



SCREENER FORM

Please inform each client of the following

*** The information is provided for screening purposes only and should be shared with your primary care physician for follow up ***

1. Body Mass Index

- It is the measure of an adult's weight in relationship to their height.
- BMI may not be a reliable estimate of body composition for individuals with a high amount of muscle mass due to the fact that muscle tissue is denser than fat tissue.
- A BMI over **25** starts to increase your risk for diabetes, stroke, hypertension, high cholesterol, certain cancers, and sleep apnea.

Body Composition Strategies

- _____ 1-Increase physical activity to 30 min/day. Park the car farther away, walk in a mall, start a lunch and walk club at work, or take the stairs instead of elevators.
- _____ 2-Start reducing the size of food portions by cutting what you normally eat by 1/3 to reduce calories and fat. You can also consume 5-6 small meals instead of 2-3 large meals each day.
- _____ 3-Start drinking more water instead of soda pop (including diet), increase fiber, fruits and vegetables, and baked or broiled meats.
- _____ 4-To get your BMI into a healthy range, your weight needs to be ___lbs.

2. Blood Pressure

- **Systolic:** top number = heart pumping. **Diastolic:** bottom number = heart at rest.
- High blood pressure, *hypertension*, is known as the Silent Killer because it has very few symptoms.
- High blood pressure can increase the risk of coronary heart disease, stroke, and kidney/eye problems.
- Hypertension can be caused by "hardening of the arteries" as plaque builds on artery walls, which causes them to become narrower. When the arteries are narrower, there is more pressure on the walls to get the blood through.

Blood Pressure Strategies

- _____ 1-Limit your saturated fat, cholesterol, and salt (sodium) intake by looking at food labels
- _____ 2-Lower stress with deep breathing exercises, by listening to soothing music, get *at least* 7 hours of sleep each night, and limit caffeine intake.
- _____ 3-Quit smoking or cut down to 1/2 of what you normally smoke
- _____ 4-Increase physical activity to 30 min/day each day. Park the car farther away, walk in a mall, start a lunch and walk club at work, or take the stairs instead of elevators.
- _____ 5-Maintain and or/achieve a healthy body weight by exercising, balancing calories you take in from foods and beverages with calories burned.

3. Blood Glucose (Sugar)

- Glucose, a type of sugar, is used for energy by the body.
- Insulin is a hormone needed to convert sugar, starches and other food into energy needed for daily life
- Diabetes is a disease in which the body does not produce or properly use insulin, resulting in high blood sugar.
- You should have your blood sugar checked every year.
- Diabetes **IS** treatable with changes in diet, exercise, and the care of a doctor.
- Not treating high blood sugar can lead to problems with cardiovascular disease and issues with the eyes, kidneys, and nerves.

High Blood Sugar Strategies:

- _____ 1-If overweight, try to set a goal of losing 1-2 lbs/week over the next eight weeks with better food choices and more activity.
- _____ 2-Increase whole grains, nuts, and beans for fiber. Decrease white bread and rice, pasta, sweets, and soft drinks (even diet).
- _____ 3-Quit smoking, or cut down to 1/2 of what you normally smoke.
- _____ 4-Consume some protein & healthy fat with each meal to slow sugar absorption in the blood.

4. Cholesterol

- Having cholesterol in the blood is normal, but when it falls into an unhealthy range it can increase the risk of cardiovascular disease.
- TC is the ‘total’ of all the different types of cholesterol in your blood.
- HDL is good cholesterol (H for healthy). It carries the bad cholesterol back to the liver to dispose of it.
- LDL is lousy cholesterol (think L for lousy). It takes cholesterol to the arteries which can be left behind and stick to the walls forming plaque.
- Triglycerides are a type of fat found in your blood that provides cells with energy to function. If you regularly eat more calories than you burn, you may have high triglycerides.
- Your TC/HDL ratio tells you out of your total cholesterol, how much of it is healthy.

Cholesterol Strategies:

- _____ 1-Increasing physical activity to 30 min/day will increase your HDL. You can include activity in your day by parking the car farther away, walking in a mall, starting a lunch and walk club at work, or taking the stairs instead of elevators.
- _____ 2-Help to increase your HDL and lower LDL by choosing foods like nuts (almonds, peanuts), coldwater fish (salmon, mackerel), and healthy oils (olive, canola).
- _____ 3-A diet rich in unsaturated fats will raise HDL, which act as “Drano” when going through your artery walls taking the LDL back to the liver for disposal.
- _____ 4-Foods high in soluble fiber will decrease LDL and total cholesterol by traveling slowly through the digestive tract and attaching to cholesterol in the intestine, carrying the cholesterol out of the body as waste.