

# Understanding the Disease Prevention Scorecard Results Summary

## Part 1: Biometric Screening Results

1. Complete Lipid Panel
2. Glucose
3. CRP (if available)
4. Blood pressure
5. Body Mass Index
6. Waist circumference

**Red** = out of range  
**Green** = normal range

<25	Normal
25-29.9	Overweight
30-34.9	Obesity 1
35-39.9	Obesity 2
>=40	Obesity 3

<100	Normal
100-125	Prediabetes
>=126	Diabetes

<100	Optimal
100-129	Near Optimal
130-159	Borderline High
160-189	High
>=190	Very High

CLINICAL MEASUREMENT	VALUE	REFERENCE
Body Mass Index (BMI)	30.8	<25 kg/m <sup>2</sup>
Waist	42	<=40 Inches
Blood Pressure Systolic	140	<120 mmHg
Blood Pressure Diastolic	85	<80 mmHg
Blood Glucose	96	<100 mg/dL
Pulse Rate	65	60-100 bpm
Total Cholesterol	225	<200 mg/dL
HDL Cholesterol	45	>=40 mg/dL
LDL Cholesterol	147	<130 mg/dL
Triglycerides	165	<150 mg/dL
C Reactive Protein - hs	2	<3 mg/L

<120/80	Normal
120/80-139/89	Prehypertension
140/90-159/99	Hypertension I
>=160/100	Hypertension II

<200	Desirable
200-239	Borderline High
>=240	High

<150	Normal
150-199	Borderline High
200-499	High
>=500	Very High

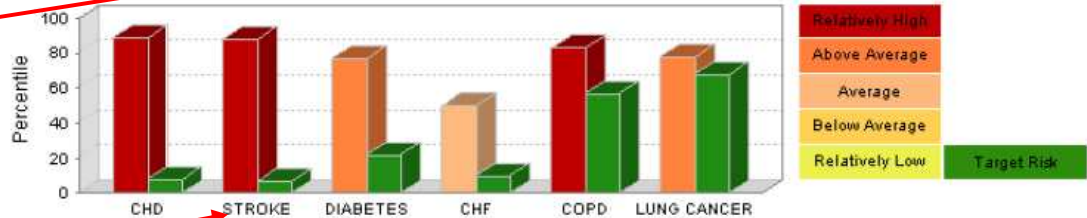
## Part 2: Disease Risk and Targeted Risk Factors

You have a 22% chance of developing coronary heart disease in the next 5 years.

80% of your risk for type 2 diabetes is modifiable or within your control.

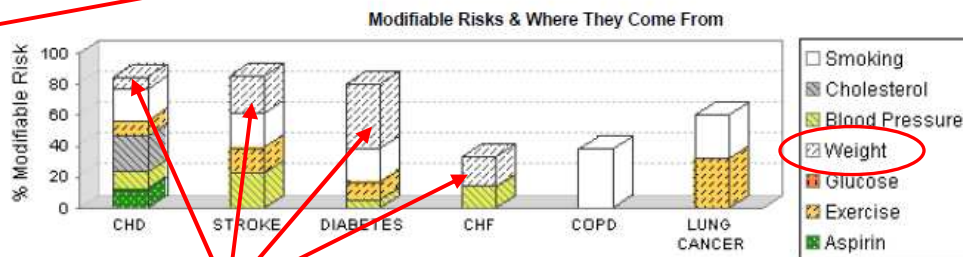
Risk	CHD	Stroke	Diabetes	CHF	COPD	Lung Cancer
Current 5-year risk of onset	22%	9.7%	8.3%	1.8%	16%	0.57%
Percent of current risk that is modifiable	85%	86%	80%	33%	38%	60%
Percentile (compared to other 64 year old American men)	89%	88%	77%	50%	83%	78%

Risk Percentile: Current vs. Target



Compared to other 64 year American men, 88% have a risk of stroke lower than you.

Your stroke risk is Relatively High compared to what your target risk level could be.



Unhealthy weight is contributing to a lot of your chronic disease risk. By modifying just this risk factor, you could decrease your risk for coronary heart disease, stroke, type 2 diabetes and congestive heart failure.

- **CHD** – Coronary Heart Disease occurs when the arteries that supply blood to the heart become clogged due to atherosclerosis. This restricts blood flow and oxygen to the heart and within the heart, which can cause a heart attack.
- **CHF** - Congestive Heart Failure is a form of heart failure when fluid builds up, causing swelling and congestion in the lungs. Heart failure is the inability of the heart to pump out all the blood that returns to it.
- **COPD** – Chronic Obstructive Pulmonary Disease refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases asthma. It is usually caused by damage to the lungs from many years of smoking.