Take Action
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 change 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

Take Charge of Your Health
Knowing your risk for common chronic diseases such as heart disease, hypertension, diabetes, and certain types of cancer is an important first step to “Take Charge of Your Health.”

Step 1: Identify Your Risk. This wellness screening will provide you with your own personal health 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. Speak with your healthcare provider for further assistance with a plan to help you meet your goals.

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!

Additional Information
For additional information please:
Log onto: www.ibxpress.com
OR
Call toll-free: 1-800-ASK-BLUE
OR
Connect with us at:
facebook www.facebook.com/ibxfb
OR
twitter www.twitter.com/ibx

To obtain further information about your screening results or risk reduction, please visit the following websites:
• U.S. Department of Agriculture www.myplate.gov
• National Heart, Lung and Blood Institute www.nhlbi.nih.gov
• American Heart Association www.americanheart.org
• American Diabetes Association www.diabetes.org
• American Cancer Society www.cancer.org
Blood Glucose

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 sugars, 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.

You are more likely to get diabetes if you:
1. Are African-American, Native American, or Latino
2. Have a family history of diabetes
3. Are overweight or obese
4. Lack exercise or physical activity throughout the day
5. You can prevent or possibly eliminate diabetes if you:
1. Engage in at least 30 minutes of cardiovascular exercise or physical activity most days of the week
2. Eat smaller, more frequent meals and reduce your caloric intake to prevent weight gain
3. Reduce your weight to within acceptable levels

Blood Pressure

Blood pressure 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 (atherosclerosis).

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 <2300 mg.
4. Quit smoking, limit alcohol intake and maintain a healthy weight

Your blood pressure reading is:

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Pre-hypertension</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>≥ 160</td>
<td>≥ 100</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., colon).

Body Mass Index (BMI) is a measure of one’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.

**BMI**

<table>
<thead>
<tr>
<th>Category</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men: ≤40”</td>
<td>18.5-24.9</td>
<td>25-29.9</td>
<td>≥30</td>
</tr>
<tr>
<td>Women: ≤55”</td>
<td>18.5-24.9</td>
<td>25-29.9</td>
<td>≥30</td>
</tr>
</tbody>
</table>

**Waist Circumference**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Normal %</th>
<th>High %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>20-39</td>
<td>21-26%</td>
<td>33-38%</td>
</tr>
<tr>
<td></td>
<td>40-59</td>
<td>23-33%</td>
<td>34-39%</td>
</tr>
<tr>
<td></td>
<td>60-79</td>
<td>24-35%</td>
<td>36-41%</td>
</tr>
<tr>
<td>Male</td>
<td>20-39</td>
<td>8-19%</td>
<td>20-24%</td>
</tr>
<tr>
<td></td>
<td>40-59</td>
<td>11-21%</td>
<td>22-27%</td>
</tr>
<tr>
<td></td>
<td>60-79</td>
<td>13-24%</td>
<td>25-29%</td>
</tr>
</tbody>
</table>

To achieve a healthy weight you can:
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 to add calorie burning 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 alcohol, fried foods, and simple sugars such as candy and regular soda

**Body Fat**

**Your Body Composition is:**

<table>
<thead>
<tr>
<th>Body Mass</th>
<th>% WC</th>
</tr>
</thead>
</table>