

Health Passport



Your Journey to Wellness

Health Fair ID#

My Health Passport

Body Mass Index

What is BMI?

Your body mass index, or BMI, shows the amount of fat in your body. BMI is calculated using height, weight, and waist measurements. BMI identifies weight levels that could lead to serious health problems.

What is a healthy BMI?

18.5 or lower = underweight
18.5 to 24.9 = normal
25.0 to 29.9 = overweight
30.0 or more = obese

Remember, BMI is only one way to understand your risk for health problems. Also, BMI varies by gender, age, and race.



Page 2

UIC Center on Psychiatric Disability and
Co-Occurring Medical Conditions

What is my BMI?

Your height:

Your weight:

Your waist:

Your BMI:

Your BMI is considered:

If your BMI is over- or under-weight, please speak with a doctor or other provider. That person will help you learn more about healthy eating and exercise that works for you. A provider also will assess your other health risks.

Cholesterol & Triglycerides

Cholesterol and triglycerides are fat-like substances that your body needs. But, if you have too much of them in your blood, this can lead to heart disease, diabetes, stroke, and other health problems.

There are two kinds of compounds (called lipoproteins) that carry cholesterol in your blood: LDL and HDL. LDL is known as “bad” cholesterol because it can build up in your arteries and block them. HDL is “good” cholesterol because it helps flush it out of your body.

What is healthy total cholesterol?

<200 mg/dL = Healthy
200-239 mg/dL = Borderline high
240 mg/dL and above = High

What are healthy triglycerides?

<150 mg/dL = Healthy
150-199 mg/dL = Borderline high
200 mg/dL and above = High

What are my results?

Your total cholesterol:

Your LDL:

Your HDL:

Your total cholesterol tested as:

Healthy	Borderline High	High
----------------	------------------------	-------------

Your triglycerides:

	Healthy Borderline high High
--	------------------------------------

If your cholesterol and/or triglycerides are elevated, we suggest you get them re-tested at a doctor’s office. High cholesterol or triglycerides can be a sign of health problems that can be treated with diet, exercise, and/or medicine. Page 3

Blood Glucose (Blood Sugar)

Understanding Blood Sugar & Diabetes

Most of the food we eat is turned into glucose, or sugar, that fuels our body. The pancreas makes a hormone called insulin to help glucose get into our cells. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin well. This causes sugar to build up in the blood. Diabetes can cause serious health problems like heart disease, blindness, and kidney failure.



What are my results?

Your A1C:

Your A1C level tested as:

NORMAL	PRE-DIABETES	DIABETES
--------	--------------	----------

Testing for Blood Sugar

An A1C test shows your average blood sugar level over the past 2 to 3 months. This lets you know how well your blood sugar is being controlled over time.

A1C results are interpreted as follows:

4 to 5.6% = Balanced A1C
5.7 to 6.4% = Pre-diabetes A1C
6.5% or higher = Diabetes A1C

If your A1C is in the range for pre-diabetes or diabetes, we urge you to get re-tested by a doctor right away.

Don't delay. Diabetes is a serious illness that can respond well to changes in diet and daily treatment.

Blood Pressure

Why Does Blood Pressure Matter?

Blood pressure is needed to move the blood through the body. Blood pressure goes up and down throughout the day. When it goes up and stays high, it's called high blood pressure. When this happens, your heart has to pump harder than it should to move blood around your body. The medical term for high blood pressure is hypertension.

High blood pressure increases risk for heart attack, stroke, kidney problems, and blindness. You can have high blood pressure and not know it. This is why it's important to track your blood pressure.



What is healthy blood pressure?

Blood pressure (BP) is often measured with an inflatable cuff around the arm. It is given in two numbers showing different measurements of blood pumping in the vessels. BP results are interpreted like this:

Normal = 120/80

Pre-hypertensive =
120-139/80-89

High blood pressure =
139/89+

What is my BP?

Your BP:

Second BP reading (taken **only** if your first one was high):

Today, your BP tested as:

Normal	Elevated	High
--------	----------	------

If your BP is elevated or high, please get re-tested by a doctor soon. High blood pressure can be controlled with diet, exercise, and/or medicine.

Alcohol and Substance Use

The effects of alcohol and substance use

People have alcohol or substance use problems when they drink or use drugs, even when it interferes with their work, parenting, physical health, social life, or emotional well-being. Substance abuse means a person can't control his or her use of a drug or alcohol. Substance dependence includes abuse, along with needing more of the drug or alcohol to get the same effect.

Alcohol and substance abuse and dependence are leading causes of preventable disease, disability, and death in our country.

The good news is that people can recover from substance abuse. There are treatments and self-help groups that help people conquer alcohol and drug addiction.

What is my risk?

There are two surveys that identify level of risk for substance and alcohol abuse. The first survey, called DAST, assesses substance abuse risk like this:

0 = no risk
1-2 = low risk
3-5 = moderate risk
6+ = higher risk

Your substance risk tested as:

0	1 2	3 4 5	6 7	8 9 10
No	Low	Moderate	High	Very High

The second survey, called the AUDIT-C, assesses alcohol abuse risk. Your score was:

Your alcohol risk tested as:

No risk =	1
At risk =	2

One of the first steps in recovery is identifying whether you are at risk or actively abusing substances. This can be very hard to admit, but help is available.

Do you smoke?

Nicotine Use

YES

NO

The effects of smoking on health

Cigarette smoking is the number one cause of preventable disease and death worldwide. Smoking harms nearly every organ in the body. It's a main cause of lung cancer and chronic obstructive pulmonary disease. It also can lead to heart disease, stroke, and other cancers. Second-hand cigarette smoke also causes preventable illnesses and deaths among non-smokers.

People are most successful in quitting smoking when they use special medication and get support/treatment. One of the first steps to quitting is knowing your level of dependence on nicotine.

One survey, called the Fagerstrom Test, assesses level of nicotine dependence as follows:

- 0-2 = very low dependence**
- 3-4 = low dependence**
- 5 = medium dependence
- 6-7 = high dependence
- 8-10 = very high dependence

Dependence on Nicotine

What is my result?

Smokers usually become physically addicted to the nicotine in tobacco. They also associate smoking with social activities and with feeling less stressed. This can make it very hard to quit.

Your dependence tested as:

Number of cigarettes smoked each day:

If you tested with medium to very high dependence, please discuss this result with your doctor and other providers. You may need more than one attempt to quit, but you can do it with a realistic treatment plan.

My Health Passport

Heart Health

The importance of heart health

The heart is one of the most important organs in our bodies. Unfortunately, many diseases affect the condition and functioning of the heart, including high cholesterol, high blood pressure, and diabetes. It's important to know that heart disease is the #1 killer of American men and women. Also known as cardiovascular disease, conditions of the heart can include abnormal heart rhythms, narrowing of the arteries, heart valve disease, and heart attack/failure.

The good news is that people can manage heart disease by learning more about it, finding the best treatments for them, and becoming an active partner in their own care. They can also maintain a healthier lifestyle to reduce strain on their hearts. The first step to better health is understanding your own risks and needs.

How healthy is my heart?

There are many tests to identify risks to your heart. One survey, called the Framingham Cardiac Risk Score, shows your risk as a percentage, **based on your gender, age, and health indicators** like cholesterol and smoking.

Your heart risk tested as:

Risk among others like you:

Compared to this, your risk is:

LOWER SAME HIGHER

If your results show you have heart risk, please talk with a doctor immediately. Heart disease can be managed with proper treatment, diet, exercise, and quitting smoking.

My Health Passport

Health Resources

<http://www.cmhsrp.uic.edu/health/>
Center on Psychiatric Disability & Co-Occurring Medical
Conditions

<http://www.cdc.gov/>
Centers for Disease Control and Prevention

<http://www.webmd.com/>
WebMD

<http://www.heart.org/HEARTORG/>
American Heart Association

<http://www.diabetes.org/>
American Diabetes Association

<http://www.lungusa.org/>
American Lung Association

[http://www.mayoclinic.com/health/HealthyLivingIndex/
HealthyLivingIndex](http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex)
Healthy Living, Mayo Clinic

<http://www.brighamandwomens.org/default.aspx/>
Brigham and Women's Hospital

5 Steps to a Healthier You

Congratulations! Regardless of your test results, today you took a step on the road to a healthier you.

Here are some other steps you can take on your wellness journey:

1. Eat a diet rich in fruits, vegetables, whole grains, and low-fat dairy products. Limit saturated fat and trans fat in what you eat. Add beans, other low-fat sources of protein, and fish that is high in omega-3 to your weekly meals.

2. Exercise for 30 minutes at least 3 days each week. Many people find it easier to exercise regularly with their friends/peers. Try starting a walking club today!



3. Do at least one thing each day that makes you happy or brings you peace.

4. Drink 6-8 glasses of still water every day.

5. Get regular health screenings, especially for glucose, cholesterol, and blood pressure. If any of these are out of balance, it could be a sign of health problems.

My Health Passport

Record of Health Tests

If you wish, bring your Health Passport when you visit your doctor. You can put your health test results here.

<u>DATE</u>	<u>TEST</u>	<u>RESULTS</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

© Copyright, 2011

**University of Illinois at Chicago
Center on Psychiatric Disability and Co-
Occurring Medical Conditions
1601 West Taylor Street, M/C 912, Chicago, IL
60612
(V) 312-355-1696 (F) 312-355-4189
<http://www.cmhsrp.uic.edu/health/>
Judith A. Cook, PhD, Director**

This health screening event does not replace standard medical care. The event's sponsors, staff, volunteers, and institutions are not responsible for any of your test results nor for the consequences of any health conditions you may have or develop.

The UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions is funded by the U.S. Department of Education, National Institute on Disability and Rehabilitation Research; and the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Cooperative Agreement #H133B100028. The views expressed herein do not reflect the policy or position of any Federal agency.