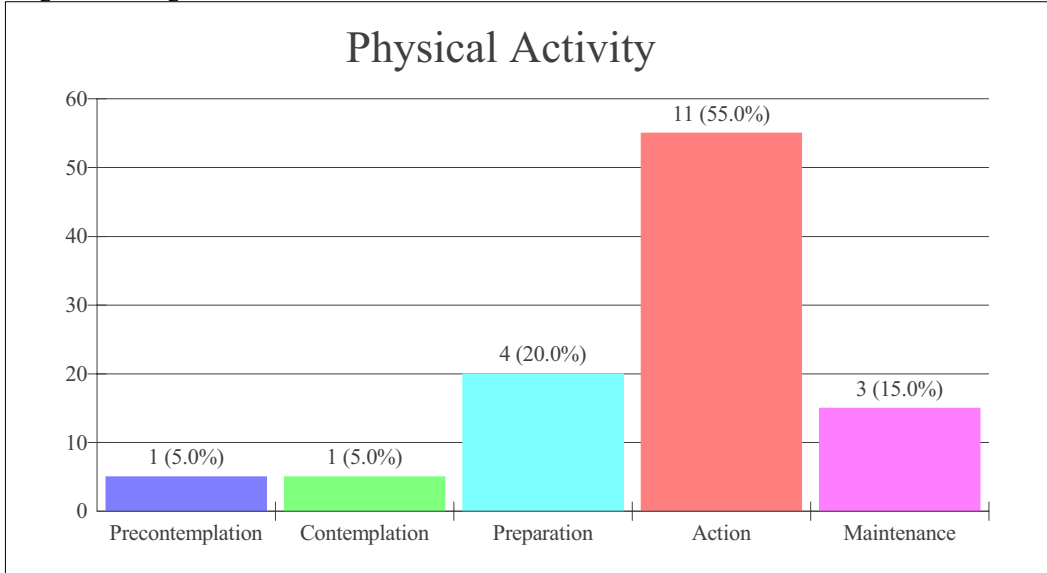
Mental health: 22 records



Excessive levels of stress can cause increased absenteeism, decreased performance on the job, and physical and mental health problems. Programs for reducing stress and improving coping skills can help offset many of these problems. In this group, 17 (77.3%) people feel they are seldom or only occasionally stressed and are coping well. Another 5 (22.7%) people feel they are stressed often and have trouble coping at times. The remaining 0 (0.0%) people feel they experience heavy or excessive levels of stress and are having trouble coping or are unable to cope.

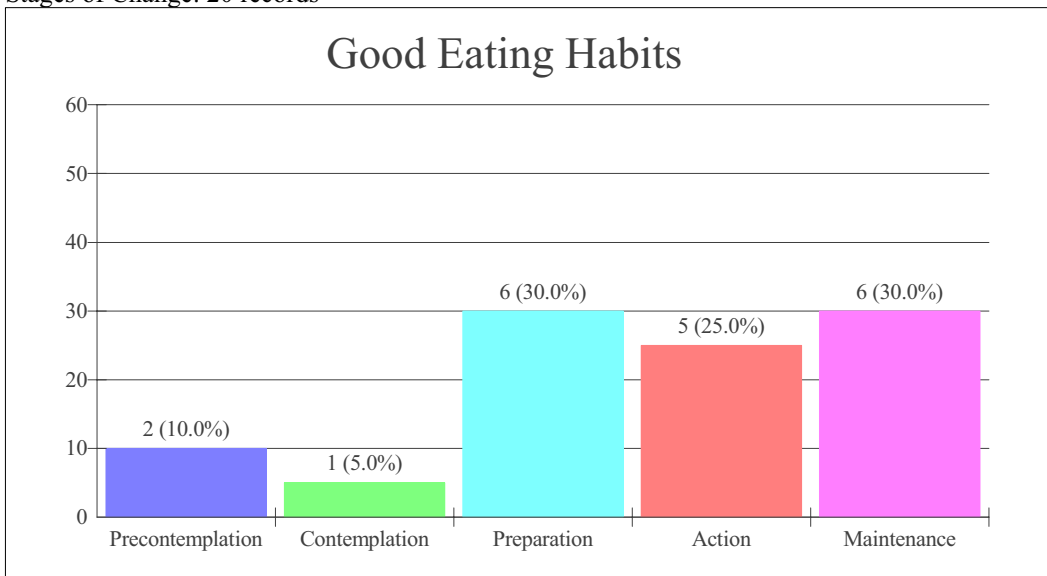
Heart Health Group Report

Stages of Change: 20 records



By understanding the stages of change, in this case for physical activity, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to increase physical activity. Contemplators acknowledge they need more physical activity but they are not yet ready to start. People in preparation are planning to start an activity program sometime within the next month. People in the action stage have recently started a physical activity program. While people in the maintenance stage have participated in regular activity for at least 6 months.

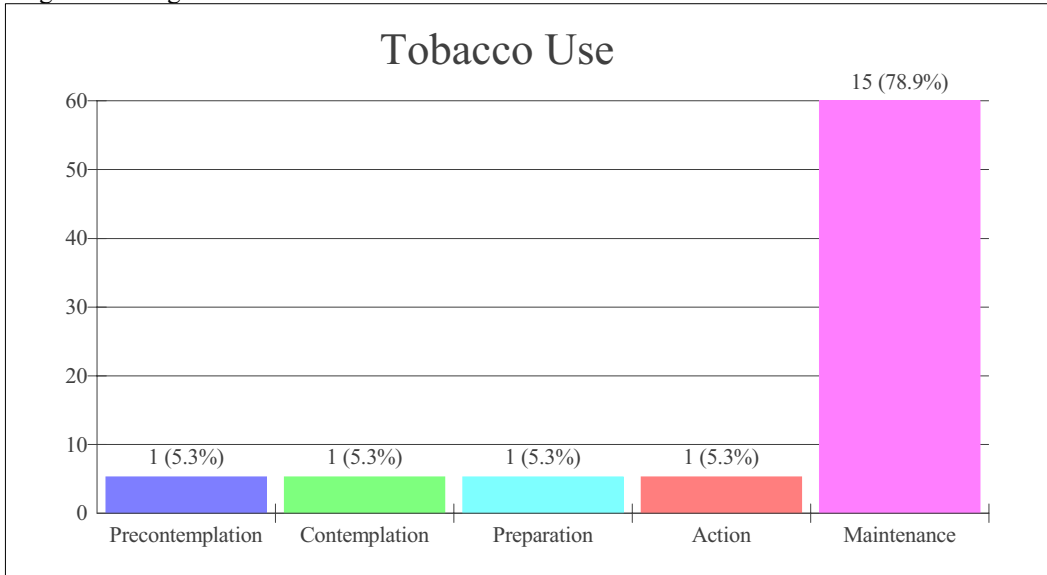
Stages of Change: 20 records



By understanding the stages of change, in this case for good eating habits, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to improve their diet. Contemplators acknowledge they need to eat better but they are not yet ready to start. People in preparation are planning to start a good eating program sometime within the next month. People in the action stage have recently made an effort to improve their eating habits. People in the maintenance stage have been practicing good eating habits for at least 6 months.

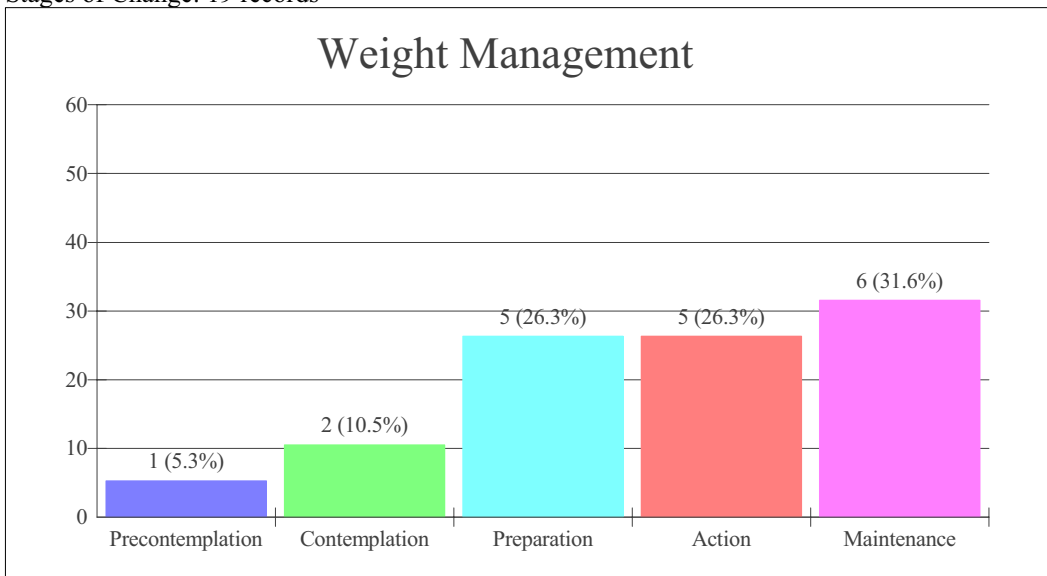
Heart Health Group Report

Stages of Change: 19 records



By understanding the stages of change, in this case to avoid tobacco use, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to stop smoking or avoid tobacco. Contemplators acknowledge they should stop using tobacco products but are not yet ready to start. People in preparation are planning to stop smoking or quit using tobacco products sometime within the next month. People in the action stage have recently stopped using tobacco. People in the maintenance stage have avoided tobacco use for at least 6 months.

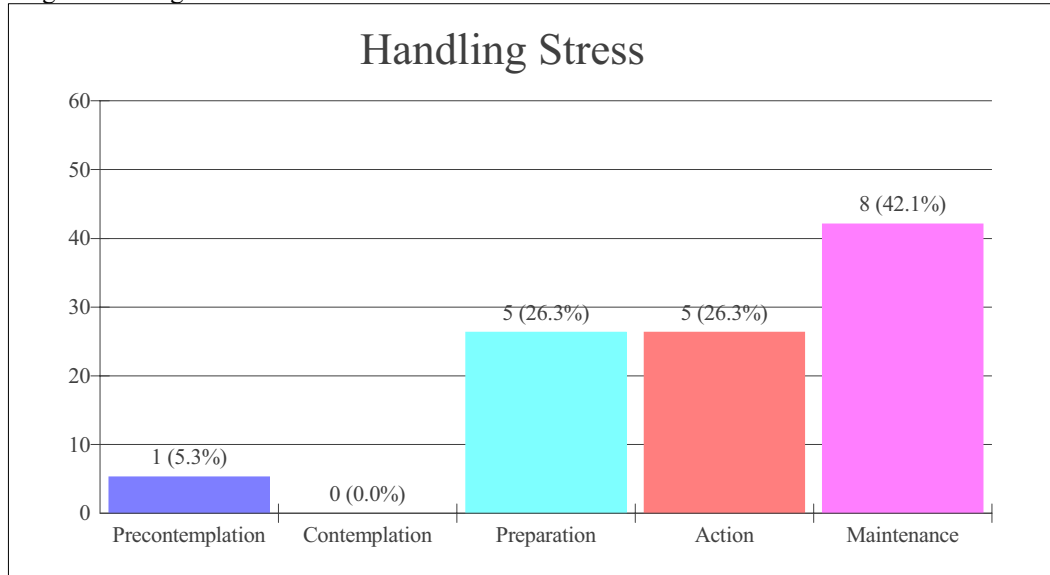
Stages of Change: 19 records



By understanding the stages of change, in this case for weight management, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need for weight management. Contemplators acknowledge they need weight management but are not yet ready to start. People in preparation are planning to start a weight management program sometime within the next month. People in the action stage have recently started a weight management program. People in the maintenance stage have been involved in weight management for at least 6 months.

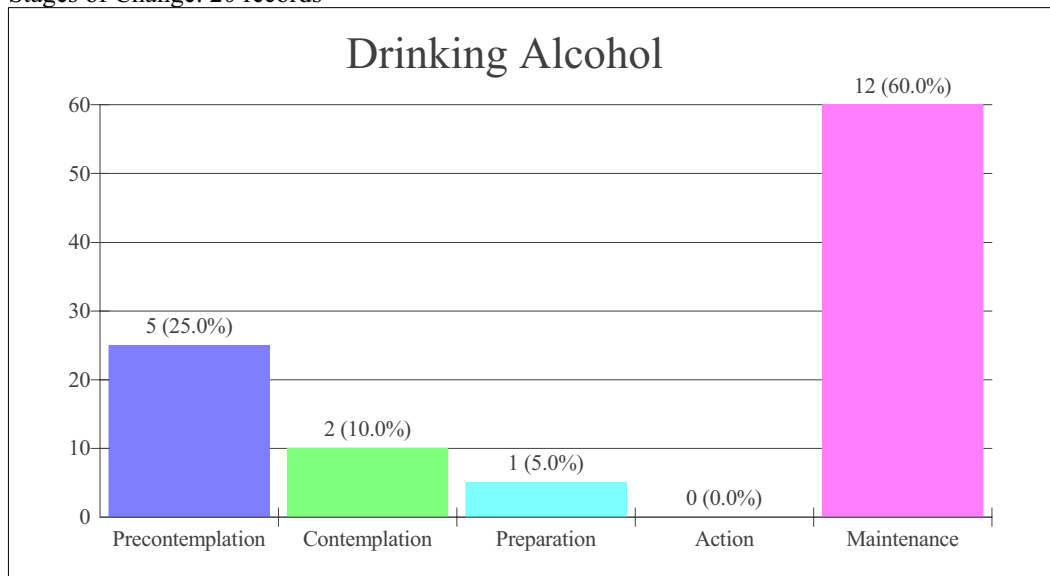
Heart Health Group Report

Stages of Change: 19 records



By understanding the stages of change, in this case for handling stress, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to handle stress. Contemplators acknowledge they need more help with handling stress but they are not yet ready to start. People in preparation are planning to start handling stress sometime within the next month. People in the action stage have recently started handling stress. People in the maintenance stage have been handling stress for at least 6 months.

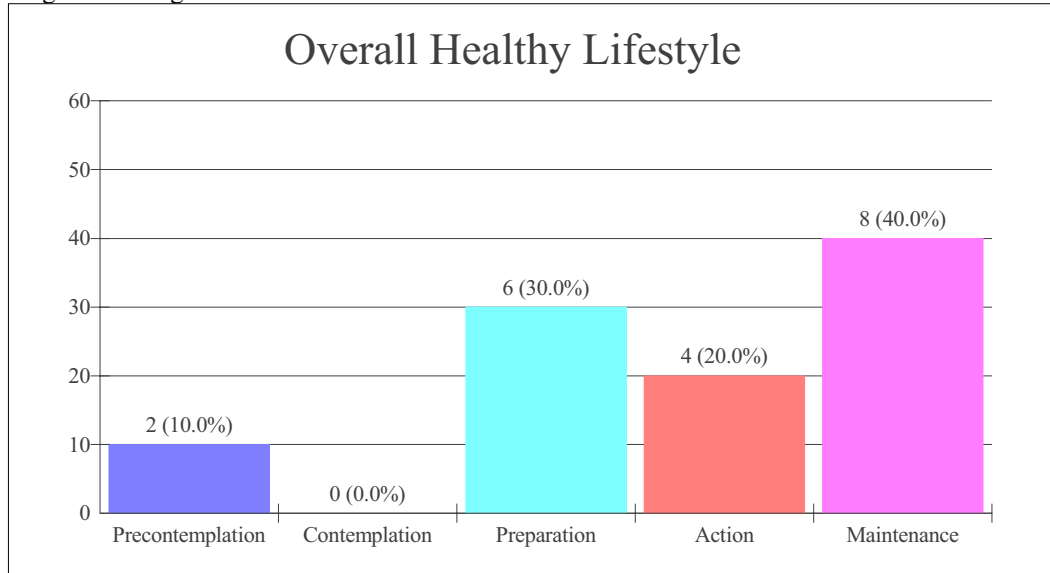
Stages of Change: 20 records



By understanding the stages of change, in this case for drinking in moderation, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to drink in moderation. Contemplators acknowledge they need more help to be more moderate in their drinking but they are not yet ready to start. People in preparation are planning to drink more moderately sometime within the next month. People in the action stage have recently been more moderate drinkers. While people in the maintenance stage have been drinking in moderation for at least 6 months.

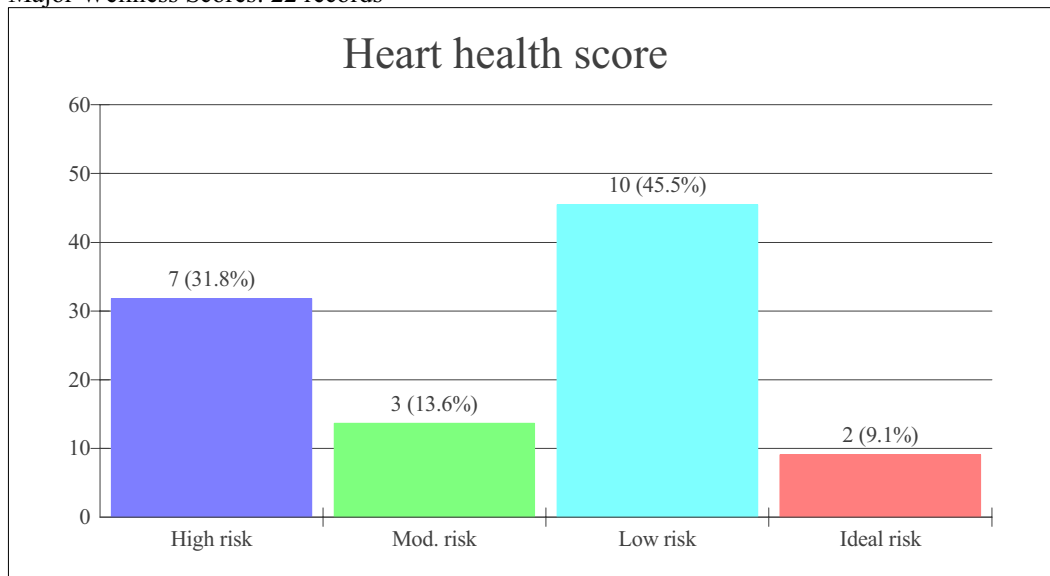
Heart Health Group Report

Stages of Change: 20 records



By understanding the stages of change, in this case for living an overall healthy lifestyle, your program may be able to maximize its efforts to facilitate appropriate behavior change. Precontemplators are those who have not considered or feel no need to do this. Contemplators acknowledge they need to live an overall healthy lifestyle but are not yet ready to start. People in preparation are planning to start living an overall healthy lifestyle sometime within the next month. People in the action stage have recently started living an overall healthy lifestyle. People in the maintenance stage have been living an overall healthy lifestyle for at least 6 months.

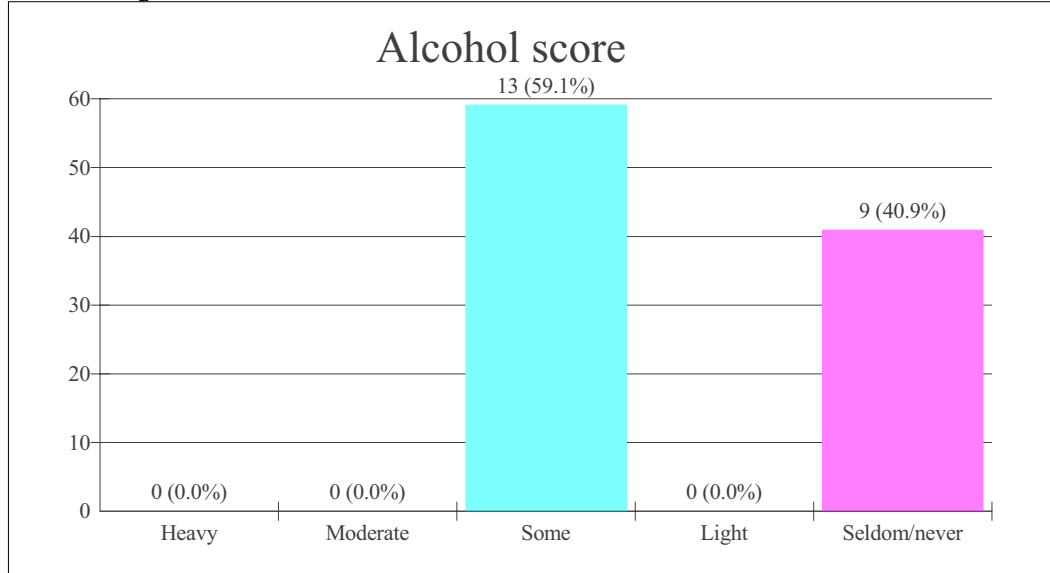
Major Wellness Scores: 22 records



The overall coronary risk rating is based on the information provided by the National Institute of Health's "National Cholesterol Education Program." This rating indicates an individual's risk for heart disease. 12 people have a low or excellent coronary risk rating.

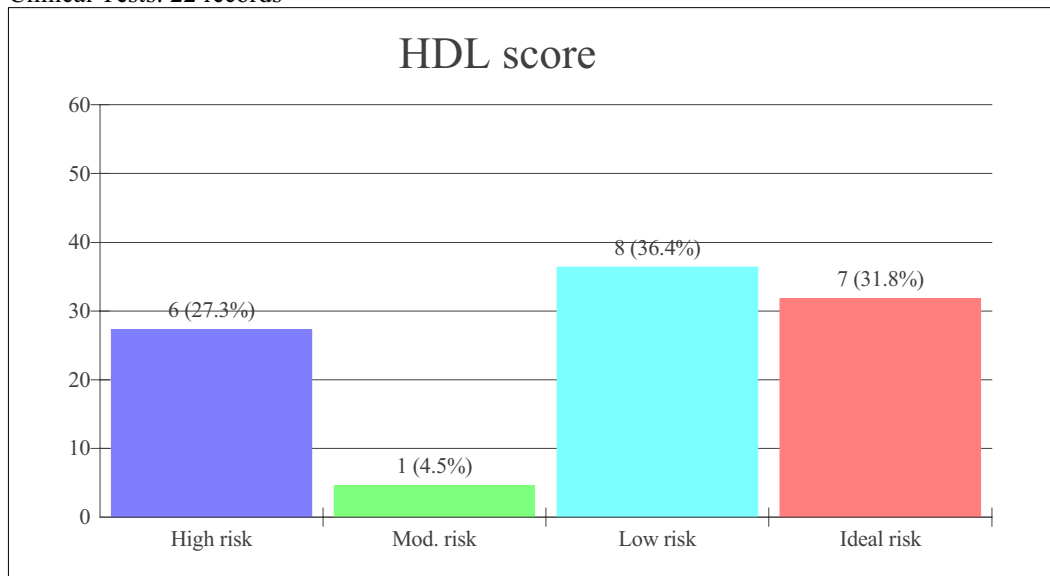
Heart Health Group Report

Alcohol/drugs: 22 records



The regular use of alcohol can lead to serious mental and physical health problems. Alcohol is involved in half of all motor vehicle deaths and most cases of cirrhosis (a leading cause of death). It is also a major factor in deaths from drowning, fires, homicides and suicides. Problem drinking is a major factor in absenteeism, decreased job performance, and contributes to high medical costs. Nationally, 36% of people never drink, 14% rarely drink, 24% are light drinkers, 18% are moderate, and 8% are heavy drinkers. In this group 0 (0.0%) people are rated as heavy drinkers. At the same time, 9 (40.9%) people report they seldom or never drink.

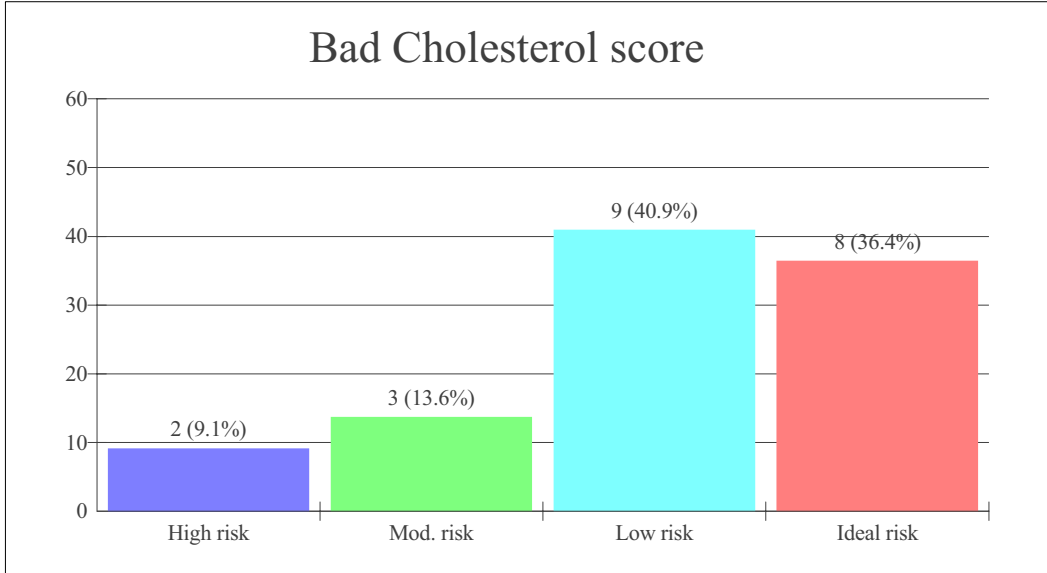
Clinical Tests: 22 records



High Density Lipoprotein cholesterol (HDL-C) is a carrier of "good cholesterol." HDL-C protects against heart disease by helping remove excess cholesterol deposited in the arteries. The more HDL in the blood the lower your risk. HDL-C levels of 60 or more are ideal, while HDL-C levels of less than 40 are considered high risk. In this group, 1 people have an HDL level in the moderate risk range. 6 people have a low HDL-C level indicating high risk.

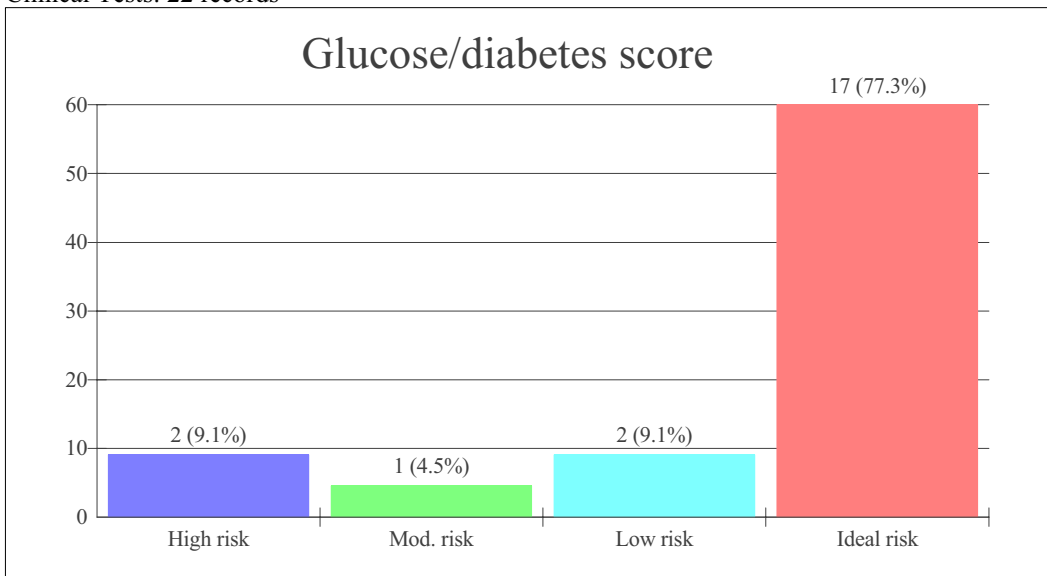
Heart Health Group Report

Clinical Tests: 22 records



Low Density Lipoprotein cholesterol (LDL-C) is considered "bad cholesterol" because when LDL levels are high, cholesterol deposits form in the arteries. LDL-C is an even better risk indicator than total cholesterol. In this group, 3 people have an LDL level that indicates moderate risk. 2 people have a high level of LDL-C, putting them at high risk. (Non-HDL included if available. Non-HDL includes LDL, VLDL and IDL.)

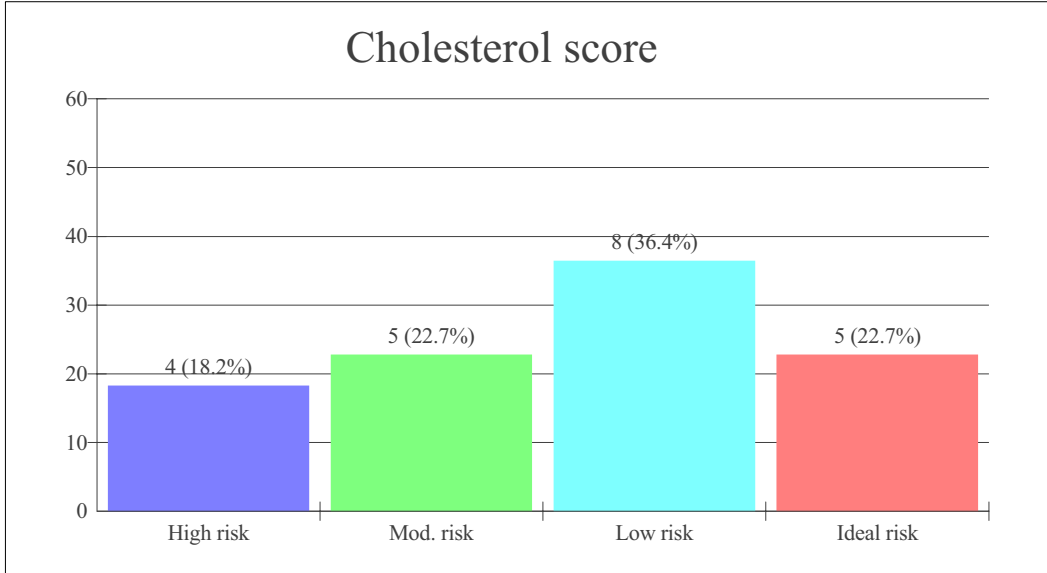
Clinical Tests: 22 records



High blood glucose (sugar) can indicate the presence of diabetes, which increases the risk for heart and blood vessel diseases. Normal fasting glucose levels are less than 100, and non-fasting are less than 140. In this group, 3 people have a glucose level greater than recommended, putting them at high risk (presence of diabetes may affect score).

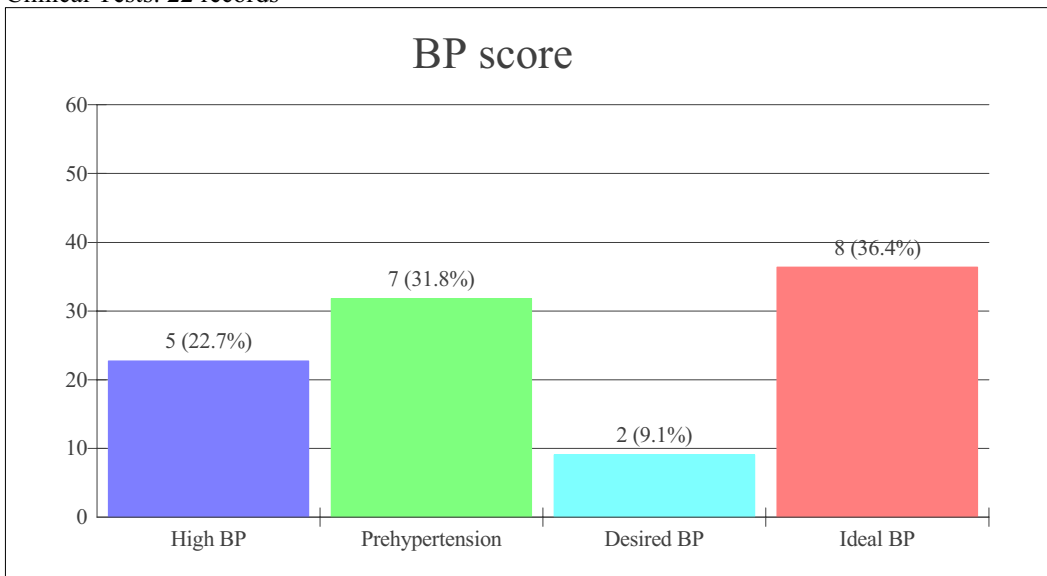
Heart Health Group Report

Clinical Tests: 22 records



Cholesterol values below 200 are low risk, 200-239 are at risk and 240 or more are high risk. In this group 5 people have a cholesterol level that indicates moderate risk. 4 people have a high cholesterol level indicating high risk.

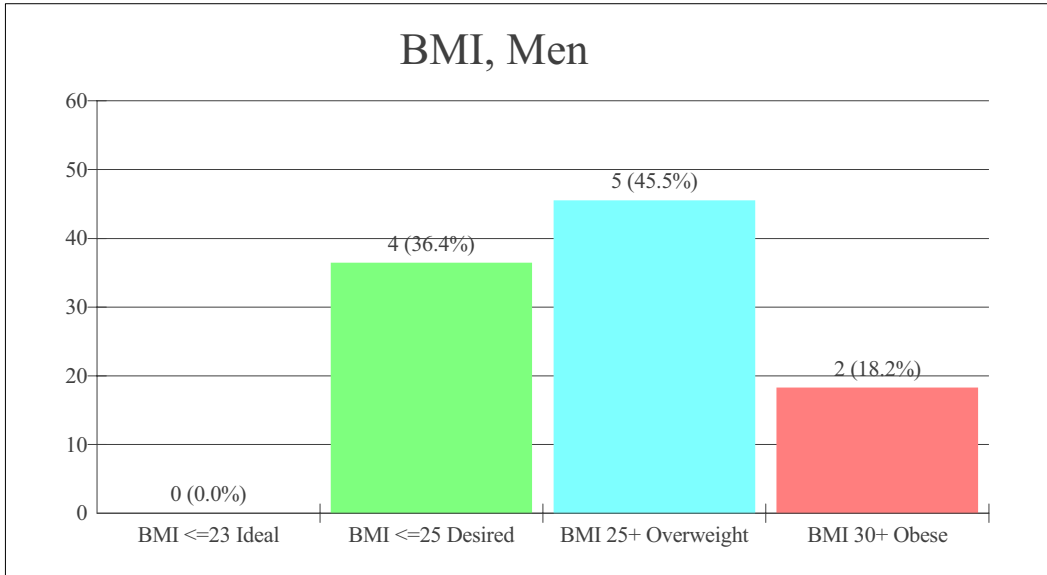
Clinical Tests: 22 records



Blood pressures of 140/90 or above are high risk and at increased risk for heart disease and stroke, which is a score less than 25. Pressures less than 120/80 are desired. In this group 7 people have a blood pressure that indicates prehypertension (120/80 - 139/89). 5 people have a blood pressure indicating high risk (140/90+). (If no clinical blood pressure, then self-reported is scored.)

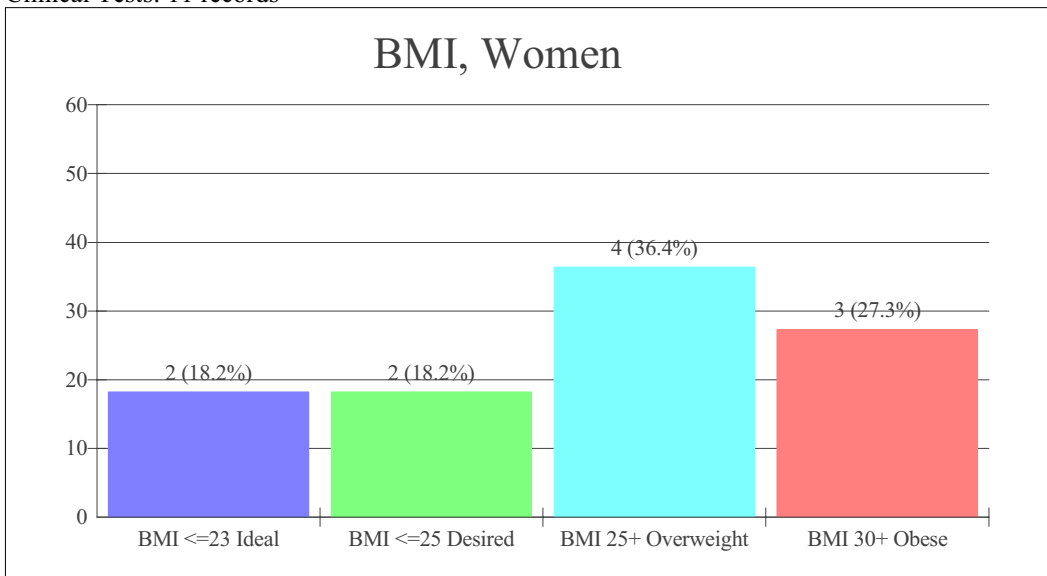
Heart Health Group Report

Clinical Tests: 11 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Men with BMI values above 25 are at higher risk for heart disease and other health problems.

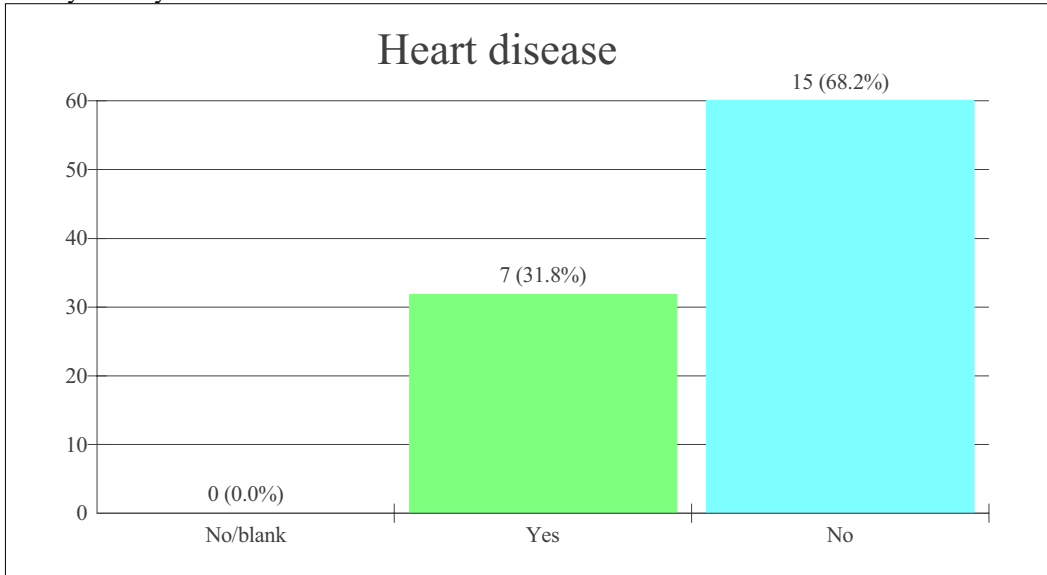
Clinical Tests: 11 records



BMI provides an index of weight in proportion to height. Research has shown this to be a good risk predictor. Women with BMI values above 25 are at higher risk for heart disease and other health problems.

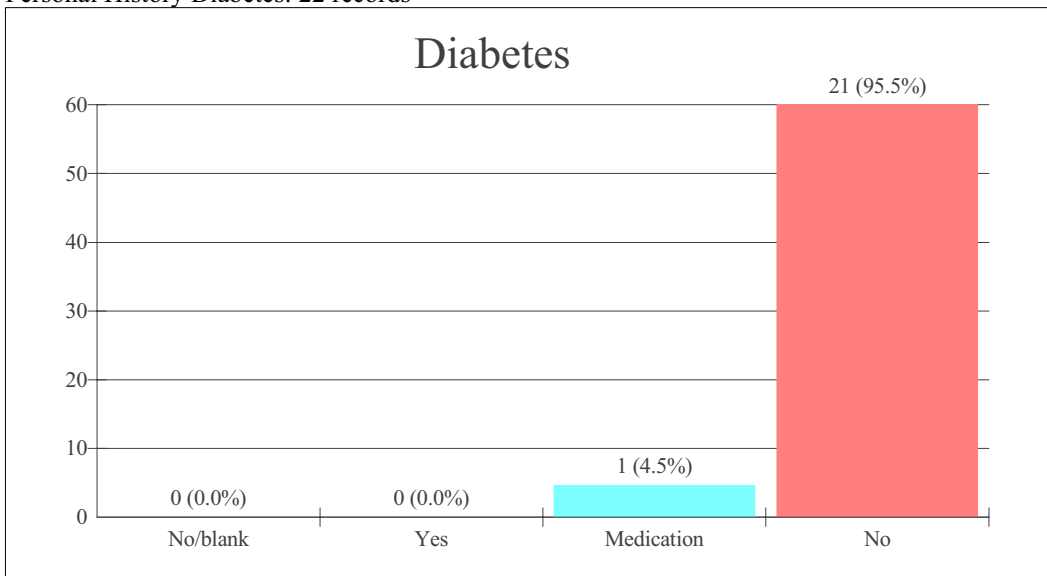
Heart Health Group Report

Family History CHD: 22 records



Family history of coronary heart disease.

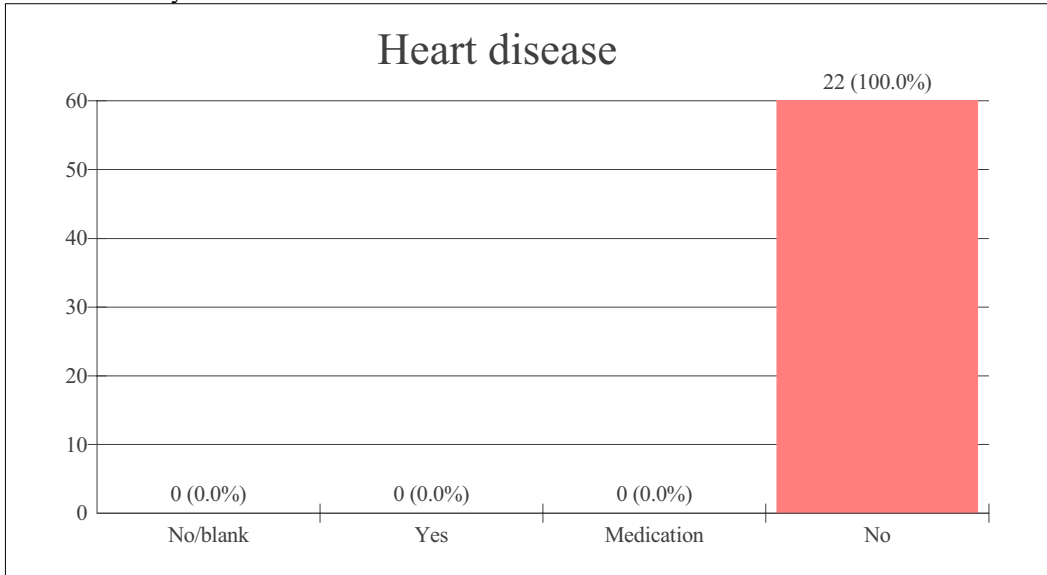
Personal History Diabetes: 22 records



Personal history of diabetes.

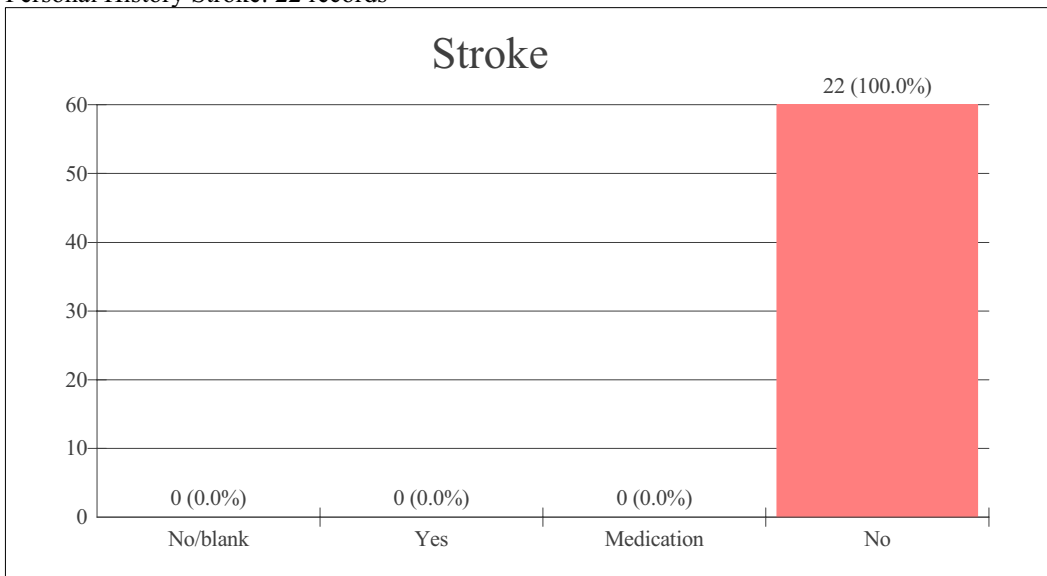
Heart Health Group Report

Personal History CHD: 22 records



Personal history of heart disease, heart attack, agina, or congestive heart failure..

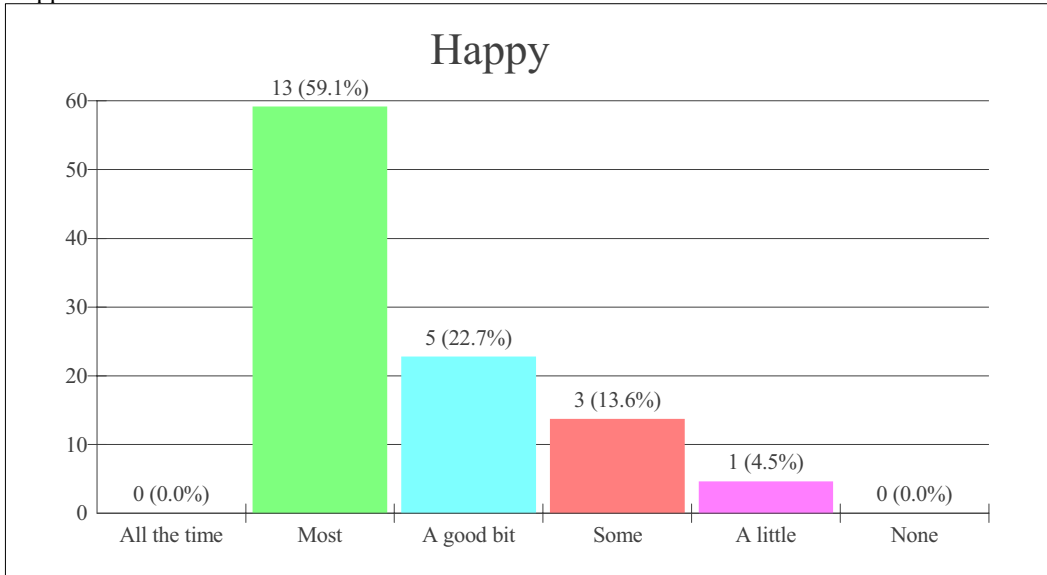
Personal History Stroke: 22 records



Personal history of stroke or restricted blood flow the head or legs.

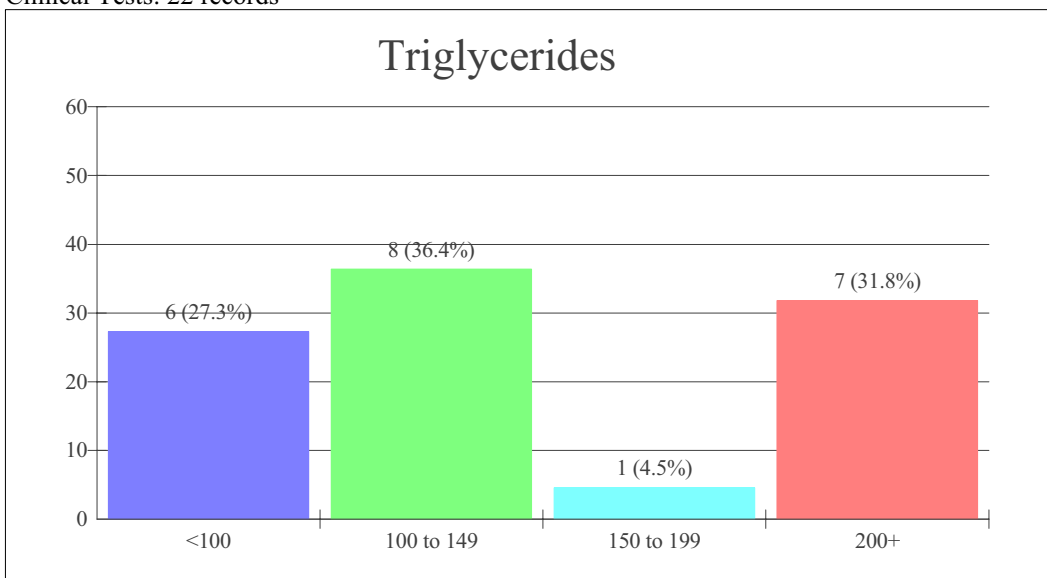
Heart Health Group Report

Happiness: 22 records



Excess stress can drain energy levels and erode happiness. If this continues it can cause both physical and emotional problems. Looking for rewarding activities and supportive relationships can help. If unhappiness continues, counseling is recommended.

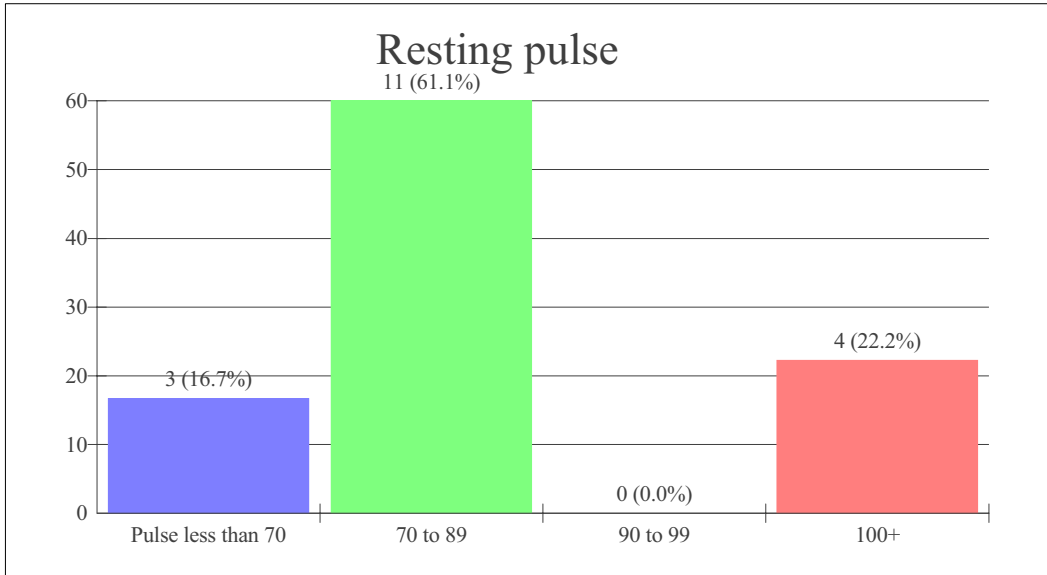
Clinical Tests: 22 records



Triglycerides or fat in the blood, are best kept below 150 (1.70 mmoles/L) for low risk. Less than 100 (1.13 mmoles/L) is ideal, while levels of 200+ (2.26 mmoles/L) are considered high risk.

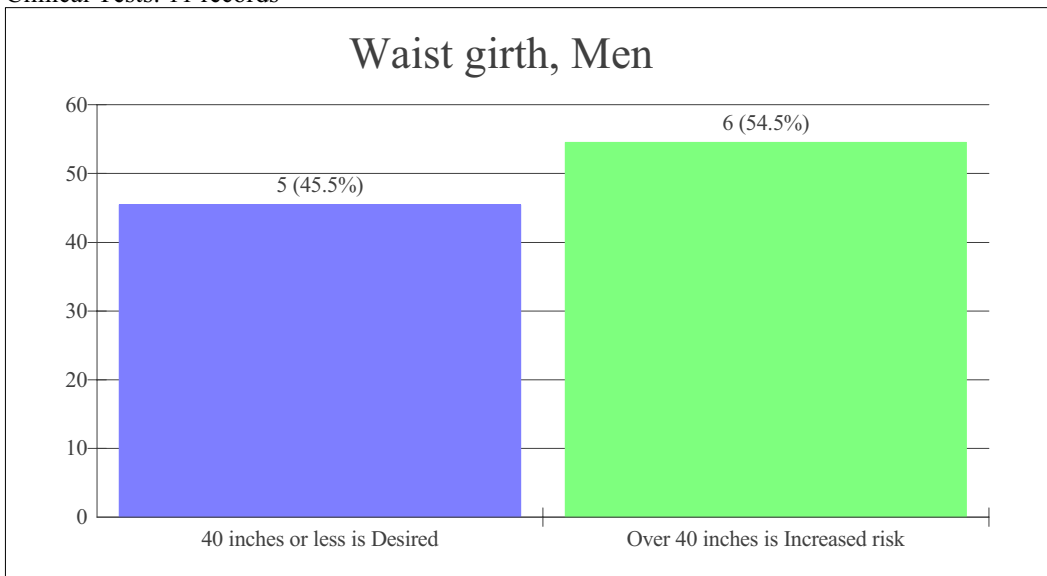
Heart Health Group Report

Clinical Tests: 18 records



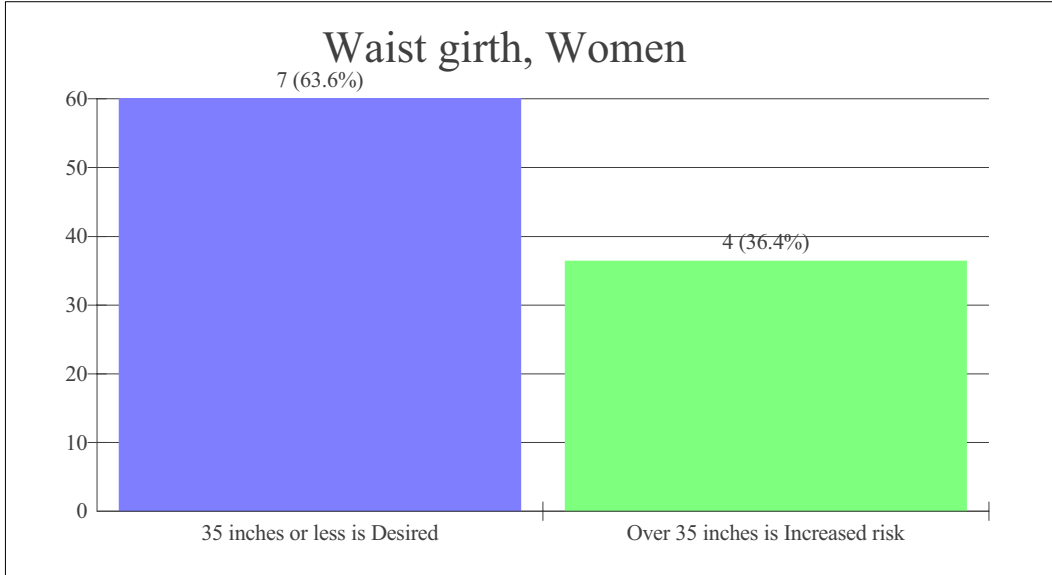
Normal resting pulse rates for persons with good aerobic conditioning are usually below 70 beats/minute. Conditioned athletes can have resting heart rates under 60, but resting heart rates over 90-100 are considered elevated.

Clinical Tests: 11 records



Research has shown when the Waist Girth measurement is over 40 inches in men, it increases the risk for coronary heart disease. It is best to keep the waist line less than 40 inches.

Clinical Tests: 11 records



Research has shown when the Waist Girth measurement is over 35 inches in women, it increases the risk for coronary heart disease. It is best to keep the waist line less than 35 inches.