

# Healthy Traditions Score Sheet



Nasomah Health Group  
Wellness Program  
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Waist Circumference _____ Height _____ Weight _____	Meds	Bronze	Silver	Gold	Platinum	Your Results
1. Systolic Blood Pressure	<input type="checkbox"/>	≥160	140-159	121-139	≤120	
2. Diastolic Blood Pressure		≥100	90-99	81-89	≤80	
3. Body Mass Index (BMI) Male & Female		≥35	30-34	25-29	≤24.9	
4. LDL Cholesterol _____ With CHD equivalent <input type="checkbox"/> Diabetes <input type="checkbox"/> CHD, or <input type="checkbox"/> 20% 10-year risk With 2 risk factors With 0-1 risk factors  <input type="checkbox"/> Smoking <input type="checkbox"/> High blood pressure <input type="checkbox"/> Low HDL (<40mg/dl) <input type="checkbox"/> Family history of premature heart disease (men<55, women<65) <input type="checkbox"/> Age: men≥45, women≥55 <input type="checkbox"/> High HDL (≥60 mg/dl) -1 factor	<input type="checkbox"/>	≥140	120-139	101-119	≤100	
		≥180	160-179	131-159	≤130	
		≥200	180-199	161-179	≤160	
		Total Cholesterol _____ HDL Cholesterol _____				
5. Triglycerides	<input type="checkbox"/>	≥300	200-299	150-199	≤149	
6. Glucose (blood sugar) OR HbA1c (%) _____	<input type="checkbox"/>	≥140 ≥7.5	126-139 <7.5	101-125 <7.0	≤100 <6.5	
7. Exercise days per week		0	1-2	3-4	5-7	
8. Tobacco Use (within 12 months) <input type="checkbox"/> cigarettes <input type="checkbox"/> smokeless tobacco <input type="checkbox"/> pipe/cigar <input type="checkbox"/> former Quit Date _____		Current or <6 mos. quit = -15 6-12 mos. quit = 0 Never or > 12 mos. quit = +15				
POINTS PER CATEGORY		0	5	10	15	
<b>TOTAL</b>						
RANGE FOR CLUB STATUS		≤39	40-79	80-119	120	
Follow-up Wellness Consult Recommended in		3-6 months	6-12 months	1 year	1-2 years	

NAME \_\_\_\_\_

EMPLOYER \_\_\_\_\_

LOCATION/DEPT. \_\_\_\_\_

DATE \_\_\_\_\_

**Congratulations!**

Healthy Traditions Club

Platinum  Gold

Silver  Bronze

You will receive a  
\$50 gift card for your  
annual participation.

*\*Awards such as gift cards are considered  
"cash equivalents" by the IRS and should be  
declared on your taxes.*

Your next test will be  
scheduled in

2010  2011  2012

Need Wellness Labs

Need Annual Physical

	FREQUENCY	DATE COMPLETED	TO DO
1. Physical Exam	every 1-3 years	_____	_____
	Lab Date	_____	
2. Dental Exam	1-2 times per year	_____	_____
3. Eye Exam	every 1-3 years	_____	_____

# Healthy Traditions Screening Criteria Definitions

**Waist Circumference** is the distance around the umbilicus (bellybutton). Excess abdominal fat is a predictor of a number of negative health outcomes. Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher disease risk.

**Systolic Blood Pressure** is a measure of the force in the arteries when the heart pumps and the pressure is the highest; 120 mmHg and below is considered normal; 140 mmHG and above is considered high. Lowering blood pressure by dietary or pharmacologic means has been shown to decrease the risk of heart attacks, strokes, and death. Excess weight, salt consumption, genetics, and inactivity contribute to increased blood pressure. **Diastolic Blood Pressure** is a measure of the force in the arteries when the heart is between pumps and the pressure is the lowest. 80 mmHg and below is considered normal; 90 mmHg is considered high.

**Body Mass Index (BMI)** is a key measure for relating a person's body weight to their height (weight in kilograms /height in meters, squared). A person with a BMI of 27.5% is considered overweight and someone with a BMI of 30+ is considered obese. A BMI of 30 is approximately 30 pounds overweight. **Body Fat Percentage**-Male with a body fat percentage under 20% is considered healthy. Female with a body fat percentage under 25% is considered healthy.

**Cholesterol** is a waxy, fat-like substance that is found throughout the body. Total cholesterol levels should be kept under 200. Low-density lipoprotein (LDL) cholesterol is the "bad" cholesterol. Lowering LDL cholesterol by dietary or pharmacologic means has been shown to decrease the risk of heart attack, stroke, and death. Eating too much animal and dairy fat and partially hydrogenated fats (used in pastries, frozen and packaged foods, and fried fast foods) can elevate LDL cholesterol. High density lipoprotein HDL cholesterol is the "good" cholesterol. A high level of HDL cholesterol in the blood (60+) is protective against heart disease, keeping arteries free of plaque build up, while a low level increases the risk of disease. The level of HDL cholesterol is generally a factor of genetics. Smoking, obesity, and inactivity can lower it while smoking cessation, increased physical activity, and modest alcohol intake can increase it.

**Coronary Heart Disease (CHD)** is the progressive reduction of blood supply to the heart muscle due to narrowing or blocking of a coronary artery. This progression can result in chest pain (angina) and eventually a heart attack. Coronary bypass or angioplasty is needed if medication and diet do not control the disease. CHD risk equivalents carry a risk for major coronary events equal to that of diagnosed CHD. CHD risk equivalents comprise: peripheral arterial disease, abdominal aortic aneurysm, symptomatic carotid artery disease, dia-

betes and/or multiple risk factors that indicate a 20% chance of developing CHD or having another cardiac event within 10 years (also known as 10-year risk for CHD >20%). Determining 10-year risk for developing CHD is carried out using Framingham risk scoring. The risk factors included in the Framingham calculation are age, total cholesterol, HDL cholesterol, systolic blood pressure, treatment for hypertension, and cigarette smoking (any cigarette smoking in the past month). Note, however, that LDL cholesterol remains the primary target of therapy.

**Triglycerides** is another name for fat that may be stored in food, in the body as fat cells, and also found in the blood stream. High triglyceride levels are often accompanied by other factors that increase the risk of heart disease, and therefore should be kept below 150 mg/dL.

**Glucose** is the concentration of sugar in the blood. High blood glucose is caused when the body doesn't have enough insulin or can't use the insulin properly. High levels are associated with diabetes and can lead to damage of the eyes, kidneys, nerves and blood vessels. Levels below 100 mg/dL are considered normal, between 100 and 126 is considered pre-diabetes, and over 126 is diabetes.

**Hemoglobin A1C** is a measure of how much glucose has been sticking during the past 3-4 months to hemoglobin, the substance in the red blood cells that carries oxygen to the cells of the body. The A1C test is important in diabetes as a long-term measure of control over blood glucose. The normal level for hemoglobin A1C is less than 7%.

**Exercise** is the number of days per week engaged in continuous (aerobic) physical activity with a sustained, increased heart rate. This form of exercise is also known as aerobic. Exercise helps control weight and blood pressure, strengthens bones, muscles and joints, while reducing the risk of disease and symptoms of anxiety and depression. Aerobic exercise should be done for 30 minutes, at least 3, preferably 5 days a week.

**Tobacco** use is the measurement of which type of tobacco is used. Use of tobacco products increases the risk of some forms of cancer, lung disease, heart disease, high blood pressure, and gum disease, and therefore should be avoided. A person is considered a tobacco user if tobacco was used at any time in the previous 12 months.

Sources: American Heart Association; National Heart Lung and Blood Institute; National Institutes of Health/National Institute of Diabetes & Digestive & Kidney Disease, National Cholesterol Education Program.x

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, please contact the Nasomah Health Group Wellness Coordinator during your session or call us at 541.751.0940 and we will work with you to develop another way to qualify for the reward.

## Personal Pledge (select two or more)

I, \_\_\_\_\_, do hereby commit to making the following lifestyle related changes to begin \_\_\_\_\_ (month, day, year) and continue for one year/forever. In doing so, I understand that I will enjoy the benefits of healthier living to include feeling and looking better.

- I commit to losing 5% of my weight over the next six months with a goal weight of \_\_\_\_\_ in one year.
- I commit to increasing my exercise to 3-5 days per week.
- I commit to reducing my use of tobacco over the next \_\_\_\_\_ weeks/months with a quit date of \_\_\_\_\_.
- I commit to increase my consumption of fruits and vegetables to five per day.
- I commit to decreasing my consumption of sugar and fried foods to 1-2 times weekly.
- I commit to identifying better ways to reduce stress to include: \_\_\_\_\_
- I commit to seeing my primary care physician/nurse practitioner for my preventive physical exam.
- I commit to being compliant with my medication and following my doctor's orders for taking care of myself.
- I commit to maintaining my healthy habits and weight.
- Other: \_\_\_\_\_

- I commit to my family and friends that this pledge is important.
- I commit to myself that I can do this.

Signature \_\_\_\_\_

Date \_\_\_\_\_