



CITATIONS FOR HEALTHSTATUS SOFTWARE

HEALTHSTATUS ASSESSMENT SOFTWARE
HEALTHSTATUS.COM, INC.

Copyright © 2002-2006
HealthStatus.com, Inc.
7360 Fairway Cir. W. Dr.
Indianapolis, Indiana 46236
317.823.2687
317.823.2697 fax
info@healthstatus.com

OVERVIEW OF CITATIONS

This document contains the citations to work that the HealthStatus.com assessments and calculators are based on.

EVALUATION PROCESS

HealthStatus.com, Inc. evaluates the data and algorithms used based on the following criteria:

- Generally accepted practice, recommendation, rule, algorithm or question set that has been in use by the medical profession routinely for more than five years.
- Endorsed or recommended by the U.S. Surgeon General.
- Findings in a published peer reviewed study that agrees with at least one other published peer reviewed study.
- In line with the goals of Healthier People 2010.
- Data used as a baseline is from a federally funded resource and is the most current data available.

Every six months, HealthStatus.com reviews all aspects of the messages and recommendations generated by the HealthStatus.com assessments and calculators to insure they meet at least one aspect of the criteria above.

CARDIAC RISK ASSESSMENT

- Anderson KM, Wilson PWF, et al. An updated coronary risk profile. *Circulation*. 1991; 83: 356-362.
- Healthier People Health Risk Assessment published by the Carter Center of Emory University.
- Bachorik PS, Ross JW. National cholesterol education program recommendations for measurement of low-density lipoprotein cholesterol: Executive Summary. *Clin Chem*. 1995; 41: 1414-1420.
- Berkow R, Fletcher AJ, et al. *The Merck Manual*, 16th edition. 1992. pages 400-403.

DIABETES RISK ASSESSMENT

- American Diabetes Association. Take the test and know the score. Various newspapers and public magazines. 1997.

FITNESS ASSESSMENT

- ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, Fourth Edition, Thomas S, Reading J, Shephard RJ.
- Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can J Sport Sci*. 1992; 17:338-345. Shephard R, Bailey DA, Mirwald RL.
- Development of the Canadian Home Fitness Test. *CMA Journal*. 1976; 114: 675-679
- Cooper KH. A means of assessing maximal oxygen intake. *JAMA* 1968; 203: 201-204.
- Kenney WL, Humphrey RH, et al (editors). *ACSM's Guidelines for Exercise Testing and Prescription*, 5th Edition. American College of Sports Medicine. Williams & Wilkins. 1995. Appendix D: Metabolic Calculations. page 269-287. (pages 280-283)

GENERAL HEALTH ASSESSMENT AND HEALTH RISK ASSESSMENT

- Composite mortality data for years 2000, 2001 and 2002 compiled from detailed mortality data supplied by the Centers for Disease Control.
- Healthier People Health Risk Assessment published by the Carter Center of Emory University.
- Bachorik PS, Ross JW. National cholesterol education program recommendations for measurement of low-density lipoprotein cholesterol: Executive Summary. Clin Chem. 1995; 41: 1414-1420.
- National Cholesterol Education Program NHLBI Information Center
- American Heart Association - Dietary Guidelines for Healthy Americans
- Berkow R, Fletcher AJ, et al. The Merck Manual, 16th edition. 1992. pages 400-403.
- Council on Scientific Affairs. Alcohol and the driver. JAMA. 1986; 255: 522-527.
- Alcohol, Dietary Guidelines for Americans from Fifth Edition, 2000, US Department of Agriculture, US Department of Health and Human Services, pp. 36-37
- Dupuy HJ. Chapter 9: The Psychological General Well-Being (PGWB) Index. pages 170-183; Appendix I: Selected test instruments. pages 353-356. IN: Wenger NK, Mattson ME, et al. Assessment of Quality of Life in Clinical Trials of Cardiovascular Therapies. Le Jacq Publishing Inc. 1984.

GENERAL WELL-BEING ASSESSMENT

- Dupuy HJ. Chapter 9: The Psychological General Well-Being (PGWB) Index. pages 170-183; Appendix I: Selected test instruments. pages 353-356. IN: Wenger NK, Mattson ME, et al. Assessment of Quality of Life in Clinical Trials of Cardiovascular Therapies. Le Jacq Publishing Inc. 1984.

HEALTH CALCULATORS

BLOOD ALCOHOL ESTIMATOR

- Computing a BAC Estimate. Driving under the Influence October 1992. U.S. Department of Transportation

BODY FAT ESTIMATOR

- The YMCA Guide to Physical Fitness Assessment

BODY MASS INDEX

- Krieger N, Marrett LD, et al. Risk factors for adenomatous hyperplasia: A case-control study. Am J Epidemiology. 1986; 123: 291-301.

CALORIES BURNED

- Exercise and Your Heart -- A Guide to Physical Activity. National Heart, Lung, and Blood Institute / American Heart Association, DHHS, PHS, NIH Publication No. 93-1677.

DAILY ENERGY EXPENDITURE

- Mifflin MD, St Jeor ST, et al. A new predictive equation for resting energy expenditure in healthy individuals. Am J Clin Nutr. 1990; 51: 241-247.

FRAME SIZE

- 1983 Metropolitan height and weight tables. Stat Bull Metrop Insur Co. Jan-June 1983;64:2-9.
- Manual for Clinical Dietetics, The American Dietetic Association, 1988. Pocket Resource.

IDEAL WEIGHT

- Ewald G, McKenzie C (editors). Manual of Medical Therapeutics, 28th edition. Little, Brown and Company. 1995. page 30 ("Hamwi method").

LEAN BODY MASS

- Hume R. Prediction of lean body mass from height and weight. J Clin Path. 1966; 19:389-391.

LOSE ONE POUND

- Exercise and Your Heart -- A Guide to Physical Activity. National Heart, Lung, and Blood Institute / American Heart Association, DHHS, PHS, NIH Publication No. 93-1677.

OVULATION ESTIMATOR

- WILCOX, A., WEINBERG, C., and BAIRD, D. Timing of sexual intercourse in relation to ovulation. New England Journal of Medicine 333: 1517-1521. 1995.

PREGNANCY DUE DATE

- Berkow R (editor). The Merck Manual of Diagnosis and Therapy, 13th edition. Merck Sharp and Dohme Research Laboratories. 1977.

SMOKING COSTS

- Created by HealthStatus.com, Inc.

TARGET HEART RATE

- Rimmer JH. Fitness and Rehabilitation Programs for Special Populations. WCB Brown & Benchmark Publishers. 1994.

WAIST TO HIP RATIO

- Jonas, S. Weight management. Health Promotion and Disease Prevention in Clinical Practice. Woolf S.H. et al (ed). 1995

ADDITIONAL INFORMATION

- Some recommendations and statistics were compiled from aggregate information from the following organizations.
- American College of Sports Medicine
- American Cancer Society
- American Heart Association
- National Cholesterol Education Program
- National Heart Lung and Blood Institute
- National Safety Council
- U.S. Department of Agriculture
- Clinician's Handbook of Preventive Services
- Surgeon General's Report - Physical Activity and Health