


Attachment A

Example of a report card participants will receive after a screening



REPORT CARD

PARTICIPANT NAME/ID		DATE	CUMULATIVE GRADE
Overall Grades	NORMAL	BORDERLINE	HIGH RISK
	BLOOD PRESSURE	B- (3.21)	
	CHOLESTEROL		C- (1.83)
	DIABETES	A- (3.96)	
	WEIGHT MANAGEMENT	B- (2.97)	
			B- 2.97 GPA on a 4.0 Scale

INDIVIDUAL TEST RESULTS

Here is where you could put a couple of sentences about the test score ranges and how the tests are weighted differently based on the importance of the test.

TEST	NORMAL	BORDERLINE	HIGH
SYSTOLIC	<120 mmHg	120-139 mmHg	140 mmHg +
DIASTOLIC	<80 mmHg	80-89 mmHg	90 mmHg +
TOTAL	<200 mg/dL	200-239 mg/dL	240 mg/dL +
LDL	<129 mg/dL	130-159 mg/dL	160 mg/dL +
HDL	60 mg/dL +	40-59 mg/dL	240 mg/dL +
TRIGLYCERIDES	<150 mg/dL	150-199 mg/dL	200 mg/dL +
FASTING	<100 mg/dL	100-125 mg/dL	125 mg/dL +
NON-FASTING	<140 mg/dL	140-199 mg/dL	200 mg/dL +
BMI	18.5-24.9	25.0-29.9	30.0 +
WOMEN WAIST CIRCUMFERENCE			>35 in.
MEN WAIST CIRCUMFERENCE			>40 in.

Understanding Your Blood Pressure Risk	Take Action
It is important to get your blood pressure checked regularly because high blood pressure often has no warning signs or symptoms. High blood pressure increases your risk for heart disease and stroke. People of all ages can take steps to keep blood pressure levels normal.	<ul style="list-style-type: none"> - Eat a healthy diet - Maintain a healthy weight - Be physically active - Do not smoke - Limit alcohol use - Treat elevated blood pressure

		NORMAL	BORDERLINE	HIGH RISK		
Results	SYSTOLIC	125 mmHg			Grade	B- 2.97 GPA
	DIASTOLIC	95 mmHg				
	DO YOU SMOKE? Yes					

Understanding Your Cholesterol Levels				Take Action		
High cholesterol levels can put you at risk for heart disease. High cholesterol has no symptoms, so it is important to get your blood cholesterol levels checked regularly. Take steps to keep your cholesterol levels in check.						
		NORMAL	BORDERLINE	HIGH RISK		
Results	TOTAL CHOLESTEROL	200 mg/dL			Grade	B- 2.97 GPA
	LDL	168 mg/dL				
	HDL	62 mg/dL				
	TRIGLYCERIDES	35 mg/dL				
DO YOU SMOKE? Yes						

Understanding Your Diabetes Risk	Take Action
Diabetes is a disease in which the body's blood glucose (blood sugar) level is too high. Diabetes can cause numerous health problems including heart disease, kidney failure, and blindness. Key risk factors for developing type 2 diabetes includes increasing age, obesity, and physical inactivity. In addition to blood glucose levels, a measure of ketones can also be helpful in diabetes diagnosis.	<ul style="list-style-type: none"> - Get more physical activity - Lose extra weight - Get plenty of fiber in your diet

		NORMAL	BORDERLINE	HIGH RISK		
Results	NON-FASTING	163 mg/dL			Grade	B- 2.97 GPA
	DO YOU SMOKE? Yes					

Understanding Weight Management	Take Action
Maintaining a healthy body weight is important. Being overweight or obese increases the risk of developing heart disease, diabetes, high blood pressure, and many other diseases and conditions. Body mass index (BMI) is a common standard used to determine health risks based on height and weight. Another way to identify health risks associated with overweight and obesity is measuring waist circumference.	<ul style="list-style-type: none"> - More physical activity - Get regular physical exercise - Eat a well balanced diet - If needed, lose weight slowly through lifestyle changes - Seek professional help for a healthy weight management plan

		NORMAL	BORDERLINE	HIGH RISK		
Results	BODY MASS INDEX	26.8			Grade	B- 2.97 GPA
	WAIST CIRCUMFERENCE	36 in.				
	DO YOU SMOKE? Yes					