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Personal Health Plan

Name: LAWRENCE MURAKAMI
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Contents

Your Personal Health Plan contains these 3 sections, filled with information and recommendations based on your assessment answers:

- 1. Scores**
- 2. Health Status**
- 3. Chronic Health Conditions**

You can use this information to help you improve your health and meet your healthy living goals. Every 30 days you can take a follow-up assessment to see if the healthy changes you make help to improve your score.

1. Scores

Overall Healthy Living Score

Your overall Healthy Living score is **94**.



Healthy Living Areas

On the next few pages, you will review your 6 key healthy living scores and learn more about each healthy living area. Use the Action Steps in this plan to make healthy changes that will improve your scores and help you meet your healthy living goals.

Activity

Your overall Activity score is **100**.



Congratulations! You have excellent activity habits. To score 100, you need to do at least 30 minutes of moderate physical activity on 5 or more days per week. Or you need to do at least 20 minutes of vigorous activity on 3 or more days per week. You can also set a goal of 150 minutes or more of moderate intensity physical activity each week or at least 75 minutes of vigorous activity each week, or a combination of the two.

More Information About Activity

The Centers for Disease Control and Prevention (CDC) recommends regular physical activity for people of all ages. The CDC gives examples of 3 levels of activity:

- **Light physical activity** like slow walking, gardening, dusting or vacuuming, and light stretching and warm-up activities.
- **Moderate physical activity** like brisk walking, mowing the lawn, recreational bicycling and swimming, scrubbing floors, and lifting weights.
- **Vigorous physical activity** like jogging or running, swimming laps, circuit training, bicycling uphill, and moving furniture.

All physical activity is important and good for your health. For best health, the CDC recommends that people get the following amounts of physical activity:





- 2 hours and 30 minutes (150 minutes) of moderate-intensity physical activity every week.
A good example of this is 30 minutes or more, 5 days a week.

OR

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week.
An example of this is 20 minutes or more, 3-4 times a week.

The CDC also recommends resistance training at least 2 times per week.

Getting more active is probably easier than you think. Start by fitting it into your life in small ways. Choose an activity and do it for 10 minutes each day. Once you are used to the activity, do it for a longer period of time. You can do 2 or 3 sessions of 10 minutes per day. These small changes really add up. Set aside time to be active every day in the same way that you set aside time to eat, sleep, and shower.



To learn more, visit:

Healthyroads Physical Fitness Wellness Center @

<http://www.healthyroads.com/Resource/WellnessCenters.aspx?chunkid=35429>

Diet

Your overall Diet score is **84**.



Congratulations! You have excellent healthy eating habits. To score 100 you must eat only limited amounts of fast food. You must eat 3 or more servings of whole grains per day. And you must eat 4 servings of fruit and 5 servings of vegetables per day. (Though it is often recommended that people eat at least 5 servings of fruits and vegetables a day, you need more for optimal health.)

More Information About Diet

Most grocery stores sell a wide variety of food. So, you have a lot of options when it comes time to shop for your meals and snacks.

Do you buy mostly processed foods when you shop? Did you know that many of the processed foods in the grocery store have little nutrition? A large part of the American diet also comes from foods bought at restaurants and fast-food chains. These foods are often high in added sugar, salt, and fat. And they are not the best choices for people trying to eat better.

The good news is, there are ways to eat healthfully at home and when eating out. You just need to understand the basics of healthy eating.

Whole Foods

A food that is minimally or not at all processed is called a whole food. Examples of "whole foods" include fresh fruits, fresh vegetables, and whole nuts and grains. There are also many items made from "whole foods." For example, you can find foods made with whole wheat flour that do not have a lot of additives.

Nutrient Density

Foods that are whole and not processed much are healthier for you. They give you energy, vitamins, and minerals. They also have fiber, protein, and healthy fats you need in your diet. Healthy foods have less saturated fat (fat that raises bad cholesterol) and less salt. These foods are called nutrient dense.

Each food you eat can be ranked from low to high in nutrient density. Some foods—like doughnuts—have very little nutrition. They are low in nutrient density. Other foods—like whole wheat toast—have many nutrients. They have vitamins, minerals, and fiber. They are high in nutrient density. Fruits and vegetables are also high in nutrient density.


Dietary Guidelines

Leading research agencies and the U.S. government publish healthy eating guidelines that can help you plan a healthy diet. These guidelines include the:

- United States Department of Agriculture (USDA) Food Guidelines
- Harvard Medical School's Healthy Eating Guidelines
- DASH Eating Plan

All of these guidelines agree on 5 basic nutrition goals for a healthy diet.

1. Not all fats are the same. In fact, eating some unsaturated fats in certain amounts can be healthy.
2. Your carbohydrates should come mostly from whole grains.
3. Eat at least 5 to 9 servings of fruits and vegetables a day.
4. Eat plant-based whole foods, especially whole grains, every day.
5. Drink eight, 8-oz. glasses of water (or at least enough water to stay hydrated) a day.

 To learn more, visit:

Healthyroads Food and Nutrition Wellness Center @
<http://www.healthyroads.com/Resource/WellnessCenters.aspx?chunkid=35430>

Stress Management

Your Stress Management score is **94**.





Congratulations! You have excellent stress management habits. To score 100 you must have indicated low stress at work, at home, and with your health, and some ability to manage it. Or you may have some stress, but are able to manage it very well. Everyone has some stress in his or her life. Finding ways to manage this stress to improve both your health and your mood is important. Stress management techniques include balancing your life, creating solid social support, and keeping your body healthy by eating well and being physically active. Keep up the good work on managing your stress!

More Information About Stress and Life Coping Skills

Stress is any change to which you must adapt. It can come from traffic jams and noise. And it can be caused by a lack of sleep or money worries. Even positive changes or events can cause a stress response. Stress can't be avoided and, in the right amount, it can even be healthy. To have a healthy and active life, it is important to learn to manage and reduce the negative effects of stress. If not managed, stress can cause changes in your body such as:

- Irregular or rapid heart rate, or high blood pressure
- Muscle tension and pain in your head, neck, shoulders, or back
- Increased fat in your blood vessels and around your abdomen

Do you deal with stress in a healthy way?

For example, do you:

- Eat too much or eat foods high in fat, salt, and sugar
- Smoke
- Drink more than usual
- Stop working out

If so, healthier ways of dealing with stress may help improve your health.

Relaxation Skills

Relaxation skills can help you manage stress in a healthy way. They are tools you can use to help you quickly relax. These skills include abdominal breathing, muscular relaxation, meditation, and other techniques. If you practice these skills, you can learn to feel more relaxed and alert. Research shows that these skills can help relieve stress. They can also help ease stress symptoms like pain, headaches, and high blood pressure.

Mental Imagery

Mental imagery uses the power of your mind to help you change your habits. This is where you form images in your mind to help you relax and make healthier choices. These images include things you can see, hear, smell, touch, and taste. When you imagine them, your body responds to them as if they are real. This can change your breathing, blood flow, digestion, muscle tension, and more. With practice, you can use this skill to relax, release tense muscles, and reduce your stress symptoms.

Other Ways to Manage Stress

Some people may need help to learn how to cope with stress and their emotions. If this is true for you, look for a health care professional who is trained to help with these challenges.



To learn more, visit:

Healthyroads Stress Management Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33771>

Healthyroads Stress Management page @

<http://www.healthyroads.com/HealthModule/StressManagement.aspx>

Tobacco Use

Your Tobacco Use score is **100**.



Congratulations! You are living tobacco-free! To score 100, you need to have never smoked or to have not smoked in 15 or more years.

More Information About Tobacco Use

When you try to change a habit, it can be hard work. Since nicotine is addictive, it is even tougher to give it up. It can take many tries before you learn what you need to do to quit for good. But if you stick with quitting, your health will improve. Thousands of people just like you kick the smoking habit each year.

Is it Time to Quit?

Answer these questions to see how prepared you are to quit:

1. Do you have a strong reason to quit?
2. Are you confident you can quit?
3. Are you willing to make a plan to quit and stick to it?

The Importance of Planning

Most people don't realize that having a plan to quit tobacco is vital. A plan can help you prepare for challenges and give you solutions you can use. It also holds you accountable by asking for a commitment. Follow these guidelines when you create your plan to quit.

- What is your most powerful reason to quit? Think about it often. It gives you the motivation to quit.
- Replace negative thoughts with neutral or positive ones. Replace words like "I can't" and "I shouldn't have to" with "I will" and "I'm making a choice to."
- Write down the situations that make you want to smoke or chew. Think about the times of the day and the places



you usually smoke or chew. Include feelings, people, or events that make you want to use tobacco as well.

- Come up with alternatives to tobacco use. Make sure the strategies you pick are ones you will use. It will raise your confidence to know you are prepared for tough challenges.
- Pick a quit date for some time in the next 1–2 weeks. The deadline will make quitting more real and help you focus.

Other Ways to Quit

Slowly cutting back on tobacco may be a good approach for some people. The most effective way to cut back is on a fixed schedule. Choose a quit date and make a plan to reduce your tobacco use before that date. If you follow a schedule, your body will slowly get used to less nicotine. This also gives you a chance to practice skills to cope with cravings.

Many people use nicotine gum or patches to help them quit. These are called Nicotine Replacement Therapy (NRT) products. They can help you slowly reduce the level of nicotine in your body. This can help curb your withdrawal symptoms. Quitting aids can be very helpful. But it's best to check with your doctor before you use nicotine gum or patches.

Beware of Stress

Stress is one of the most common triggers for tobacco use. When you quit tobacco, you may feel even more stress. It's important to manage stress to succeed at quitting. Some people find breathing exercises helpful. Others find massage therapy helps them relax. Talk to your doctor about which stress management techniques may be right for you.



To learn more, visit:

Healthyroads Smoking Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33769>

Preventive Health

Your Preventive Health score is **70**.



Scores in this area depend on your age and gender, and how well you are doing with the preventive health activities listed below.

You told us you are a male and you are age 50 or over. Based on this information, the following screening tests are recommended:

- Blood pressure screening (every year)
- Cholesterol screening (ask your doctor how often you need this test.)
- Colonoscopy or other colorectal cancer screening test per your doctor's recommendations
- You also need to discuss aspirin use with your doctor.

Here are more screening tests, exams, and immunizations that may apply to you. Talk with your doctor about which of these you should have and how often you should have them.

For males age 50-64:

- Health maintenance check-up
- Dental exam
- Eye exam
- Hearing exam
- Seasonal flu vaccine
- Tetanus, diphtheria, and pertussis (Tdap) vaccine
- Prostate cancer screening
- Herpes zoster (shingles)

More Information About Preventive Health Activities

Keeping up-to-date with health screening tests is an important part of health care. These tests can help your doctor find any problems right away. By finding a health problem early, your doctor can treat it at an early stage. You can also learn about treatment choices when there is more than one way to treat the health problem.

Here are some of the screenings you may have at your next visit to the doctor. Ask your doctor if you want to learn more about any of these tests.

- **Blood Pressure:** All adults should have a blood pressure test every year. Your doctor or nurse uses a cuff device to measure your blood pressure. One in every 3 adult Americans has high blood pressure (HBP). HBP can raise your chance of having heart disease, heart attack, stroke, and kidney problems.
- **Cholesterol:** Cholesterol is tested by a blood sample. You should have this test as often as your doctor recommends starting at age 35 for men and age 45 for women. You may need to have it more often if your family has a history of heart disease. Over 30 percent of adults in the U.S. have high cholesterol levels. And that can lead to heart disease.
- **Colonoscopy:** You should have this test starting at age 50. The doctor will use a lighted long tube that bends to look at your large bowel. This test screens for colon cancer and colon health. There are also other colorectal screening tests your doctor may recommend.
- **Test for Blood in the Stool:** You should have this test every year or as often as your doctor suggests, starting at age 50, unless you have a colonoscopy or other colorectal screening test. The doctor takes a small swab sample from your rectum to see if there is blood in the stool. This test screens for colon cancer and colon health.
- **Mammogram:** A mammogram is a test that takes pictures of breast tissue. The doctor reviews the pictures





to look for cancer or any other problems. Women should have this test every 2 years starting at age 50 until age 74. Your doctor may want you to have a mammogram starting at an earlier age or more frequently, so be sure to follow your doctor's advice.

- **Pap smear:** All adult women who are sexually active or 21 years of age and older should get a Pap smear every 1 to 3 years. The doctor does a pelvic exam and takes swab samples of the cervix. A test screens for cancer of the cervix.
- **Chlamydia:** Chlamydia is one of the most common sexually transmitted diseases in the U.S. It is a bacterial infection and can cause many problems if not treated. Sexually active women age 24 and younger should have a screening test at least every year. Older women who may be at risk (a new or more than one sex partner) should also have this test once a year. All pregnant women should be tested as well. The doctor does a pelvic exam and takes samples from the cervical and vaginal tissues. Then the samples are tested at the lab.
- **Aspirin:** An aspirin a day may help reduce your chance of having a heart attack. It can also lower your risk of chest pains (angina) and strokes that are caused by blood clots. The current guidelines call for aspirin use for men age 45-79 (to prevent heart attack) and women age 55-79 (to prevent stroke). But you need to ask your doctor if aspirin is safe for you and how much you should take.

Keep these screening tests in mind so you can stay up-to-date. Your doctor can tell you what screening tests are right for you and when to have them.



To learn more, visit:

Healthyroads Cancer Tests That Can Save Your Life @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=24694>

Healthyroads Immunization Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33743>

Sleep

Your overall Sleep score is **100**.



Congratulations! You are getting the recommended amount of sleep every night. To score 100 you must get at least 7 hours of sleep a night. (Although many factors influence how much sleep you need, this is the most common recommendation.)

More Information About Sleep

The right amount of sleep is different for each person. Many people need about 7 or 8 hours of sleep each night. Others need as few as 4. Still others may need as many as 11 hours of sleep each night to be in good health. If you feel

rested and have energy to start your day when you wake, you are likely getting the right amount of sleep for you.

Living With Sleep Changes

If you have trouble sleeping, these tips can help you start a healthy sleep routine:

- Avoid caffeine, nicotine, alcohol, liquids, and heavy meals near bedtime.
- Try to go to bed and wake up at the same time every day, and avoid napping.
- Exercise regularly (but end your workout at least 4 hours before you go to bed).
- Make sure your bed is comfortable and your bedroom is dark and quiet.
- Don't read, watch TV, eat, or work in bed. This is the place for sleep.
- Read, listen to soft music, or take a warm bath about an hour before you go to bed.
- If you are not asleep within 15 minutes of going to bed, get up and take your mind off the job of falling asleep. After 15 minutes, go back to bed. Repeat these steps until you fall asleep.

Age-Related Sleep Changes

Research shows that people who sleep 7 to 9 hours each night live longer than those who sleep less. But as you age, you may tend to sleep less than when you were younger. You may also sleep more lightly and spend less time in a deep, dreaming sleep. These changes can make it harder to fall or stay asleep. But in most cases, they are a normal part of aging.


Insomnia

Insomnia means you have a very hard time falling asleep, staying asleep, or feeling rested. It is often a sign of another health problem. Sleep apnea, restless legs syndrome, and heartburn are some health problems that can get in the way of a good night's sleep. If you think you have insomnia, see your doctor. You may have insomnia if you:

- Have a hard time falling asleep
- Wake up often during the night
- Have trouble going back to sleep
- Wake up too early
- Wake up tired

Protecting Your Sleep Health

Over time, poor sleep can hurt your health and your mood. A lack of sleep can cause stress. This makes it harder for your body to fight off illness and infections. Since sleep is a key part of good health, you need to find out what is causing your insomnia right away. Insomnia may be a sign of another health problem. See your doctor if you often have trouble sleeping or if you are sleepless for more than a day or 2 in a row.

 To learn more, visit:

Healthyroads Sleep Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33768>





Health Risk Stratification

Your health risk stratification level is **High**.

Your Body Mass Index (BMI) and your answers about activity, diet, tobacco use, and stress were used to find your health risk (stratification) level. There are 3 risk types: high, moderate, and low. Here is what each risk type means:

- High risk. Your body mass index or at least one of your healthy living area scores falls well below a certain standard. A high degree of improvement is recommended in one or more areas.
- Moderate risk. Your body mass index or at least one of your healthy living area scores is not optimal. Some improvement is recommended in one or more areas.
- Low risk. Your body mass index and your healthy living scores are optimal or very close to what is recommended.

Your stratification level shows you need to improve in one or more healthy living areas, or that your BMI is too high. You can lower your risk level and improve your health by making changes in these areas:

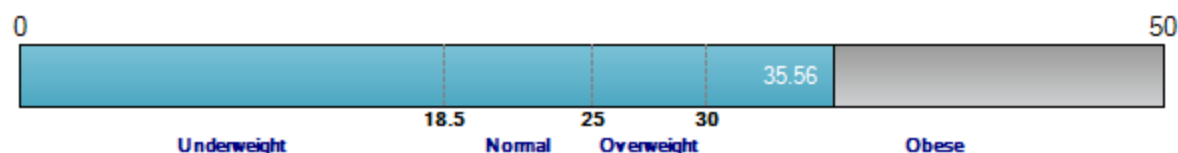
- Risk stratification factor - BMI 25+

2. Health Status

This section will help you find out if you are in the healthy ranges for weight, cholesterol, blood pressure, and blood sugar.

Body Mass Index (BMI)

Your BMI was calculated from your height and weight. Your BMI is **35.56**.



Body Mass Index (BMI) is a screening tool that can show you if you might be overweight. Being overweight or obese raises your risk for many health problems. Your BMI shows you may be obese at this time. Ask your doctor how much weight you should lose, and which weight loss methods are right for you.

The good news is that losing as few as 5–10% of your bodyweight is good for your health. Being active for an extra 10

minutes each day and eating a piece of fruit instead of a candy bar can get you started on the road to weight loss and better health.

More Information about BMI and Weight Management

Here is what BMI scores usually mean:

- Underweight: a BMI of less than 18.5
- Normal weight: a BMI of 18.5–24.9
- Overweight: a BMI of 25–29.9
- Obese: a BMI of 30–39.9
- Extremely obese: a BMI of 40 or higher

For older people, it may be better to have a BMI between 25 and 27. A slightly higher BMI can help protect people over 65 from osteoporosis. It can also provide a reserve of energy to aid recovery from illness or injury.

If you are overweight, talk to your doctor about how to lose weight safely. Losing and regaining weight over and over is not good for your health. It also lowers your chances of losing weight and keeping it off.

The best way to lose weight is slow and steady. Form a healthy eating and exercise plan. Ask family and friends to help support you. You can also talk to your doctor or a registered dietitian to design a plan that works for you. It may take a while, but you can reach and stay at your healthy weight goal. Successful weight management is possible.

Talk to your doctor if you have questions about the best weight for you. Your doctor can also tell you how your weight may be affecting your health.



To learn more, visit:

Healthyroads Achieving and Maintaining a Healthful Weight @

<http://www.healthyroads.com/Resource/WellnessCenters.aspx?chunkid=10067>

Healthyroads Weight Management Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33774>

Cholesterol Level

You reported that your cholesterol is **Below 200 - Desirable mg/dl**.

The ideal total cholesterol level is below 200. Anything 240 or higher is considered high. Your total cholesterol level is desirable at this time. This means it is not too high, and does not raise your risk of heart disease. It is important to keep your cholesterol at a desirable level. Healthy diet and activity habits can help you do this. Ask your doctor how often you should have your cholesterol tested.



More Information About Cholesterol

Cholesterol is tested with a blood sample. Check with your doctor about when and how often you should have your cholesterol tested. Here are some terms you may see in your test results:

- **LDL (low density lipoprotein):** This is the "bad" cholesterol. Too much bad cholesterol can block your arteries. And it raises your risk of heart disease.
- **HDL (high density lipoprotein):** This is the "good" cholesterol. Good cholesterol travels through your blood. It picks up bad cholesterol from your cells and blood, and takes it to the liver to be broken down. A higher number is a good result.
- **Triglyceride:** This is another type of fat in your blood. High triglyceride levels come from eating too much fat, too much sugar, and too many calories. They have been linked to heart disease.
- **Ratio:** Your results may include a ratio of your total cholesterol and HDL. This is a measure of how much "good" cholesterol you have compared to your total cholesterol.

When you get your results, you will have a number for each of kind of cholesterol. The values are shown in milligrams per deciliter (mg/dL). Here's what those numbers mean.

Total Cholesterol Level	Total Cholesterol Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High
LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high
HDL Cholesterol Level	HDL Cholesterol Category
Men: Less than 40 mg/dL Women: Less than 50 mg/dL	A major risk factor for heart disease
Men: 40-59 mg/dL Women: 50-59 mg/dL	The higher, the better
60 mg/dL and above	Considered protective against heart disease
Triglyceride Level	Triglyceride Category
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline high
200-499 mg/dL	High
500 mg/dL and above	Very high

Note. Adapted from *How is high blood cholesterol diagnosed?* By the National Heart, Lung, and Blood Institute, 2012. <http://www.nhlbi.nih.gov/health/health-topics/topics/hbc/diagnosis.html> . Additional data from *What your cholesterol levels mean* by the American Heart Association, 2013, http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp.

Desirable

Your total cholesterol is optimal if it is less than 200 mg/dL. Desirable means you have a low risk of a heart attack. Keep in mind that other things like your habits or family history may raise your risk of a heart attack.

Borderline High Risk

Your total cholesterol is borderline high if it is from 200 to 239 mg/dL. This could raise your risk of a heart attack. You should try to avoid foods that are high in saturated fat and cholesterol. This may help lower your blood cholesterol level. Talk to your doctor if your cholesterol is in this range.



High Risk

If your total cholesterol level is 240 mg/dL or more, it is high. High cholesterol raises your risk of a heart attack. Ask your doctor for advice. About 1 in 5 people in the U.S. have high cholesterol.

What Can You Do?

Here are some things you can do to help lower your cholesterol levels:

- Eat a healthy, plant-based diet (low in cholesterol, saturated fats, trans fats, and salt).
- If you are overweight, think about losing 5-10 percent of your body weight.
- Exercise regularly (build up to 30 minutes of activity, 5 days a week).
- If you smoke, quit now. Avoid secondhand smoke as much as possible.



To learn more, visit:

Healthyroads Hyperlipidemia Health Condition Page @

<http://www.healthyroads.com/Resource/HealthConditions.aspx?chunkid=11767>

Healthyroads Heart Disease Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33736>

Blood Pressure

You reported that your blood pressure is **Below 120/80 - Normal**.

Normal blood pressure is less than 120/80. Your blood pressure is normal at this time. Pre-hypertension is considered 120/80 to 139/89. High blood pressure (HBP) is 140/90 or higher on 2 or more separate readings taken at least one week apart. Have your blood pressure checked regularly. This is especially important if you have a family history of this condition. HBP is a major risk factor for heart disease. To improve HBP, lower stress, eat well, and get regular exercise.

More Information About Blood Pressure

Most people don't know if their blood pressure is high. Ask your doctor how often you need to have your blood pressure checked.

Diagnosis of HBP

A blood pressure measurement is shown as 2 numbers. The top number, or systolic pressure, is the pressure when the heart beats and pumps blood to your body. The bottom number, or diastolic pressure, is the pressure when the heart is at rest.

It is normal for blood pressure to go up and down during the day. It is lowest when you are asleep, and it rises when you wake up. It can also go up when you are excited, nervous, or active.

Blood pressure that is slightly high on most days is called "prehypertension." It ranges from 120–139 systolic or 80–89 diastolic. This can lead to many health problems.

Blood pressure readings that are consistently between 140–159 systolic or 90–99 diastolic are categorized as stage 1 hypertension. Readings of 160 systolic and higher or 100 diastolic and higher are considered stage 2 hypertension.

What is your blood pressure? Check the American Heart Association's recommended blood pressure level chart below to see what range you're currently in.

American Heart Association Recommended Blood Pressure Levels:

Blood Pressure Category	Systolic (mmHg)	Diastolic (mmHg)
Normal	Less than 120 and	Less than 80
Prehypertension	120-139 or	80-89
High Stage 1	140-159 or	90-99
Stage 2	160 or higher or	100 or higher

Risk Factors for HBP



Some risk factors for HBP are controllable and others are not. Controllable means you can do something about them. You may be able to help control your blood pressure by working to lower one or more controllable risk factors. Risk factors for HBP include:

- **Family History:** If you have a family history of HBP, your risk is higher. Also, HBP tends to appear more often in people of African and Asian descent. In these 2 ethnic groups, HBP starts earlier and it can be more severe. This is NOT a controllable risk factor.
- **Age:** Blood pressure tends to increase with age. In men, blood pressure often goes up starting at age 45. In women, blood pressure begins to rise 7 to 10 years later, usually after menopause. Keep in mind that age alone does not predict your risk for hypertension. This is also a risk factor you cannot control.
- **Obesity and Weight Management:** The risk of hypertension goes up with excess body fat. It is higher if the extra body fat is around the waist or abdomen. Bringing your weight down to a healthy level for your height may be all that you need to do to bring your blood pressure back to normal. This is a risk factor you CAN control.
- **Physical Activity:** Regular exercise can help you get to and stay at a healthy weight. This, in turn, can help control your blood pressure. The Centers for Disease Control and Prevention recommends that people of all ages exercise moderately for 150 minutes per week for good health. This is about 30 minutes a day on most days of the week.
- **Alcohol:** Drinking alcohol has been linked to higher blood pressure. If you cut down or even quit drinking alcohol, you may lower your risk of HBP.
- **Smoking:** Smoking appears to raise blood pressure and heart rate. It may also increase your risk for a heart attack or stroke. Quitting can reduce your risk of HBP and other health conditions.
- **Stress:** There is some evidence that links stress and HBP. Reducing stress is very important to help lower your risk of HBP.



To learn more, visit:

Healthyroads Hypertension Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33741>



Blood Sugar

You reported that your blood sugar is **Unsure/No value**.

A normal fasting blood sugar level is 70-99 mg/dL. A fasting blood sugar of 126 mg/dL or higher is considered high. Fasting blood sugar levels of 100-125 mg/dL may indicate pre-diabetes. High blood sugar can be a sign of diabetes or other illness. The number of people with diabetes and related diseases has risen greatly in recent years. Even so, many people don't know their blood sugar level. To stay healthy, have your blood sugar checked regularly. Make healthy food choices and watch portion sizes to improve blood sugar control. Losing weight and getting more active can help lower blood sugar levels and prevent type 2 diabetes.

More Information About Blood Sugar

Diabetes (also known as diabetes mellitus) means the blood sugar in your body is too high. High blood sugar, or hyperglycemia, is caused by problems with the insulin your body produces. Insulin is made by the pancreas to help your body use blood sugar for energy. It is also used as a drug to treat high blood sugar.

Diabetes does not go away, but it can be controlled. If you are not able to control your high blood sugar, over time it can harm your eyes, kidneys, nerves, blood vessels, and heart.

Pre-Diabetes

Sometimes blood sugar levels can be higher than normal when you are fasting (100-125 mg/dL), but not yet high enough to be called diabetes. This is called pre-diabetes. Your doctor may be able to find and treat it early if you are tested regularly. Eating a healthy diet and exercising are ways you can help take care of yourself.

Type 1 Diabetes

Type 1 diabetes usually starts during childhood. When you have this disease, your body cannot make insulin. That results in too much sugar in your blood when you are fasting (over 125 mg/dL). Research shows that the body attacks and kills the cells in the pancreas that make insulin.

Type 1 diabetes often comes on quickly and requires constant treatment to manage it well. Your doctor may ask you to closely monitor your blood sugar levels and take insulin as needed. Insulin can be taken by injection or through an

insulin pump.

Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes. It usually develops in adulthood. But can affect teens and children as well. In type 2 diabetes, the body makes some, but not enough, insulin. Or the body may develop a resistance to insulin. As a result, sugar builds up in the blood because the body cannot use the energy from the sugar properly. Obesity and a lack of exercise are 2 major risk factors for type 2 diabetes. A family history of diabetes can also raise your chances of getting this condition. People with certain racial and ethnic backgrounds may also be more likely to have type 2 diabetes. These backgrounds include African-Americans, Native Americans, Latinos, Asians, and Pacific Islanders.

Hyperglycemia

Hyperglycemia means your blood sugar levels are too high. This can cause you to feel shaky or dizzy, or to have a rapid heartbeat. Your blood sugar can get too high if you:

- Eat more than you normally would while taking insulin or other diabetes medications
- Forget to take your diabetes medication or insulin, or don't take enough of it
- Are not as active as you usually are
- Experience stressful events, such as an illness or surgery

Hypoglycemia

Hypoglycemia is a health problem caused by low blood sugar (less than 70 mg/dL). It may cause you to feel sweaty, shaky, nervous, weak, or hungry. You may also feel short-tempered. Your blood sugar levels can drop if you:

- Take too much diabetes medication or insulin
- Don't eat enough food for the amount of medication or insulin you take
- Don't eat at your regular time
- Are more physically active than usual.

Your blood sugar can also drop lower than it should for no clear reason. To quickly treat low blood sugar, you will need to eat 15 grams of a fast-acting sugar. The amount and type of carbs listed below are equal to 15 grams of fast-acting sugar.

- 2–3 teaspoons table sugar
- 13 jellybeans
- 2 Tbsp. raisins
- Over-the-counter sugar tablets or gel (see package for directions)
- 1/2–3/4 cup fruit juice

If you don't start to feel better within 15–20 minutes, check your blood sugar again. If your glucose reading is still below 70 mg/dL, try having another 15 grams of fast-acting sugar. If this does not bring your blood sugar levels above 70 mg/dL within another 15–20 minutes, call your doctor right away. You may need to seek emergency medical treatment.

Monitoring Blood Sugar Levels

If you have diabetes, it is important to test your blood sugar level regularly. This will help you track how your meals and activities affect your blood sugar level. It can also help keep you safe. If you are driving or operating machinery, high or low blood sugar can put you in danger. Talk to your doctor about the blood sugar levels that are healthy for you. You can help keep this condition under control.



To learn more, visit:

Healthyroads Diabetes Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33718>

Healthyroads Hypoglycemia Health Condition Page @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=11759>

3. Chronic Health Conditions

This section will help you learn more about your condition(s) and take steps to improve your health.



Allergies

You reported that you have allergies.



To learn more, visit:

Healthyroads Allergies Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33694>

Talk with your doctor about what care you need.

Arthritis

You reported that you have arthritis. Keep in mind that to live well with this condition you may need to:

- See your doctor at least once a year
- Stop smoking
- Follow exercise/activity recommendations from your doctor
- Follow nutrition recommendations from your doctor
- Receive a mental health screening
- Get advice about how to use your medications
- Get advice about how to best use health care services for your condition



To learn more, visit:

Healthyroads Arthritis Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33703>

Talk with your doctor about what care you need.

Migraine or Chronic Headaches

You reported that you have migraine or chronic headaches.





To learn more, visit:

Healthyroads Migraine or Chronic Headaches Center @

<http://www.healthyroads.com/Resource/HealthConditionCenters.aspx?chunkid=33729>

Talk with your doctor about what care you need.

References

Domain scoring and recommendations were created using a variety of resources. These guidelines were drawn from the following sources:

- Activity guidelines: Centers for Disease Control and Prevention
- Diet guidelines: U.S. Department of Agriculture
- Tobacco guidelines: Centers for Disease Control and Prevention
- Screening guidelines: U.S. Preventive Services Task Force
- Sleep guidelines: National Institutes of Health, National Sleep Foundation

The following organizations were also consulted:

- American Cancer Society
- American College of Sports Medicine
- American Heart Association
- National Mental Health Association
- U.S. Department of Health and Human Services
- U.S. Surgeon General's Report on Health Promotion and Disease Prevention

