



Your Health vs the Ideal Target

<i>Risk Factor</i>	<i>Your risk factor score</i>	<i>The Ideal Target Values</i>
Age		Non-modifiable Risk increases with age.
Gender		Non-modifiable Males and post menopausal women are at higher risk.
Family History	<input type="checkbox"/> Positive Family History <input type="checkbox"/> No Family History <input type="checkbox"/> Unknown	Non-modifiable You can't change your genetics, but you can control other risk factors.
Heart Disease Risk	<input type="checkbox"/> Low Risk <input type="checkbox"/> Moderate Risk <input type="checkbox"/> High Risk	Low- Risk
Total Blood Cholesterol	Total Cholesterol: _____mmol/L	Below 5.2 mmol/L
Total Cholesterol to High Density Lipoprotein Ratio (TC/ HDL-C)	TC/HDL-C: _____mmol/L	LOW Risk: TC/HDL-C <6.0 MODERATE Risk: TC/HDL-C <5.0 HIGH Risk: TC/HDL-C <4.0
Cholesterol Low Density Lipoprotein (LDL-C)	LDL-C: _____mmol/L	<u>Depends on risk level (see above)</u> Low risk: below 5 mmol/L Moderate risk: below 2.0 mmol/L High risk: below 2.0 mmol/L
Cholesterol High Density Lipoprotein (HDL-C)	HDL-C: _____mmol/L	Greater than 1.2 mmol/L
Triglycerides	_____mmol/L	Below 1.7mmol/L
Smoking	<input type="checkbox"/> Smoker <input type="checkbox"/> Non-smoker	Smoke Free
Blood Pressure	_____mmHg	Adult: Below 140/90 mmHg Diabetes/High Risk CVD: Below 130/80 mmHg
Body Mass Index (BMI)	BMI: _____	BMI of 18.5 – 25 If BMI is above 25, aim for a 5 – 10% reduction of your total body weight.



Waist Measurement (based on Ethnicity)	Waist Measurement: _____	Caucasian European Japanese South Asian South & Central American	Women <35 in (88 cm) Men < 40 in (102 cm) Women < 31.5 in (80 cm) and Men < 37 in (94 cm) Women < 35.4 in (90 cm) and Men < 33.5 in (85 cm) Women < 31.5 in (80 cm) and Men < 34.5 in (90 cm) Women < 31.5 in (80 cm) and Men < 34.5 in (90 cm)												
Diabetes	Fasting Blood Glucose (FBG): _____ A1C: _____	Non-Diabetics: FBG: less than 5.6mmol/L; AIC: <6.0% Diabetics: FBG: 4.0-7.0 mmol/L; AIC: <7.0%													
Anxiety and Depression	Anxiety: _____ Depression: _____	Ideal= Below 8 8-10 = mild 11-15 = moderate 16+ = severe													
Stress (Based on perceived stress scale)	Stress: _____	<table border="1"> <thead> <tr> <th>Age</th> <th>Average Score</th> </tr> </thead> <tbody> <tr> <td>18-29</td> <td>14.2</td> </tr> <tr> <td>30-44</td> <td>13.0</td> </tr> <tr> <td>45-54</td> <td>12.6</td> </tr> <tr> <td>55-64</td> <td>11.9</td> </tr> <tr> <td>≥65</td> <td>12.0</td> </tr> </tbody> </table>		Age	Average Score	18-29	14.2	30-44	13.0	45-54	12.6	55-64	11.9	≥65	12.0
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Physical Activity	Moderate _____ min/week Vigorous _____ min/week Total: _____ Min/week	Accumulate at least 150 minutes of moderate to vigorous aerobic exercise per week, in bouts of 10 minutes or more. Minimum 5 days/week of moderate exercise OR 3 days/week of vigorous exercise													
Nutrition	<input type="checkbox"/> 3 or more servings of fruit/day <input type="checkbox"/> 4 or more servings of vegetables <input type="checkbox"/> 6-8 servings of whole grain <input type="checkbox"/> 2 or more servings of fish <input type="checkbox"/> Low Saturated Fat Choices	1. Saturated fats 2. Omega-3 Fats 3. Cholesterol 4. Fibre 5. Sodium 6. Fruit and Vegetables	Less than 15 g a day 2 or more servings of fish/week 300 mg a day 25 to 35 g a day Less than 2,300 mg a day 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables a day												