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Pacifico



Welcome lea test

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Health Risk Assessment 2.0

Results for lea test

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Identification Number

You answered: 06343133

Sex

You answered: Female

Are you pregnant?

You answered: No

What is your waist circumference? To find this, place a measuring tape snugly around your middle, just above your hipbones. Do this while you stand relaxed. Do not pull in your stomach. Measure your waist just after you breathe out.

You answered: Women: 61-86 centimeters

About that:

Good for you! Your waist circumference of less than 86 cm puts you at a reduced risk for type 2 diabetes, coronary heart disease, and high blood pressure.

What is your blood pressure?

You answered: Less than 120 systolic and less than 80 diastolic

About that:

Congratulations! Your blood pressure is in the normal range. Follow a healthy lifestyle to help prevent HBP.

Get to and stay at a healthy weight.

Do regular physical activity.

Limit sodium to 2,300 milligrams (mg) per day; 1,500 mg if you already been diagnosed with HBP, , or are middle-aged and older.

If you choose to drink alcohol, limit it to:

No more than 2 drinks per day if you are male

No more than 1 drink per day if you are female or age 65 or older. (One drink = Small bottle (330 ml) regular beer, 150 ml table wine, 50 ml 80-proof liquor, whiskey, gin, vodka)

Eat 5 or more servings of fruits and vegetables a day.

Take prescribed medicines and follow other treatment measures for health conditions you have, such as diabetes and abnormal cholesterol levels.

Blood Cholesterol

You answered: Based on a blood test, my total cholesterol was between 200 and 239 mg/dL.

About that:

Your blood cholesterol is borderline high. Take steps to lower your cholesterol:

Lose weight if you are overweight.

If you smoke, quit.

Do aerobic exercises, such as brisk walking, aerobic dancing, swimming, and jogging. Do the aerobic activity at least 20 minutes a day, 5 times a week. Warm up for 5-10 minutes before the aerobic activity and cool down for 5-10 minutes after it.

Eat a variety of whole-grain breads, cereals, and pastas; fruits and vegetables; and plant-based proteins, such as lentils, beans, and soy foods.

Eat fish, 2-3 times a week.

Choose foods with zero trans fat. This is in foods with hydrogenated vegetable oils, such as stick margarine and many snack foods. Read food labels.

Limit saturated fat. This is in animal sources of fat, such as lard, meat fat, and dairy foods with fat. Limit meat serving sizes. Limit dietary cholesterol to 300 milligrams a day.

Get 20-35 grams of dietary fiber per day, especially the water-soluble type of fiber found in oat bran, oatmeal, kidney and other beans, lentils, apples, oranges, and carrots.

Eat foods with plant sterols and stanols, such as margarines and salad dressings made with these.

Manage stress. See Stress Management Tips.

Take medication to control blood cholesterol, as advised.

Cigarette Smoking

You answered: I do not smoke.

About that:

Good for you! Smoking is one of the worst things anyone can do for their health!

Physical Activity

You answered: I do no regular physical activity.

About that:

Being physically active is vital for good health.

Sit less, move more.

Plan physical activities into your weekly schedule. Plan ones you enjoy and will look forward to doing either alone or with a family member, coworker, or friend.

Check with your doctor before you begin an exercise program if:

You have 1 or more chronic health problems, such as arthritis, asthma, diabetes, or heart disease.

You are overweight.

You are over age 65.

You feel faint or very dizzy or have chest pain at times.

You take prescribed medicines.

You are not sure how exercise will affect any health condition or physical problem you have.

Start slowly. Build up your pace over several weeks to months to get the recommended amount of physical activity for adults â Each week do:

At least 150 minutes (2½ hours) of moderate activity, such as brisk walking, dancing, , or strenuous housework. For example, walk briskly for a total of 30 minutes a day for five days.

You do not have to walk 30 minutes at one time. You can walk 15 minutes twice a day or 10 minutes 3 times a day. OR

At least 75 minutes (1 hour and 15 minutes) of vigorous activity, such as aerobic dancing, jogging, jumping rope, or swimming laps. OR

Some exercises from A and some from B. For example, during the week, walk for a total of 100 minutes and swim laps for 25 minutes.

Strengthening exercises at least twice. Examples are lifting weights and push- ups.

Stress

You answered: During the past year, stress has had little or no effect on my health?

About that:

Good for you! You are able to manage stress in healthy ways.

Sleep

You answered: I usually get 6 hours of sleep per night

About that:

Aim for 7-8 hours of sleep per night. Practice Healthy Sleep Habits. Getting enough and good quality sleep helps you maintain good health and be able to function your best during the day.

You need sleep to:

Have energy and be productive

Think clearly and react quickly

Learn and remember things

Help your immune system fight infections.

A lack of sleep or getting poor quality sleep can lead to:

Anxiety, depression, and alcohol abuse.

Obesity

Heart disease

High blood pressure

Diabetes

Stroke

Gum disease

Accidents and an increased risk for injury and death. About 20% of all serious car crashes are linked to driver sleepiness. Also, workers with severe insomnia make 2½ times more serious work errors than persons who get proper sleep.

Allergies

You answered: No

Arthritis

You answered:

Asthma

You answered:

Back Pain

You answered: No

Cancer

You answered:

Chronic Bronchitis / Emphysema

You answered: No

Chronic Pain

You answered: No

Depression

You answered: No

Diabetes

You answered: No

Heart Problems

You answered: No

Heartburn or Acid Reflux

You answered: No

Headache or Migraine

You answered: No

Osteoporosis

You answered: No

Thyroid

You answered: No

Stroke

You answered: No

High Blood Pressure

You answered: Sibling

Heart Problems

You answered: Mother

Diabetes

You answered: Mother

Cancer

You answered: Father

High Cholesterol

You answered: Sibling

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