






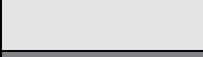













WICER Visualization Style Guide

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Color Palette Hex Values

	Hex	R	G	B	RGB sample
Blue A for depression dial	99DBF8	154	219	249	
Blue B for depression dial	27A9E1	39	170	225	
Blue C for depression dial	1B75BB	28	117	188	
Blue D for depression dial and depressed days blocks	2A388F	43	57	144	
Blue E for depression dial	262261	38	34	98	
Blue for bar graphs, cloverleaf	00ADEF	0	174	239	
Brown for hair	744C28	117	76	41	
Gray background for dial	E3E4E4	228	228	228	
Gray for cloverleaf dotted line	808284	128	130	133	
Green A for stress dial	0FB04B	16	176	75	
Green B for stress dial, reference ranges, bar graphs, cloverleaf	86C440	135	197	64	
Orange for dial	F4801F	245	138	32	
Orange for reference ranges, cloverleaf	FBAF3F	251	176	64	
Orange for star borders	F05A28	241	90	41	
Pink for cloverleaf	D91B5B	218	28	92	
Red for BP figure text, anxious days, composite bar graphs	C1272C	193	39	45	
Red for dial	ED1C24	237	28	36	
Red for reference ranges	EF4036	239	65	54	
Yellow for dial, measuring tape	FCED13	253	238	20	

Default Font

Myriad Pro

Body Mass Index (BMI)

Variable(s): Sex, BMI (bmi_kgm2), BMI Category (create a new variable based on below criteria)

Units: Tenths

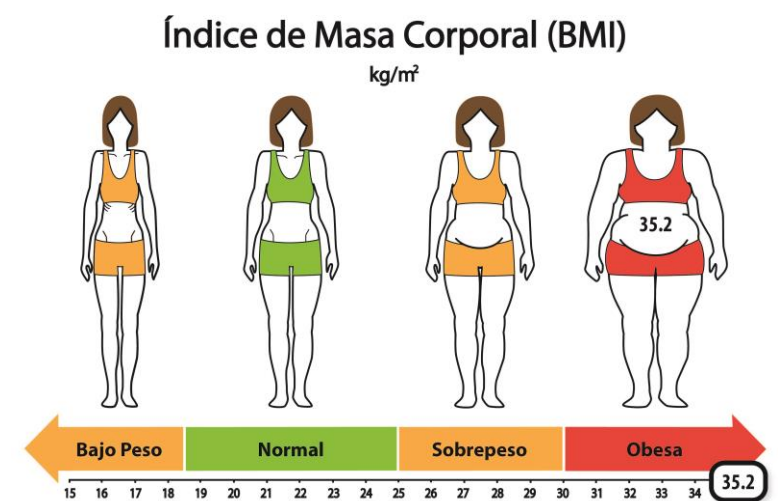
Tailoring: Indicator box has value inside and is centered over value location on number line. Value also shown on belly of corresponding figure.

Criteria: <18.5 is underweight; 18.5-24.9 normal; 25-29.9 overweight; >30.0 obese

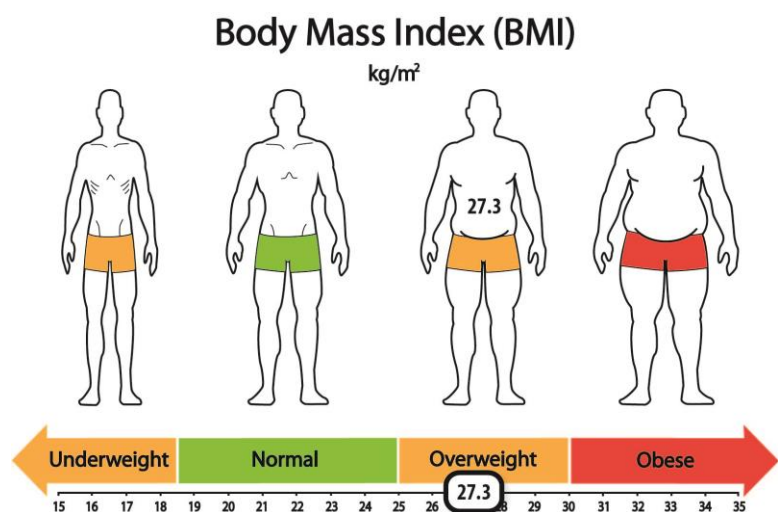
Notes: Indicator box sits just past the arrow for values <15 or >35 as shown below

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

For reference:



El índice de masa corporal (BMI en inglés) utiliza su estatura y peso para estimar cuanta grasa corporal usted tiene.



Body Mass Index (BMI) uses your height and weight to estimate how much body fat you have.

Índice de Masa Corporal (BMI)
kg/m²

female:
Bajo Peso
Normal
Sobrepeso
Obesa

male:
Bajo Peso
Normal
Sobrepeso
Obeso

El índice de masa corporal (BMI en inglés) utiliza su estatura y peso para estimar cuanta grasa corporal usted tiene.

Text tailoring: BMI value only.

Body Mass Index
kg/m²

Body Mass Index (BMI) uses your height and weight to estimate how much body fat you have.

BMI categories:

Less than 18.5 is underweight

18.5 to 24.9 is normal

25.0 to 29.9 is overweight

Over 30.0 is obese

Your BMI was **27.3**

Índice de Masa Corporal (BMI)
kg/m²

El índice de masa corporal (BMI en inglés) utiliza su estatura y peso para estimar cuanta grasa corporal usted tiene.

Clasificaciones de BMI

Menos de 18.5 es Bajo Peso

De 18.5 a 24.9 es Normal

De 25.0 a 29.9 es Sobrepeso

Más de 30.0 es Obeso/a

Su BMI fue de **27.3**

Waist Measurement

Variable(s): Sex, Waist circumference (waistcirc_inches_1), Waist Circumference Category (create a new variable based on below criteria)

Units: Whole numbers

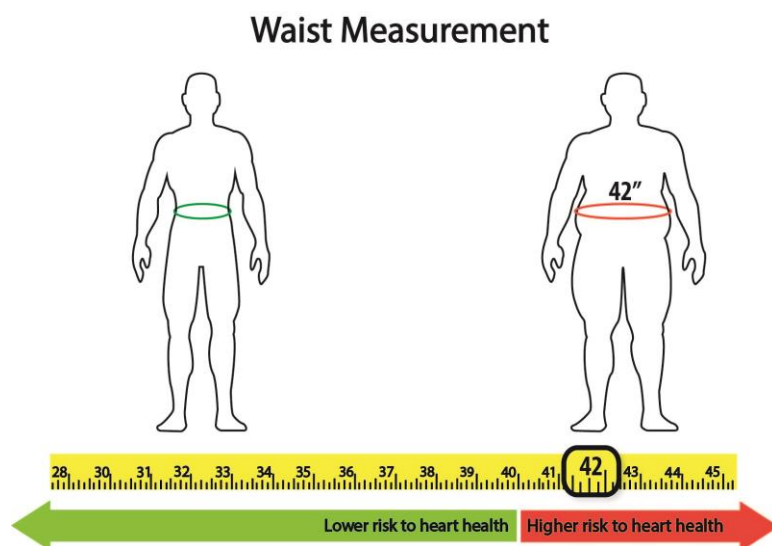
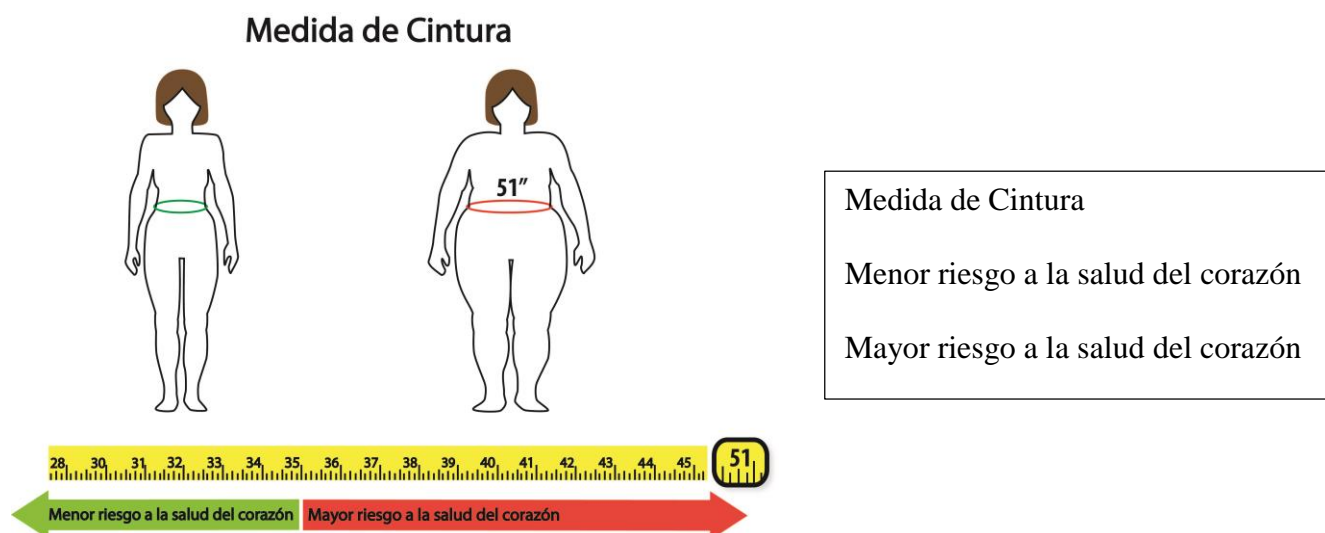
Tailoring: Indicator box has value inside and is centered over value location on number line. Value also shown on belly of corresponding figure.

Criteria: Female: <35 is lower risk to heart health; ≥ 35 higher risk to heart health
Male: <40 is lower risk to heart health; ≥ 40 higher risk to heart health

Notes: Indicator will sit just past the tape measure for values <28 or >45 as shown below.

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

For reference:



Text tailoring: Waist measurement, women or men, recommendation.

Waist Measurement

Your waist measurement was **42** inches.

For **men**, measurements above **40** inches are associated with a higher risk to heart health.

Measurements below **40** inches are associated with a lower risk to heart health.

Medida de Cintura

Su medida de cintura fue de **42** pulgadas.

Para **los hombres**, medidas por encima de **40** pulgadas están asociadas con un mayor riesgo a la salud del corazón.

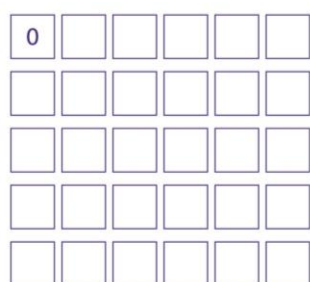
Las medidas por debajo de **40** pulgadas están asociadas con un menor riesgo a la salud del corazón.

Days Feeling Depressed

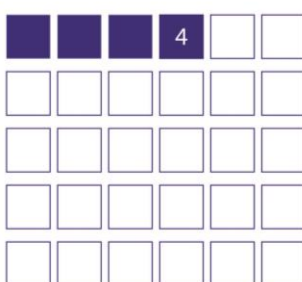
Variable(s): Age, Sex, CDC 30-day depression (cdc30_depressed)
 Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
 Units: Whole numbers
 Tailoring: Value shown numerically in white font in the last of the filled in boxes. Auto-generate text below graphic substituting “men” or “women” as needed.
 Notes: If 0, no fill; put “0” in the first box in dark blue font as shown below.
 Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male

For reference:

Días entre los últimos 30 días sintiéndose triste, deprimido, o melancólico



Usted
0 días



Otras mujeres de la
misma edad que usted
4 días

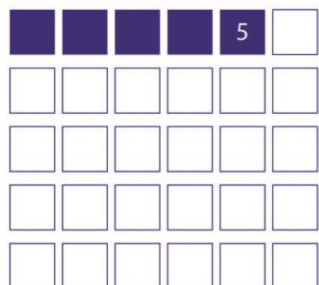
Días entre los últimos 30 días
sintiéndose triste, deprimido,
o melancólico

Usted
X días

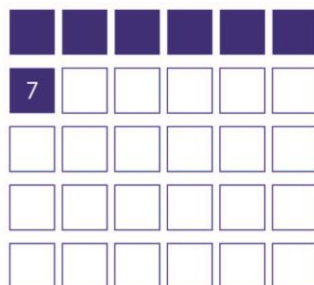
Otras mujeres de la misma
edad que usted
X días

Otros hombres de la misma
edad que usted
X días

Days feeling sad, blue, or depressed in the last 30 days



You
5 days



Other women in
your age group
7 days

Text tailoring: number of days for self, women or men, number of days for group. In Spanish, select melancólico/a or deprimido/a as appropriate for gender and singular or plural for self vs. group.

Days feeling sad, blue, or depressed in the last 30 days

You reported feeling sad, blue, or depressed for **5** out of 30 days.

Women in your age group reported being sad, blue, or depressed for an average of **7** out of 30 days.

Días entre los últimos 30 días sintiéndose triste, deprimido, o melancólico

Usted informó que se sintió triste, **melancólica** o **deprimida** durante **5** de 30 días.

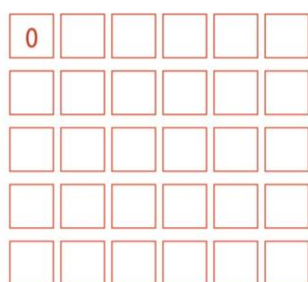
Otras mujeres de la misma edad que usted informaron que se sintieron tristes, **melancólicas**, o **deprimidas** durante un promedio de **7** de 30 días.

Days Feeling Anxious

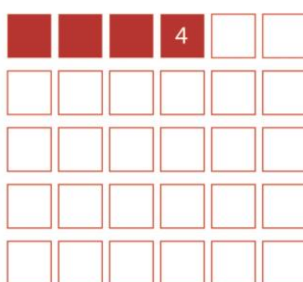
Variable(s): Age, Sex, CDC 30-day anxiety (cdc30_anxious)
Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
Units: Whole numbers
Tailoring: Value shown numerically in white font in the last of the filled in boxes. Auto-generate text below graphic substituting “men” or “women” as needed.
Notes: If 0, no fill; put “0” in the first box in red font.
Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male

For reference:

Días entre los últimos 30 días
sintiéndose preocupado, ansioso, o tenso



Usted
0 días



Otras mujeres de la
misma edad que usted
4 días

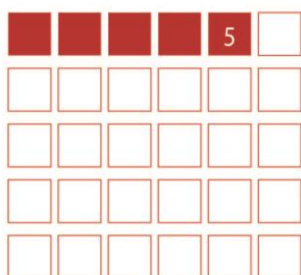
Días entre los últimos 30 días
sintiéndose preocupado, ansioso,
o tenso

Usted
X días

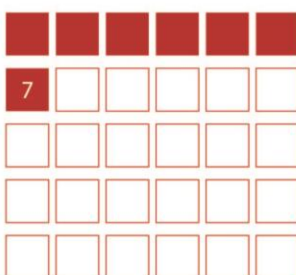
Otras mujeres de la misma edad
que usted
X días

Otros hombres de la misma edad
que usted
X días

Days feeling worried, tense, or anxious in the last 30 days



You
5 days



Other men in
your age group
7 days

Text tailoring: number of days for self, women or men, number of days for group. In Spanish, select preocupado/a, ansioso/a, or tenso/a as appropriate for gender and singular or plural for self vs. group.

Days feeling worried, tense, or anxious in the last 30 days

You reported feeling worried, tense, or anxious for **5** out of 30 days.

Men in your age group reported being worried, tense, or anxious for an average of **7** out of 30 days.

Días entre los últimos 30 días sintiéndose preocupado, ansioso, o tenso

Usted informó que se sintió **preocupado, ansioso, o tenso** durante **5** de 30 días.

Otros hombres de la misma edad que usted informaron que se sintieron **preocupados, ansiosos, o tensos** durante un promedio de **7** de 30 días.

Fruit Servings per Day

Variable(s): Age, Sex, Fruit servings per day (fruit_wk_sm_perday)
 Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
 Recommendation: 2 for men and for women 18-30; 1.5 for women >30
 Units: Tenths
 Tailoring: Height of bar and value inside, centered vertically. Auto-generate text below graphic substituting “men” or “women” as needed.
 Notes: If 0, use a very small bar; put “0” just above it. If the value does not fit inside the bar, place it just above the bar as shown below. May need to re-scale y-axis for high values.
 Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male

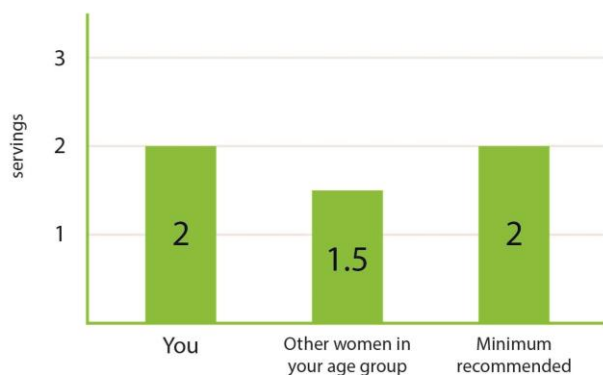
For reference:

Porciones de Frutas por Día



Porciones de Frutas por Día
 porciones (y-axis)
 Usted
 Otras mujeres de la misma edad
 que usted / Otros hombres de la
 misma edad que usted
 Recomendación mínima

Fruit Servings per Day



Text tailoring: servings for self, women or men, servings for group, recommendation.

Fruit Servings per Day

You reported eating about **2** servings of fruit per day.

Women in your age group reported eating an average of **1.5** servings of fruit per day.

It is recommended that **women** your age eat a minimum of **2** servings of fruit per day.

Porciones de Frutas por Día

Usted informó que comió alrededor de **2** porciones de frutas por día.

Otras mujeres informaron que comieron un promedio de **1.5** porciones de frutas por día.

Se recomienda que **mujeres** de su edad coman por lo menos **2** porciones de frutas por día.

Vegetable Servings per Day

Variable(s): Age, Sex, Vegetable servings per day (veganddarkvege_wk_perday)

Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
 Recommendation: 3 for men <50; 2.5 for men >50; 2.5 for women <50; 2 for women >50.

Units: Tenths

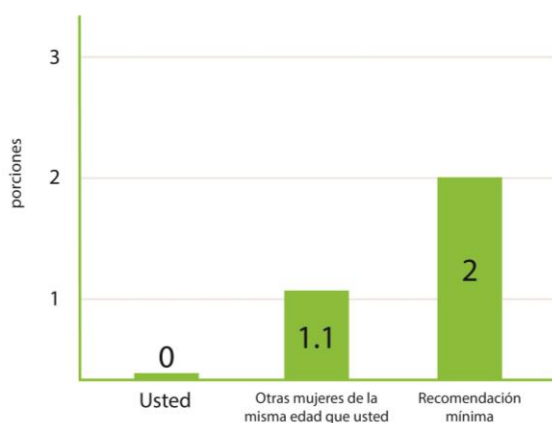
Tailoring: Height of bar and value inside, centered vertically. Auto-generate text below graphic substituting “men” or “women” as needed.

Notes: If 0, use a very small bar; put “0” just above it as shown below. If the value does not fit inside the bar, place it just above the bar. May need to re-scale y-axis for high values.

Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male

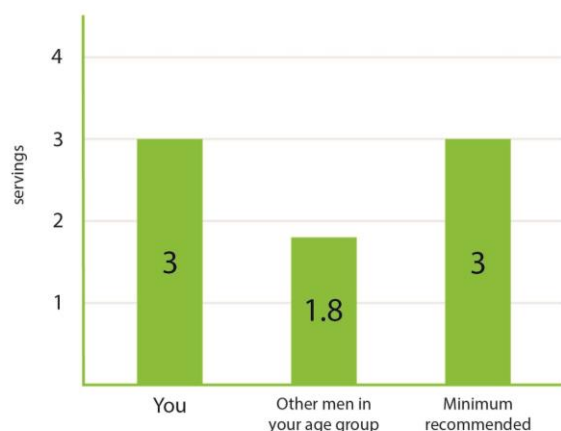
For reference:

Porciones de Vegetales por Día



Porciones de Vegetales por Día
 porciones (y-axis)
 Usted
 Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted
 Recomendación mínima

Vegetable Servings per Day



Text tailoring: servings for self, women or men, servings for group, recommendation.

Vegetable Servings per Day

You reported eating about **2** servings of vegetables per day.

Men in your age group reported eating an average of **1.8** servings of vegetables per day.

It is recommended that **men** your age eat a minimum of **3** servings of vegetables per day.

Porciones de Vegetales por Día

Usted informó que comió alrededor de **2** porciones de vegetales por día.

Otros hombres informaron que comieron un promedio de **1.8** porciones de vegetales por día.

Se recomienda que **hombres** de su edad coman por lo menos **2** porciones de vegetales por día.

Minutes of Vigorous Exercise

Variable(s):	Age, Sex, Minutes of vigorous exercise per week (vig_amount_minwk)
Comparator:	Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
	Recommendation: 75 minutes
Units:	Whole numbers, rounded to nearest 5
Tailoring:	Height of bar and value inside, centered vertically. Auto-generate text below graphic substituting “men” or “women” as needed.
Notes:	If 0, use a very small bar; put “0” just above it as shown below. If the value does not fit inside the bar, place it just above the bar. May need to re-scale y-axis for high values.
Versions:	English, Female English, Male Spanish, Female Spanish, Male

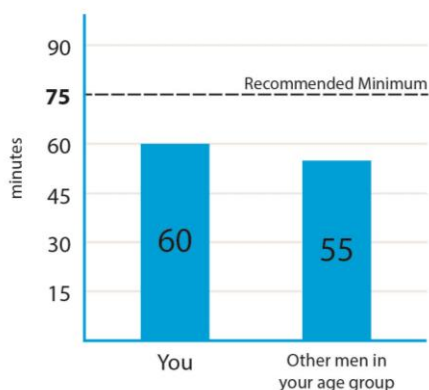
For reference:

Minutos por Semana de Actividad Física Vigorosa



Minutos por Semana de Actividad Física Vigorosa
minutos (y-axis)
Recomendación Mínima
Usted
Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

Minutes of Vigorous Physical Activity per Week



Text tailoring: number of minutes for self, women or men, number of minutes for group.

Minutes of Vigorous Physical Activity per Week

You reported doing about **60** minutes of vigorous physical activity per week.

Women in your age group reported doing an average of **55** minutes of vigorous physical activity per week.

It is recommended that **women** your age do a minimum of 75 minutes of vigorous physical activity per week.

Minutos por Semana de Actividad Física Vigorosa

Usted informó que hizo alrededor de **60** minutos de actividad física vigorosa por semana.

Otras mujeres de la misma edad que usted informaron que hicieron un promedio de **55** minutos de actividad física vigorosa por semana.

Se recomienda que **mujeres** de su edad hagan por lo menos **75** minutos de actividad física vigorosa por semana.

Minutes of Moderate Exercise

Variable(s): Age, Sex, Minutes of moderate exercise per week (mod_amount_minwk)

Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+

Recommendation: 150 minutes

Units: Whole numbers, rounded to nearest 5

Tailoring: Height of bar and value inside, centered vertically. Auto-generate text below graphic substituting “men” or “women” as needed.

Notes: If 0, use a very small bar; put “0” just above it as shown below. If the value does not fit inside the bar, place it just above the bar. May need to re-scale y-axis for high values.

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

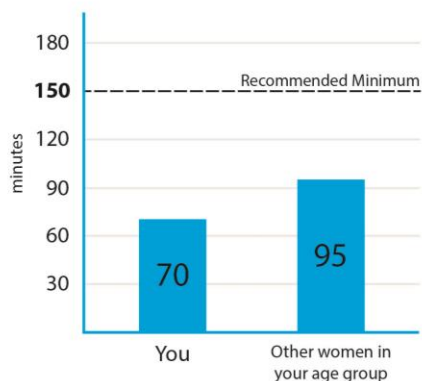
For reference:

Minutos por Semana de Actividad Física Moderada



Minutos por Semana de Actividad Física Moderada
minutos (y-axis)
Recomendación Mínima
Usted
Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

Minutes of Moderate Physical Activity per Week



Text tailoring: number of minutes for self, women or men, number of minutes for group.

Minutes of Moderate Physical Activity per Week

You reported doing about **70** minutes of moderate physical activity per week.

Men in your age group reported doing an average of **95** minutes of moderate physical activity per week.

It is recommended that **men** your age do a minimum of 150 minutes of moderate physical activity per week.

Minutos por Semana de Actividad Física Moderada

Usted informó que hizo alrededor de **70** minutos de actividad física moderada por semana.

Otros hombres de la misma edad que usted informaron que hicieron un promedio de **95** minutos de actividad física moderada por semana.

Se recomienda que **hombres** de su edad hagan por lo menos **150** minutos de actividad física moderada por semana.

Composite Beverage Servings

Variable(s): Servings of regular soda per week (soda_week_sm), servings of 100% pure juices per week (juice_week_sm), servings of sweetened fruit drinks per week (sugaryfruitdrink_week_sm)

Units: Whole numbers

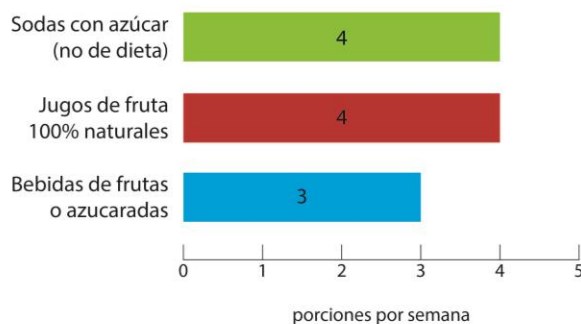
Tailoring: Length of bar and value inside, centered horizontally.

Notes: If 0, use a very small bar; put “0” just to right of it. If the value does not fit inside the bar, place it just to the right of the bar.

Versions: English
Spanish

For reference:

Porciones por Semana de Bebidas con Contenido de Azúcar

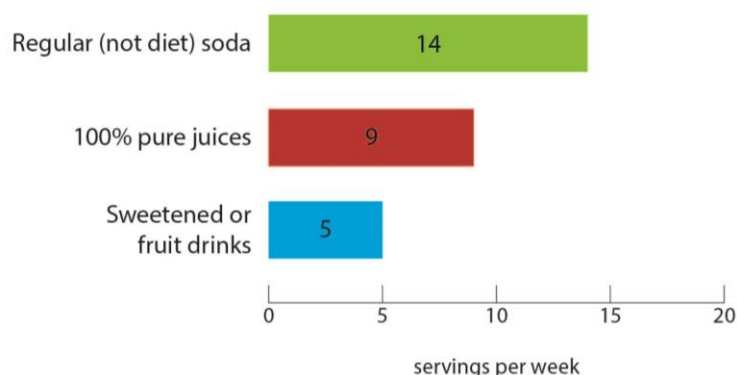


Porciones por Semana de Bebidas con Contenido de Azúcar

Sodas con azúcar (no de dieta)
Jugos de fruta 100% naturales
Bebidas de frutas o azucaradas

porciones por semana (x-axis)

Servings per Week of Beverages Containing Sugar



Text tailoring: soda servings, juice servings, sweetened drink servings

Servings per Week of Beverages Containing Sugar

Per week, you reported drinking:

- **14** servings of regular (not diet) soda
- **9** servings of 100% pure juices, and
- **5** servings of sweetened or fruit drinks.

Porciones por Semana de Bebidas con Contenido de Azúcar

Usted informó que tomó por semana:

- **14** porciones de sodas con azúcar (no de dieta)
- **9** porciones de jugos de fruta 100% naturales, y
- **5** porciones de bebidas de frutas o azucaradas.

Composite 30-day Measures

Variable(s): CDC 30-day healthy full of energy (cdc30_energy), CDC 30-day physical health not good (cdc30_physical), CDC 30-day mental health not good (cdc30_mental)

Units: Whole numbers

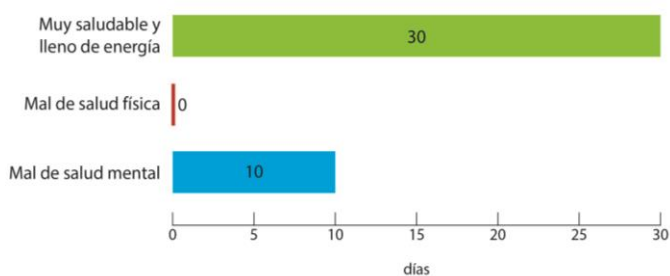
Tailoring: Length of bar and value inside, centered horizontally.

Notes: If 0, use a very small bar; put “0” just to right of it as shown below. If the value does not fit inside the bar, place it just to the right of the bar.

Versions: English
Spanish

For reference:

Número de días entre los últimos 30 días sintiéndose...

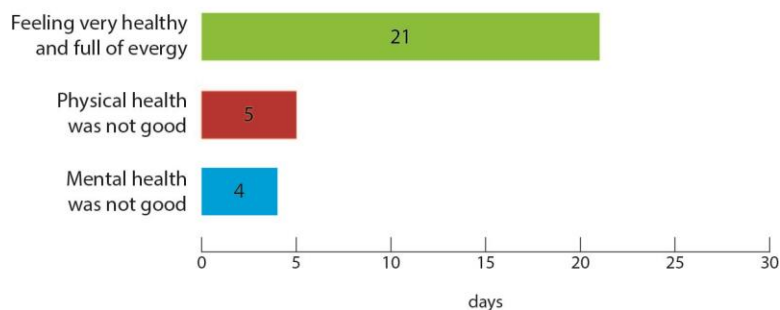


Número de días entre los últimos 30 días sintiéndose...

Muy saludable y lleno de energía
Mal de salud física
Mal de salud mental

días (x-axis)

Number of days in the last 30 days...



Text tailoring: anxious days, depressed days, full of energy days

Out of 30 days, you reported feeling:

- very healthy and full of energy for **21** days,
- that your physical health was not good for **5** days, and
- that your mental health was not good for **4** days.

Durante 30 días, usted informó sintiéndose:

- muy saludable y lleno de energía durante **21** días,
- mal de salud física durante **5** días, y
- mal de salud mental durante **4** días.

Recommended Physical Activity

Variable(s): Age, Sex, Minutes of moderate exercise per week (mod_amount_minwk)

Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+

Recommendation: 150 minutes

Units: Whole numbers, rounded to nearest 5

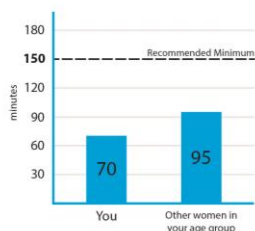
Tailoring: Height of bar and value inside, centered vertically. Auto-generate text below graphic.

Notes: If 0, use a very small bar; put "0" just above it. If the value does not fit inside the bar, place it just above the bar. May need to re-scale y-axis for high values. Incorporates the graphic from moderate physical activity but has additional, static information at right.

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

For reference:

Your Minutes per Week of Moderate Physical Activity



Experts recommend
a minimum of

2½ hrs
(150 min)

of moderate physical activity
per week

Examples of Moderate Activity



Sus Minutos por Semana de Actividad Física Moderada



Los expertos recomiendan
un mínimo de

2½ horas
(150 min)

de actividad física moderada
a la semana

Ejemplos de Actividad Física Moderada



Sus Minutos por Semana de Actividad Física Moderada
minutos (y-axis)

Recomendación Mínima

Usted

Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

Los expertos recomiendan un mínimo de 2½ horas (150 minutos) de actividad física moderada a la semana.

Ejemplos de Actividad Física Moderada

Marcha Apresurada

Ciclismo a Velocidad Ligera

Aeróbico Acuático

Text tailoring: number of minutes for self, women or men, number of minutes for group

Your Minutes per Week of Moderate Physical Activity

You reported doing about **70** minutes of moderate physical activity per week.

Women in your age group reported doing an average of **95** minutes of moderate physical activity per week.

Recommendation

Experts recommend that **women** your age do a minimum of 2½ hours (150 minutes) of moderate physical activity per week.

Examples of moderate physical activity include brisk walking, light bicycling, and water aerobics.

Sus Minutos por Semana de Actividad Física Moderada

Usted informó que hizo alrededor de **70** minutos de actividad física moderada por semana.

Otras mujeres de la misma edad que usted informaron que hicieron un promedio de **95** minutos de actividad física moderada por semana.

Recomendación

Los expertos recomiendan que **mujeres** de su edad hagan por lo menos 2½ horas (150 minutos) de actividad física moderada por semana.

Ejemplos de actividad física moderada incluyen marcha apresurada, ciclismo a velocidad ligera, y aeróbico acuático.

Beverage Recommendations

Variable(s): Servings of regular soda per week (soda_week_sm), servings of 100% pure juices per week (juice_week_sm)

Comparator: Recommendation panel is static

Units: Whole numbers

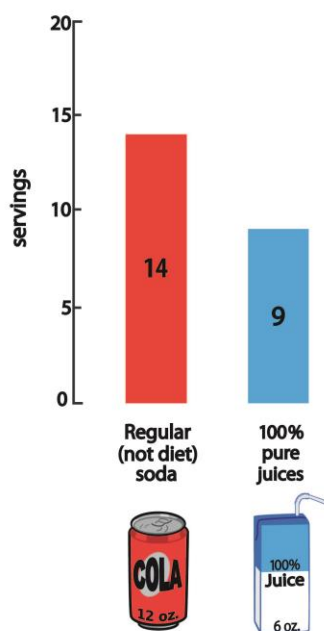
Tailoring: Height of bar and value inside, centered vertically.

Notes: If 0, use a very small bar; put “0” just above it. If the value does not fit inside the bar, place it just above the bar. May need to re-scale y-axis for high values.

Versions: English
Spanish

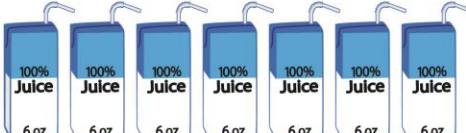
For reference:

Your Servings per Week of Beverages Containing Sugar

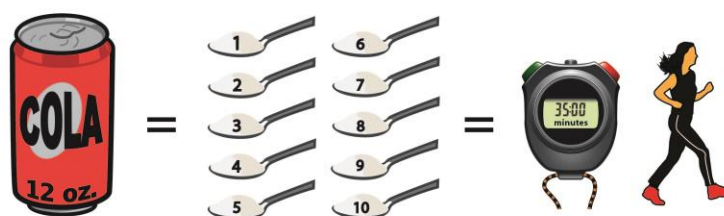


Beverage Recommendations

No More Than  per Week

No More Than  per Week

Sweetened Beverages Have Added Sugar



Sus Porciones por Semana de Bebidas con Contenido de Azúcar
porciones (y-axis)
Sodas con azúcar (no de dieta)
Jugos de fruta 100% naturales

Recomendaciones Para Bebidas
No más de xxx por semana
Bebidas Endulzadas Tienen Azúcar Adicional

Text tailoring: soda servings, juice servings

Servings per Week of Beverages Containing Sugar

Per week, you reported drinking:

- **14** servings of regular (not diet) soda, and
- **9** servings of 100% pure juices.

Beverage Recommendations

Adults should drink no more than 7 servings (6 ounces per serving) of 100% fruit juice per week, and no more than 3 cans (36 ounces, total) of regular soda per week.

Sweetened beverages have added sugar. One can of regular soda contains about 10 teaspoons of sugar. It takes about 35 minutes of walking to burn off the calories in one can of regular soda.

Porciones por Semana de Bebidas con Contenido de Azúcar

Usted informó que tomó por semana:

- **14** porciones de sodas con azúcar (no de dieta), y
- **9** porciones de jugos de fruta 100% naturales.

Recomendaciones para Bebidas

Los adultos no deben tomar más de 7 porciones (6 onzas en cada porción) de jugos de fruta 100% naturales, y no más de 3 latas (36 onzas en total) de sodas con azúcar por semana.

Bebidas endulzadas tienen azúcar adicional. Una lata de soda con azúcar contiene alrededor de 10 cucharaditas de azúcar. Se tarda unos 35 minutos de caminata para quemar las calorías contenidas en una lata de soda con azúcar.

Depression Symptoms A

Variable(s): Age, Sex, PHQ-9 (phq30_sum)

Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+

Units: Very Low = 0-4; Low = 5-9; Moderate = 10-14; High = 15-19; Very High = 20-27

Tailoring: Arrow on dial. There is a separate graphic for each possibility. Auto-generate text below graphic substituting “men” or “women” as needed.

Notes: none

Versions: English, Female

English, Male

Spanish, Female

Spanish, Male

For reference:

Depression Symptoms A



You
Low



Other women in
your age group
Moderate

Síntomas de Depresión A

Usted

Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

[Muy bajo, Bajo, Moderado, Alto, Muy Alto]

Text tailoring: level for self, women or men, level for group

Depression Symptoms A

Your level of depression symptoms was **low**.

The level of depression symptoms for **women** in your age group was **moderate**.

Síntomas de Depresión A

Su nivel de síntomas de depresión fue **bajo**.

El nivel de síntomas de depresión de **otras mujeres** de la misma edad que usted fue **moderado**.

Prolonged Stress

Variable(s): Age, Sex, Chronic burden (chr_sum) converted to 5-point value as described below

Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+

Units: Very Low = 0-1; Low = 2; Moderate = 3; High = 4; Very High = 5

Tailoring: Arrow on dial. There is a separate graphic for each possibility. Auto-generate text below graphic substituting “men” or “women” as needed.

Notes: none

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

For reference:

Prolonged Stress

(lasting at least 6 months)



You
Low



Other men in
your age group
Very High

Estrés Prolongado
(dura por lo menos 6 meses)

Usted
Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted
[Muy bajo, Bajo, Moderado, Alto, Muy Alto]

Text tailoring: level for self, women or men, level for group

Prolonged Stress
(lasting at least 6 months)

Your level of prolonged stress was **low**.

The level of prolonged stress for **men** in your age group was **very high**.

Estrés Prolongado
(dura por lo menos 6 meses)

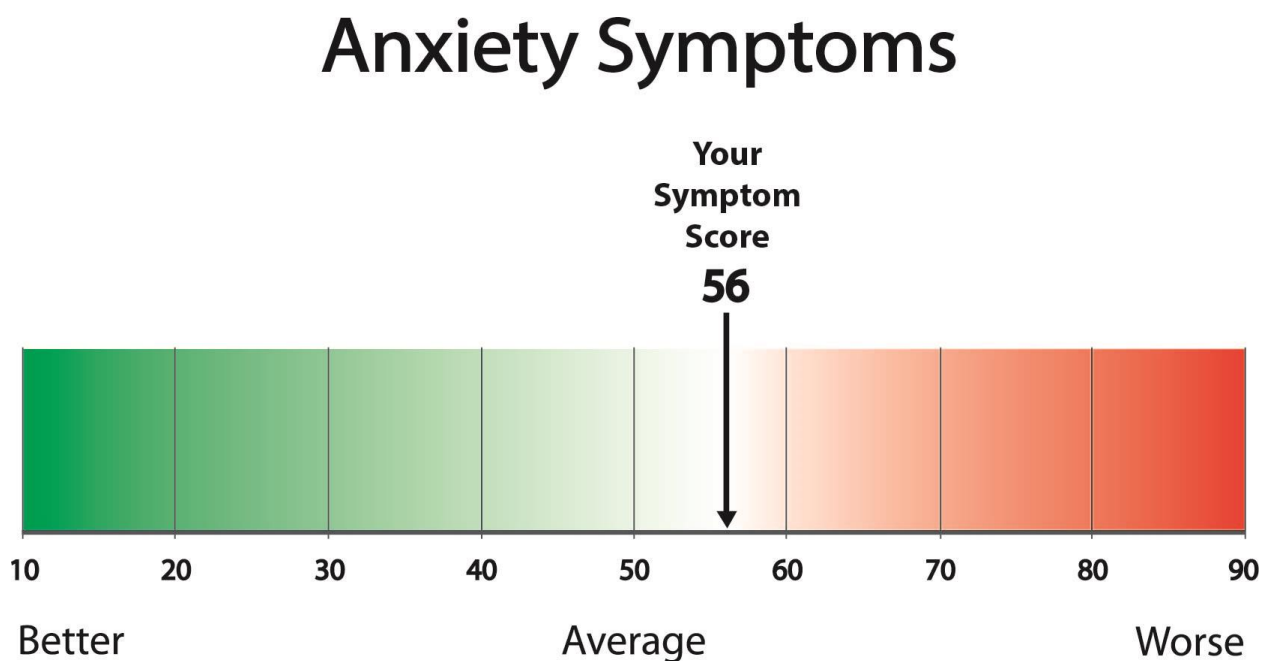
Su nivel de estrés prolongado fue **bajo**.

El nivel de estrés prolongado de **otros hombres** de la misma edad que usted fue **muy alto**.

Anxiety Symptoms

Variable(s): PROMIS anxiety T-score (promis_anxiety_t)
Units: Whole numbers. 17 possible values.
40; 48; 51; 54; 56; 58; 60; 61; 63; 65; 67; 69; 71; 73; 75; 78; 82
Tailoring: Arrow on gradient and numerical marker.
Notes:
Versions: English
Spanish

For reference:



Síntomas de Ansiedad

Su Puntuación de Síntomas

Mejor

Promedio

Peor

Text tailoring: anxiety score

Anxiety Symptoms

Anxiety symptom scores range from 10 (better) to 90 (worse). A score of 50 is average.

Your anxiety symptom score was **56**.

Síntomas de Ansiedad

La puntuación de síntomas de ansiedad tiene un rango de 10 (mejor) a 90 (peor). Una puntuación de 50 es el promedio.

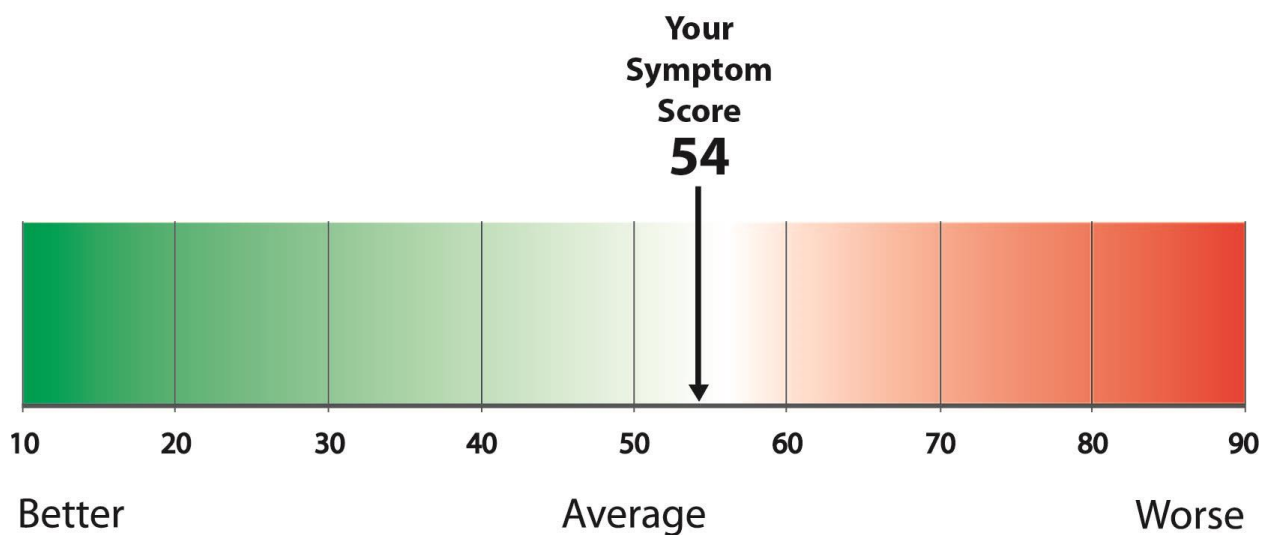
Su puntuación de síntomas de ansiedad fue **56**.

Depression Symptoms B

Variable(s): PROMIS depression T-score (promis_depression_t)
Units: Whole numbers. 17 possible values.
41; 49; 52; 54; 56; 57; 59; 61; 62; 64; 66; 68; 70; 71; 73; 76; 79
Tailoring: Arrow on gradient and numerical marker.
Notes:
Versions: English
Spanish

For reference:

Depression Symptoms B



Síntomas de Depresión B

Su Puntuación de Síntomas

Mejor

Promedio

Peor

Text tailoring: depression score

Depression Symptoms B

Depression symptom scores range from 10 (better) to 90 (worse). A score of 50 is average.

Your depression symptom score was **54**.

Síntomas de Depresión B

La puntuación de síntomas de depresión tiene un rango de 10 (mejor) a 90 (peor). Una puntuación de 50 es el promedio.

Su puntuación de síntomas de depresión fue **54**.

Overall Health

Variable(s): Age, Sex, Self-rated overall health (sf_1)
 Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
 Units: Poor = 5-6; Fair = 4; Good = 3; Very Good = 2; Excellent = 1
 Tailoring: Number of filled-in stars. Auto-generate text next to graphic substituting “men” or “women” as needed.
 Notes: none
 Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male
 For reference:

Overall Health

**Su Salud en General**

Mala

Regular

Buena

Muy Buena

Excelente

Usted

Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

Text tailoring: level for self, women or men, level for group

Overall Health

You rated your overall health as **very good**.

On average, **women** in your age group rated their overall health as **fair**.

Su Salud en General

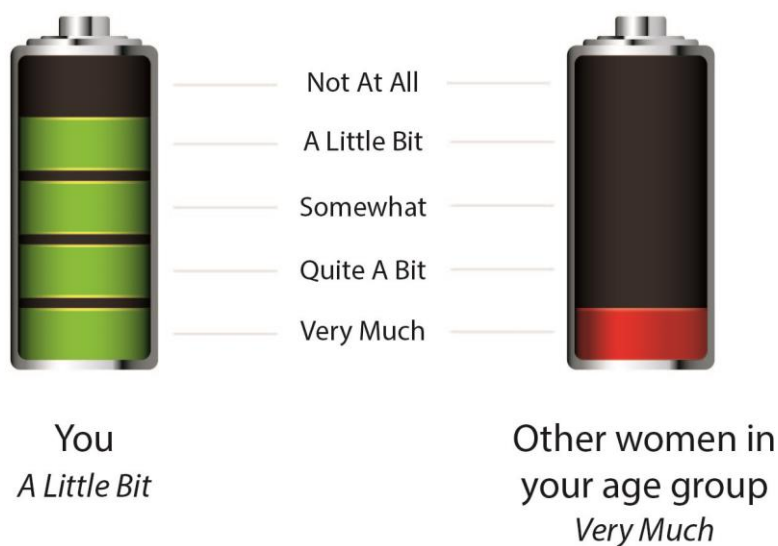
Usted informó que su salud en general estaba **muy buena**.

Otras mujeres de la misma edad que usted informaron que su salud en general estaba **regular**.

Feeling Run Down

Variable(s): Age, Sex, Feeling run down (fatexp41)
 Comparator: Mean value for sex by age group: 18-30; 31-50; 51-64; 65+
 Units: From top to bottom: Not At All = 1; A Little Bit = 2; Somewhat = 3; Quite A Bit = 4; Very Much = 5
 Tailoring: Amount of battery fill. There is a separate graphic for each possibility. Auto-generate text below graphic substituting “men” or “women” as needed.
 Notes: none
 Versions: English, Female
 English, Male
 Spanish, Female
 Spanish, Male
 For reference:

Feeling Run Down



Sintiéndose Agotado

Nada
 Un Poquito
 Algún Tanto
 Bastante
 Muchísimo

Usted
 Otras mujeres de la misma edad que usted / Otros hombres de la misma edad que usted

Text tailoring: level for self, women or men, level for group. Spanish text: gender and singular/plural of agotad/a (agotadas/as).

Feeling Run Down

You reported that, on average, you felt **not at all** run down.

Women in your age group reported that they felt, on average, **very much** run down.

Sintiéndose Agotado

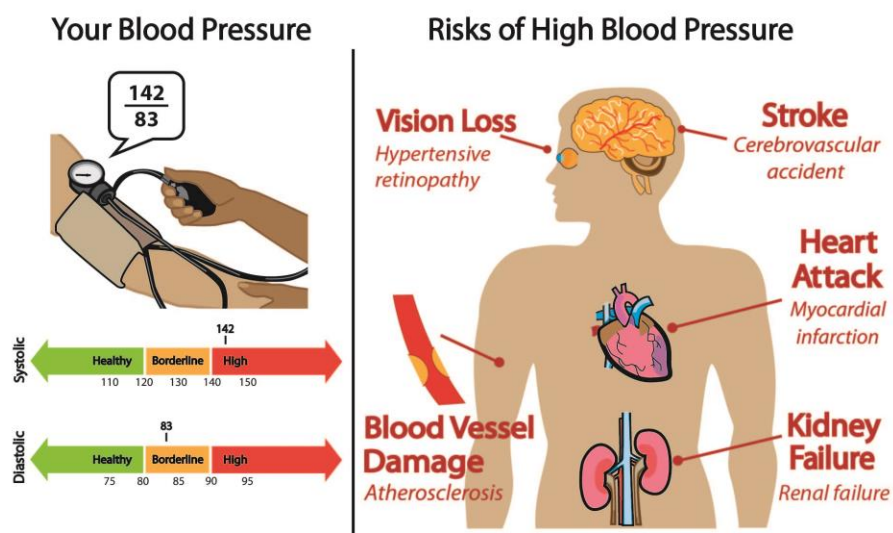
Cuando le preguntamos qué tan **agotada** se sentía en promedio, usted respondió “**nada.**”

Cuando le preguntamos a **otras mujeres** de la misma edad que usted qué tan **agotadas** se sentían en promedio, respondieron “**muchísimo.**”

Risks of High Blood Pressure

Variable(s): Systolic (sbp), Diastolic (dbp)
 Units: Whole numbers
 Tailoring: Fraction in callout. Markers on number lines. Image at right is static.
 Criteria: Systolic ≤ 120 , diastolic ≤ 80 = healthy. $120 < \text{systolic} < 140$, $80 < \text{diastolic} < 90$ = borderline. Systolic ≥ 140 **or** diastolic ≥ 90 = high
 Notes: none
 Versions: English
 Spanish

For reference:



Su Presión Arterial

Sistólica
Diastólica

Normal
Alta-Normal
Alta

Riesgos de Presión Arterial Alta

Pérdida de la visión
Retinopatía hipertensiva
Daño a los vasos sanguíneos
Aterosclerosis
Ataque cerebral
Accidente cerebrovascular
Ataque del corazón
Infarto de miocardio
Fallo de los riñones
Fallo renal

Text tailoring: BP value

Your Blood Pressure was **142/83**

Blood Pressure Categories

	Systolic (top number)		Diastolic (bottom number)
Healthy	less than 120	and	less than 80
Borderline	120 – 139	or	80 – 89
High	140 or more	or	90 or more

Risks of high blood pressure include:

- Vision loss (hypertensive retinopathy)
- Stroke (cerebrovascular accident)
- Heart attack (myocardial infarction)
- Blood vessel damage (atherosclerosis)
- Kidney failure (renal failure)

Su presión arterial fue **142/83**

Categorías de Presión Arterial

	Sistólica (número superior)		Diastólica (número inferior)
Normal	menos de 120	y	menos de 80
Alta-Normal	120 – 139	o	80 – 89
Alta	más de 140	o	más de 90

Los riesgos de presión arterial alta incluyen:

- Pérdida de la visión (retinopatía hipertensiva)
- Daño a los vasos sanguíneos (aterosclerosis)
- Ataque cerebral (accidente cerebrovascular)
- Ataque del corazón (infarto de miocardio)
- Fallo de los riñones (fallo renal)

Risks of Excess Weight

Variable(s): Sex, BMI (bmi_kgm2), BMI Category (create a new variable based on below criteria)

Units: Tenths

Tailoring: There is a different graphic for each BMI category by sex and by language (16 total). Value on belly. Indicator box is centered over value.

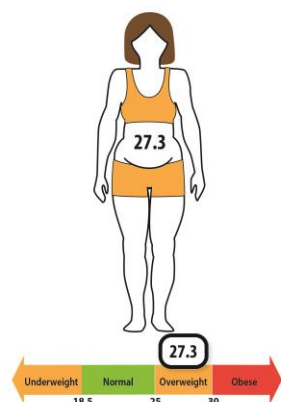
Criteria: <18.5 is underweight; 18.5-24.9 normal; 25-29.9 overweight; >30.0 obese

Notes: Indicator box sits just past the arrow for values <15 or >35.

Versions: English, Female
English, Male
Spanish, Female
Spanish, Male

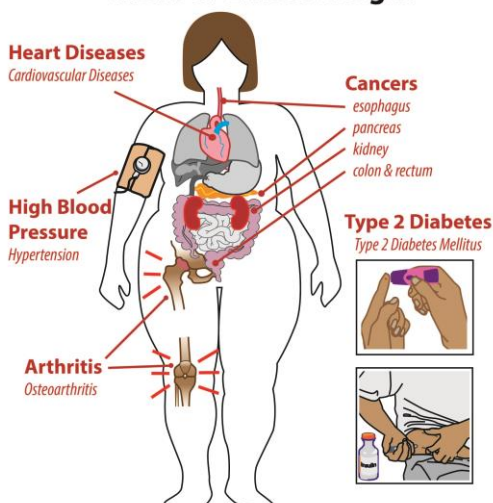
For reference:

Your Body Mass Index (BMI)
kg/m²

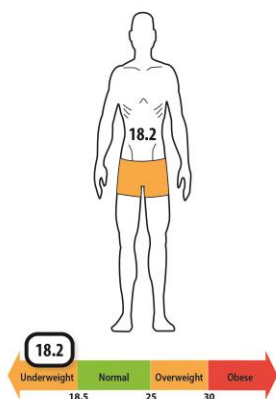


Body Mass Index (BMI) uses your height and weight to estimate how much body fat you have.

Risks of Excess Weight

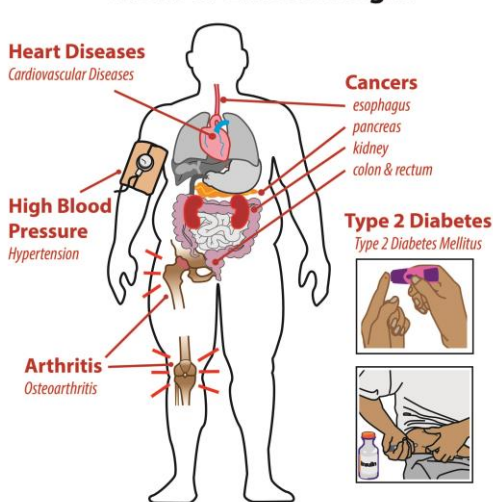


Your Body Mass Index (BMI)
kg/m²



Body Mass Index (BMI) uses your height and weight to estimate how much body fat you have.

Risks of Excess Weight



Su Índice de Masa Corporal (BMI)

Bajo Peso
Normal
Sobrepeso
Obeso / Obesa

El índice de masa corporal (BMI en inglés) utiliza su estatura y peso para estimar cuanta grasa corporal usted tiene.

Riesgos de Exceso de Peso

Enfermedades del Corazón
Enfermedades Cardiovasculares
Presión Arterial Alta
Hipertensión
Artritis
Osteoartritis
Cáncer
esófago
páncreas
riñón
colon y recto
Diabetes Tipo 2
Diabetes Mellitus Tipo 2

Text tailoring: BMI value

Your BMI was **27.3**

Body Mass Index (BMI) uses your height and weight to estimate how much body fat you have.

BMI categories:

- Less than 18.5 is underweight
- 18.5 to 24.9 is normal
- 25.0 to 29.9 is overweight
- Over 30.0 is obese

Risks of excess weight include:

- Heart diseases (cardiovascular diseases)
- High Blood Pressure (Hypertension)
- Arthritis (osteoarthritis)
- Type 2 Diabetes (Type 2 Diabetes Mellitus)
- Cancers of the esophagus, pancreas, kidney, colon, & rectum

Su BMI fue de **27.3**

El índice de masa corporal (BMI en inglés) utiliza su estatura y peso para estimar cuanta grasa corporal usted tiene.

Categorías de BMI

- Menos de 18.5 es Bajo Peso
- De 18.5 a 24.9 es Normal
- De 25.0 a 29.9 es Sobrepeso
- Más de 30.0 es Obeso/a

Los riesgos de exceso de peso incluyen:

- Enfermedades del corazón (enfermedades cardiovasculares)
- Presión arterial alta (hipertensión)
- Artritis (osteoartritis)
- Diabetes tipo 2 (diabetes mellitus tipo 2)
- Cánceres del esófago, páncreas, riñón, colon y recto

Health Summary Control Panel

Variable(s): Prolonged Stress (chr_sum), Body Mass Index (BMI) category, Oral Health (o11), Blood Pressure category

Units: Prolonged Stress – Healthy = 0; Borderline = 1 or 2; Unhealthy = 3+.

BMI – normal = Healthy; underweight or overweight = Borderline; obese = Unhealthy

Oral Health – What is the general condition of your mouth? Healthy = 1-2; Borderline = 3; Unhealthy = 4.

Blood Pressure – Systolic ≤ 120 **and** diastolic ≤ 80 = Healthy. $120 < \text{systolic} < 140$ **or** $80 < \text{diastolic} < 90$ = Borderline. Systolic ≥ 140 **or** diastolic ≥ 90 = Unhealthy.

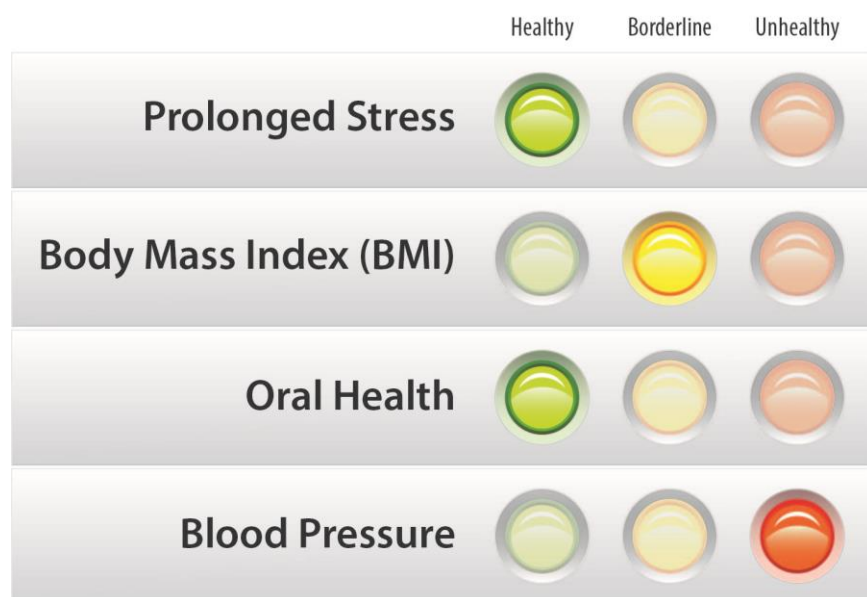
Tailoring: Lit circle – one of 3 possible graphics.

Notes: none

Versions: English
Spanish

For reference:

Your Health Summary



Resumen de Su Salud

Saludable
Cuidado
No Saludable

Estrés Prolongado
Índice de Masa Corporal (BMI)
Salud Oral
Presión Arterial

Text tailoring: stress category, BMI category, oral health category, BP category. Spanish text: note that the verb changes with the category: ‘estaba saludable,’ ‘requiere cuidado,’ ‘no estaba saludable.’

Your Health Summary

- Your level of prolonged stress was **healthy**.
- Your body mass index (BMI) was **borderline**.
- Your oral health was **healthy**.
- Your blood pressure was **unhealthy**.

Resumen de Su Salud

- Su nivel de estrés prolongado **estaba saludable**.
- Su índice de masa corporal (BMI) **requiere cuidado**.
- Su salud oral **estaba saludable**.
- Su presión arterial **no estaba saludable**.

Health Compared to Ideal Cloverleaf

Variable(s): Fruit & Vegetable Consumption (create a new variable based on below criteria), Physical Activity (create a new variable based on below criteria), Overall Health (sf_1), Mental Health (cdc30_mental)

Comparator: Ideal is a static image.

Units: Fruit & Vegetable Consumption – Full petal if both fruit and vegetable servings meet recommended minimums (excellent/excelente). Middle petal if only meets one (good/bueno). Small petal if meets neither but one or more values is >0 (fair/bajo). Tiny petal if both values are zero (poor/muy bajo).

Physical Activity – Calculate adjusted exercise minutes: [moderate + 2(vigorous) = adjusted minutes]. Full petal if adjusted minutes > 150 (excellent/excelente). Middle petal if $75 < \text{adj. min.} < 150$ (good/bueno). Small petal if $0 < \text{adj. min.} < 75$ min (fair/bajo). Tiny petal if zero (poor/muy bajo).

Overall health – Five petal sizes correspond to poor, fair, good, very good, and excellent / mala, regular, buena, muy buena, excelente

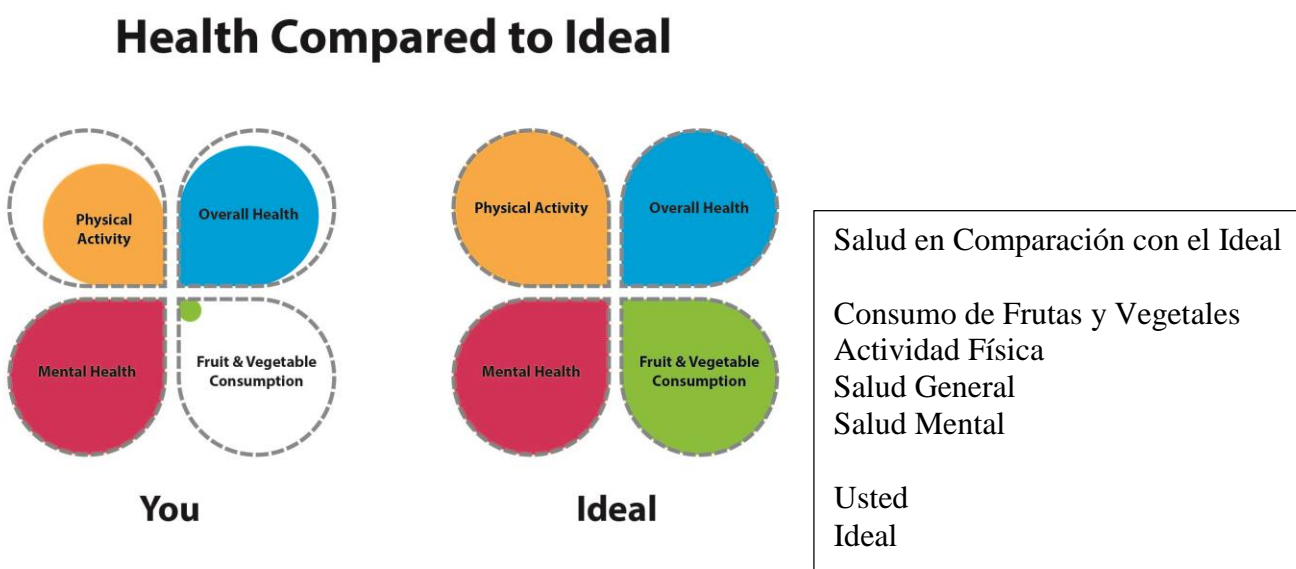
Mental Health – CDC 30-day measure days mental health was not good. Full petal for 0 days (excellent/excelente). Largish petal for 1-5 days (good/buena). Medium petal for 6-10 days (fair/regular). Small petal for >10 days (poor/mala).

Tailoring: Size of petal.

Notes: none

Versions: English
Spanish

For reference:



Text tailoring: physical activity rating, overall health rating, fruit and veg rating, mental health rating

Health Compared to Ideal

- The ideal level of physical activity is excellent. Your level of physical activity was **good**.
- The ideal overall health status is excellent. Your overall health was **very good**,
- The ideal consumption of fruits and vegetables is excellent. Your fruit and vegetable consumption was **poor**.
- The ideal mental health status is excellent. Your mental health was **excellent**.

Salud en Comparación con el Ideal

- El nivel de actividad física ideal es excelente. Su nivel de actividad física fue **bueno**.
- El estado de salud general ideal es excelente. Su salud general estaba **muy buena**.
- El consumo de frutas y vegetales ideal es excelente. Su consumo de frutas y vegetales fue **muy bajo**.
- El estado de salud mental ideal es excelente. Su salud mental estaba **excelente**.

Blood Pressure A & B

Variable(s):	Systolic (sbp), Diastolic (dbp), Blood pressure category (create a new variable based on below criteria)
Units:	Whole numbers
Tailoring:	Fraction. One of three possible lights with number inside in top graphic, markers in bottom graphic.
Criteria:	Systolic ≤ 120 , diastolic ≤ 80 = healthy. $120 < \text{systolic} < 140$, $80 < \text{diastolic} < 90$ = borderline. Systolic ≥ 140 or diastolic ≥ 90 = high.
Notes:	none
Versions:	English Spanish

For reference:

Blood Pressure A & B

Presión Arterial

Sistólica
DiastólicaNormal
Alta-Normal
Alta