

First Name: _____ **Last Name:** _____ **Date of Birth:** _____
Male **Female** **Age:** _____ **Height:** _____ **Fasting (12 hours or greater):** Yes No
Date: _____

SCREENING	RESULT	GUIDELINES				RECOMMENDATIONS FOR AT RISK LEVELS (NON-PHARMACEUTICAL)
Weight	_____	Varies by height, age and gender				
Body Mass Index (BMI)	_____	18.5 – 24.9 25.0 – 29.9 ≥ 30	Goal Elevated Risk High Risk			<ul style="list-style-type: none"> BMI may not account for variations in muscle mass and body fat Reduce weight by 5-10% Choose more nutrient rich foods
Waist Circumference	_____	<u>Men</u> < 40 in > 40 in	<u>Women</u> < 35 in > 35 in	Goal High Risk		<ul style="list-style-type: none"> Reduce your weight Increase physical activity Resistance training
Hip Circumference	_____					
Body Fat %	_____	Age 18-39 40-59 60-75	Men 8-19% 11-21% 13-24%	Women 21-32% 23-33% 24-35%	Goal	<ul style="list-style-type: none"> Reduce your weight Increase physical activity Resistance training
Blood Pressure	_____	Systolic < 120 120-139 ≥ 140	Diastolic < 80 80-89 ≥ 90	Goal Elevated Risk High Risk		<ul style="list-style-type: none"> Reduce your weight Increase physical activity DASH diet Manage stress Limit alcohol Stop smoking if you smoke
LDL ("Bad" Cholesterol)	_____	< 100 100-129 130-159 160-189 ≥ 190		Goal Near Goal Borderline High High Very High		<ul style="list-style-type: none"> Reduce your weight Reduce saturated and trans fat intake Increase soluble fiber intake Increase physical activity
HDL ("Good" Cholesterol)	_____	Men < 40 > 60	Women < 50 > 60	High Risk Goal		<ul style="list-style-type: none"> Reduce your weight Increase physical activity Stop smoking
Total Cholesterol	_____	< 200 200-239 ≥ 240		Goal Elevated Risk High Risk		<ul style="list-style-type: none"> Reduce your weight Reduce saturated and trans fat intake Choose heart healthy fats Increase physical activity
Total / HDL Ratio	_____	≤ 3.5 : 1		Goal		<ul style="list-style-type: none"> Same as for TC, LDL, and HDL above.
Triglycerides	_____	< 150 150-199 200-499 ≥ 500		Goal Elevated Risk High Risk Very High		<ul style="list-style-type: none"> Reduce your weight Reduce saturated and trans fat intake Limit simple carbohydrates Limit alcohol Increase physical activity
Glucose	_____	Fasting < 100 Goal 100-125 Elevated Risk > 126 High Risk		Non-Fasting < 140 Goal 140-200 Elevated Risk > 200 High Risk		<ul style="list-style-type: none"> Reduce your weight by 5-10% Reduce saturated and trans fat intake Increase physical activity Limit simple carbohydrate quantities

Recommendations: Please call Notre Dame Wellness Center 574-634-9355 to discuss your free wellness options with a Wellness Coach or Condition Management Nurse. It is recommended that you also provide a copy of your results to your Primary Care Provider.

Schedule an appointment with your primary provider for follow-up and possible further testing and monitoring for the following:
 Blood pressure Blood sugar / Hemoglobin A1C Lipid