Based on your screening results, identify 3 risk factors that have the biggest impact on your health. Then, choose one of those to begin your lifestyle change program. It is best to start with one risk factor and then move on to the next as you become successful.

**My key risk factors are:**

1. 
2. 
3. 

The first risk factor I will reduce is: 

I will improve this risk factor by doing the following three things:

1. 
2. 
3. 

The barriers I need to overcome for me to be successful are:

1. 
2. 
3. 

I will overcome these barriers by doing the following:

1. 
2. 
3. 

I will take action on__________. Date

---

**Step 1: Identify Your Risk.** This wellness screening will provide you with your own personal "Healthy Heart" profile. This profile will help determine your overall cardiovascular risk and identify what you should target to reduce that risk.

**Step 2: Understand Your Risk.** At the completion of this screening you will have the opportunity to speak with a healthcare professional. This health facilitator will provide you with a better understanding of your risk factors and will help you identify lifestyle factors that should be a priority for change.

**Step 3: Reduce Your Risk.** For most of us change is difficult. Having the right tools will increase your chances for success. Setting short-term and long-term goals, overcoming barriers, and having a strong support system are keys to successful behavior change. To assist you on your path to success you should speak with a healthcare professional, such as your personal physician, health educator, or counselor who can provide you with that added confidence.

Keep in mind there are risk factors that cannot be changed. These include age, gender, family history, and ethnicity.

However, by focusing on lifestyle factors that are within your control, you CAN reduce your risk! Proper nutrition, regular exercise, maintaining a healthy weight, quitting smoking, reducing alcohol consumption, and managing stress are just some healthy habits everyone can develop!
Cholesterol is a soft, waxy substance found in the bloodstream and your body's cells. The body needs cholesterol to form cell membranes, hormones, and even vitamin D. However, when cholesterol levels are elevated, there is increased risk for heart attack and stroke.

- **HDL (High Density Lipoprotein)** carries approximately 1/3 of blood cholesterol. It is called "Good Cholesterol" because it transports cholesterol from the body's tissues back to the liver for excretion or reuse.
- **LDL (Low Density Lipoprotein)** is the primary cholesterol carrier in the blood. It is called "Bad Cholesterol" because it transports cholesterol to arteries where it can be deposited on artery walls in the form of plaque.
- **TC/HDL Ratio** is the relationship between Total Cholesterol and HDL cholesterol. The TC/HDL Ratio is important in determining a person's risk for heart disease. The lower the ratio, the lower the risk.

**Triglycerides** are a type of fat that provides cells with energy to function. However, elevated levels may increase the risk of atherosclerosis (hardening of the arteries), heart disease, and stroke.

**Blood Lipids**

<table>
<thead>
<tr>
<th>Desirable</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol (mg/dl)</td>
<td>&lt;200</td>
</tr>
<tr>
<td>HDL-Cholesterol (mg/dl)</td>
<td>&gt;60</td>
</tr>
<tr>
<td>LDL-Cholesterol (mg/dl)</td>
<td>&lt;130</td>
</tr>
<tr>
<td>TC/HDL Ratio</td>
<td>&lt;3.5</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt;150</td>
</tr>
</tbody>
</table>

**Glucose** is the main sugar in the blood that provides energy needed to perform everyday activities. When glucose levels are elevated or uncontrolled this may lead to a disease called diabetes.

**Insulin** is produced by the pancreas throughout the day. Insulin is a hormone that is needed to convert sugar, starches, and other foods into energy.

**Diabetes** is a disease in which the body does not produce or properly use insulin. There are two primary types: Type 1 Diabetes and Type 2 Diabetes. Left uncontrolled, diabetes may lead to heart, eye, kidney, or nerve damage.

**Type 2 Diabetes** is the most common form of diabetes. This occurs when the body cannot produce and use its own insulin well enough to control blood glucose (sugar) levels. Typically, changing your lifestyle can prevent or reverse Type 2 diabetes.

**Type 1 Diabetes** is a complete breakdown of the insulin production in the body. This type of diabetes is usually diagnosed before the age of 25 and requires insulin injections or an insulin pump.

**Blood Pressure**

<table>
<thead>
<tr>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-hypertension</td>
<td>120-139</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>≥160</td>
</tr>
</tbody>
</table>

**Body Composition**

- **Overweight and obesity** are primary risk factors for many chronic health conditions, including hypertension, high cholesterol, Type 2 diabetes, coronary heart disease, stroke, osteoarthritis, sleep apnea and respiratory problems, and certain types of cancer (e.g., breast, colon).

**Body Mass Index (BMI)** is a measure of an adult's weight in relation to his or her height.

**Waist Circumference** is highly correlated with obesity related diseases.

**Body Fat Percentage** is the ratio of lean body mass (including organs, bones and muscles) to fat mass.

**Blood Glucose**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fasting</th>
<th>Non-Fasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>70-99 mg/dl</td>
<td>Less than 140 mg/dl</td>
</tr>
<tr>
<td>Pre-Diabetes</td>
<td>100-125 mg/dl</td>
<td>140-200 mg/dl</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Over 126 mg/dl</td>
<td>Over 200 mg/dl</td>
</tr>
</tbody>
</table>

Glucose is the measure of the force the blood exerts on artery walls when the heart contracts (systolic) and relaxes (diastolic). The higher your blood pressure, the greater your risk for certain chronic diseases, such as heart disease, kidney disease, stroke, eye damage, and hardening of the arteries (artherosclerosis).

Hypertension is chronically elevated blood pressure (see chart below). Hypertension is commonly referred to as the "Silent Killer" because it typically produces no symptoms. People with diabetes or kidney disease should pay particular attention to their blood pressure levels.

You may be at risk if you:
1. Have a family history of hypertension
2. Smoke, drink alcohol excessively, or don't exercise on a regular basis
3. Have difficulty managing ongoing stress
4. Are overweight or obese

You can lower your blood pressure if you:
1. Begin a regular exercise program and incorporate more physical activity into your daily routine
2. Learn how to manage stress more effectively
3. Reduce your daily sodium intake to under 2400 mg.
4. Quit smoking, limit alcohol intake and maintain a healthy weight

Your blood pressure reading is:

BP: ______/______ mmHg
Pulse: _____ per minute (Normal BPM is 60-100)

To achieve a healthy weight can you:
1. Exercise 30 minutes or more on most days of the week and incorporate physical activity into your daily routine, e.g., take the stairs, park further from your destination, etc. to burn calories activities
2. Eat 5 or 6 smaller meals spaced evenly throughout the day rather than 2 or 3 large ones
3. Increase consumption of fruits, vegetables, whole grains, and lean meats; limit consumption of fried foods, and simple sugars such as candy and regular soda

Your Body Composition:

BMI: _____
Body Fat: _____ %
WC: _____ in.