HEALTH CHECK REPORT EXAMPLE

Details

Name:
D.O.B:

Assessor: Gemma Elliot-Wetton (MSc, ASCC)
Date:

Body composition

Body Mass Index (BMI)

Your height and weight was measured to calculate your BMI. Your BMI helps indicate if you are a healthy weight for your height and if you are at a higher risk of future health problems.

Height: 1.73m	Weight: 77 kg

Your BMI: 25.7					
Under weight <18.5	Normal 18.5-24.9	Overweight 25.0-29.9	Obesity class 1 30-34.9	Obesity class 2 30.0 -39.9	Obesity class 3 ≥40

YOU

Your BMI is in the overweight category (just!). This means you are slightly overweight for your height. Your weight would need to be less than 74kg for you to be in the normal category for BMI, meaning a weight loss of 3 kg is advised.

Waist and hip circumference

High waist and hip circumferences indicate an increased risk of heart disease and diabetes. The ratio gives an initial indicator of body fat distribution in the trunk region.

Waist circumference: 103 cm	Waist to hip ratio: 0.97
Hip circumference: 106 cm	Score: Good

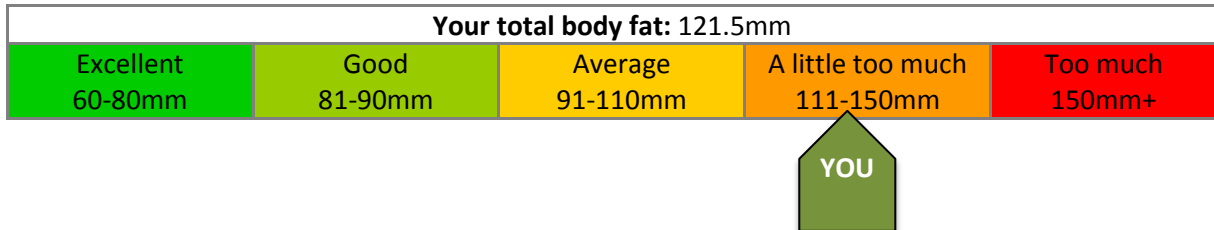| Your waist circumference: 103cm			
Very low* <80cm	Low* 80-99cm	Increased* 100-120cm	High* >120

*Risk of disease for type 2 diabetes, hypertension and cardiovascular disease in the future

YOU

Your waist circumference is in the high-risk category for future diseases including type 2 diabetes, hypertension and cardiovascular disease. Weight loss, particularly from around the abdominal area is advised. It is only just in this category and your waist to hip ratio is good, therefore only a small amount of weight loss is advised. This is in line with your BMI measurement.

Body fat

Body fat was measured using skinfold callipers and was converted into a body fat percentage. Body fat gives a more detailed measure of body composition than weight alone.
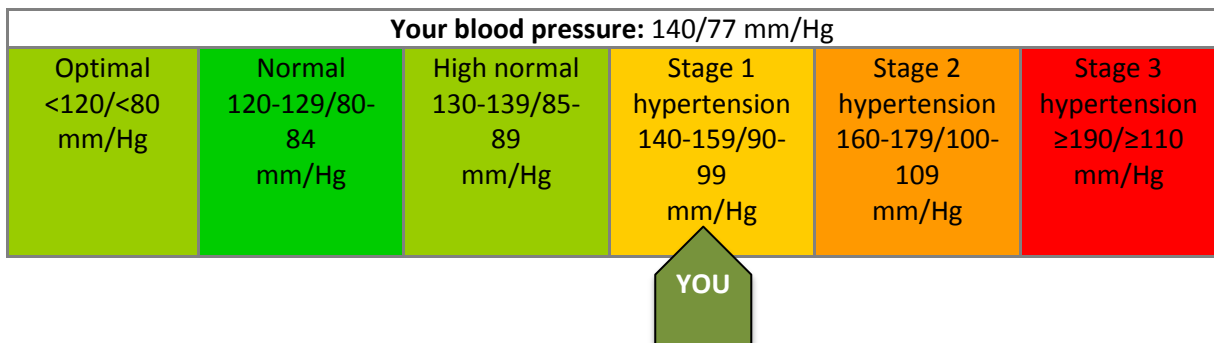
Your total body fat: 121.5mm				
Excellent 60-80mm	Good 81-90mm	Average 91-110mm	A little too much 111-150mm	Too much 150mm+

YOU

You are in the "little too much" body fat category. This means you have a higher amount of body fat than is ideal from a health point of view. From a health point of view, you should be in at least the average category to help reduce risk of diseases previously mentioned. Therefore a decrease in body fat is suggested of at least 12mm. This is in line with suggestions made with your BMI and waist circumference. Your body fat as a percentage is 25% which is just in the overweight category.

## Health Markers

Blood pressure

High or low blood pressure is associated with health problems including increased likelihood of dizziness and fainting (low blood pressure) and increased risk of heart attacks and stroke (high blood pressure).

Your blood pressure: 140/77 mm/Hg					
Optimal <120/<80 mm/Hg	Normal 120-129/80-84 mm/Hg	High normal 130-139/85-89 mm/Hg	Stage 1 hypertension 140-159/90-99 mm/Hg	Stage 2 hypertension 160-179/100-109 mm/Hg	Stage 3 hypertension ≥190/≥110 mm/Hg

YOU

Based on the readings taken today you are in the stage 1 hypertension category due to the top number being between 140-159 (just!). As blood pressure can be acutely affected, readings on two or more separate occasions give a better indication of your blood pressure. I know you are taking blood pressure medication and I will check your blood pressure before each session we have to keep an eye on it.

Cholesterol

Total blood cholesterol levels were measured using a finger prick blood sample from your finger. High total cholesterol levels effect how well your heart and blood vessels work and have been associated with increased risk of cardiovascular disease.

Your total cholesterol level: 214mg/dl		
Desirable <200 mg/dl	Borderline high 200-239 mg/dl	High ≥240 mg/dl

YOU
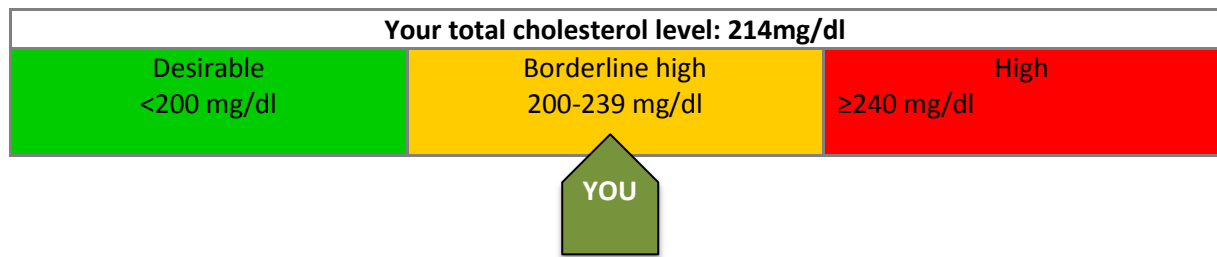
Your total cholesterol can be converted to 5.5mmol/l. Your cholesterol is in the borderline high category which is acceptable. I suggest you monitor it every few of months to keep check of it.

Diabetes risk score:

Measurements taken in the health check along with responses to a short questionnaire were used to provide you with a score of how at risk you are of developing type 2 diabetes in the next 10 years. This score can be altered with lifestyle changes.

Your diabetes risk score: High: 1 in 3 chance of developing in the next 10 years.			
Low	Increased	Moderate	High

YOU
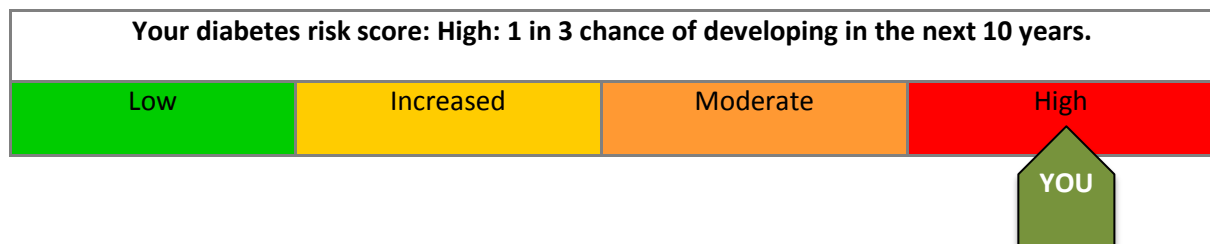
This is calculated based on your age, gender, ethnicity, family history, BMI, waist circumference and blood pressure and you were just in the high category. It is likely to be giving a high reading due to you taking blood pressure medication, your age, BMI and high waist circumference. A decrease in waist circumference and BMI will lower this risk.

Cardiovascular disease risk score:

Data collected in the health check and responses to a short questionnaire were used to provide you with a score of how at risk you are of developing cardiovascular disease. This score can be altered with lifestyle changes.

Your cardiovascular disease risk score: Moderate		
Low	Moderate	High

YOU
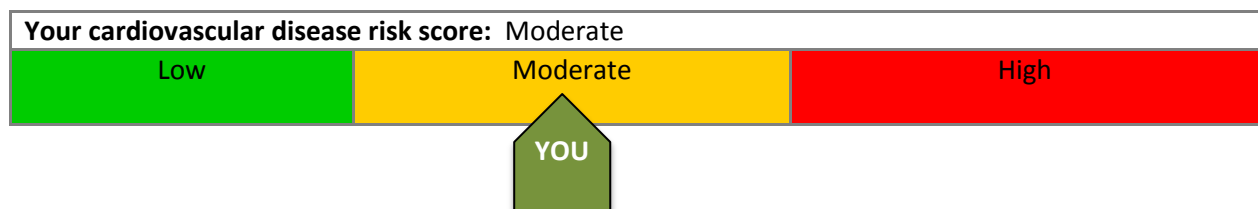
Your risk of developing cardiovascular disease is moderate. This is due to your age, the fact you take blood pressure medication and your lack of physical activity. This risk will therefore be reduced with increased physical activity levels.
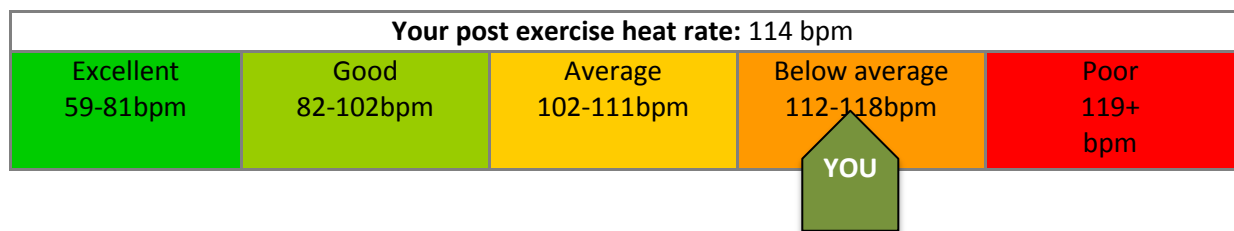
Hydration

Being hydrated is important for bodily functions to be carried out efficiently and can help with optimum sports performance.

Your hydration score: 1.015			
Very hydrated	Hydrated	Dehydrated	Very dehydrated

YOU
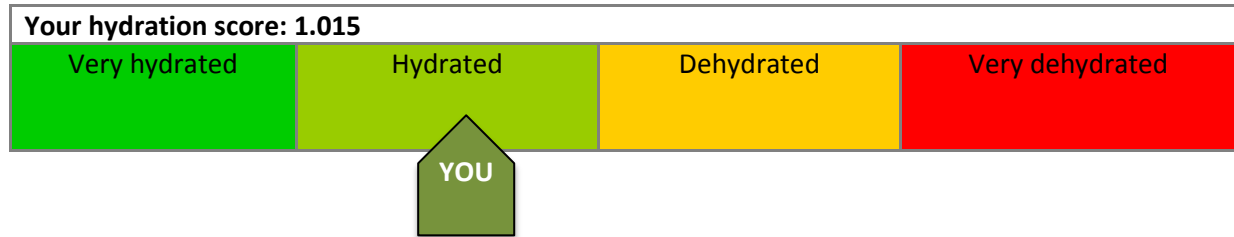
Fitness for health

Cardiovascular fitness

A good level of cardiovascular fitness is important for you to carry out daily activities without fatigue, take part in your chosen sport and decrease your risk of future health problems.

Your post exercise heat rate: 114 bpm				
Excellent 59-81bpm	Good 82-102bpm	Average 102-111bpm	Below average 112-118bpm	Poor 119+ bpm

YOU

You are in the below average category which needs to be improved. Having a low level of cardiorespiratory fitness has been associated with increased risk of disease and feelings lethargy in response to everyday activities. Being in the good or above category is ideal. This can be achieved by including more cardiovascular exercise including walking, cycling in the gym and performing exercises in the gym.

Flexibility

Flexibility is important for you to be able to carry out the activities of daily living effectively and for sports performance. Good flexibility reduces risk of injury and lower back pain.

Name	Definition	Relevance	Normative values	Your score		Interpretation
				L	R	
Active dorsiflexion lunge	Assesses range of motion at the ankle.	Limitation leading to problems with the ankle, knee, hip and lower back.	13.9 cm	8.0 cm	10 cm	Below average score.
Active knee extension	Assesses hamstring muscle length.	Limitations in hamstring flexibility can lead to problems in low back, knee and ankle.	>160°	119°	121°	Below average score.
Thoracic and shoulder test	Assess strength and range of motion in upper back, shoulder range of motion and ability of shoulder blades to retract.	Limited range of motion here can promote poor posture and back and shoulder pain.	None available	4.0cm		Poor score.

Summary

Test	Your Score	Interpretation	Advice
BMI	25.7	Overweight	≥3 kg weight loss
Waist circumference	103cm	Slightly too high	Weight loss to result in decreased waist circumference advised ≥4cm
Body fat	121.5mm	A little too much body fast	Weight loss to result in ≥12mm body fat
Blood pressure	140/77mmHg	Stage 1 hypertension category	Monitor before each gym session
Cholesterol	214mg/dl	Borderline high	Monitor every 4 months
Diabetes risk score	1 in 3 in next 10 year	High	Weight loss will decrease this risk.
Cardiovascular disease risk score	Moderate	Could be improved	Increased physical activity levels
Hydration	No score	N/A	N/A
Cardiovascular fitness	114bpm	Below average score	More walking and gym programme
Flexibility	Below average	Poor score	Mobility, flexibility and activation work needed.