

Health Risk Assessment

By completing this questionnaire, you acknowledge that you are over the age of 18 and that you understand this form is not a diagnostic instrument. It is only to be used within the context of your medical treatment. Share your checklist responses and assessment with your health care provider. By voluntarily completing this form, you release Live Well Sioux Falls and all sponsoring partners from any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of any of this material. The responsibility for initiating a follow-up examination to confirm any of the results and obtain advice and treatment is solely that of the person completing this form and not of my health care provider or the organization associated with this form.

Name: _____ **Date of birth:** ___ / ___ / ___
month / day / year

Gender: Male Female

Height: ___ feet ___ inches **Weight (in pounds):** _____

Race: African-American American Indian or Alaska Native Asian Caucasian
 Native Hawaiian or other Pacific Islander Other _____

Are you of Hispanic or Latino Origin?

Yes No

Waist Circumference (measured at your natural waistline, above your hipbone and below the ribcage)

- I am a female with a waist circumference of 34 inches or less
- I am a female with a waist circumference of 35 inches or more
- I am a male with a waist circumference of 39 inches or less
- I am a male with a waist circumference of 40 inches or more
- I do not know my waist circumference

- *Did You Know?* A large waistline can increase your risk for disease and premature death. A waist size over 35 inches in women and over 40 inches in men greatly increases the risk of chronic diseases like diabetes, heart disease and more. Measure your waist size once each month with a measuring tape. Measure at your natural waistline, which is above your hipbone and below the ribcage – not where your belt lies or around your hips.

Please check the health screenings you have had within the past year:

- | | |
|---|---|
| <input type="checkbox"/> Dental Exam | <input type="checkbox"/> Pap Smear (women only) |
| <input type="checkbox"/> Eye Exam | <input type="checkbox"/> Mammogram (women only) |
| <input type="checkbox"/> Blood Pressure Check | <input type="checkbox"/> Prostate Exam (men only) |
| <input type="checkbox"/> Cholesterol Check | <input type="checkbox"/> Colonoscopy |

Has a health care provider ever said that you or a member of your immediate family (such as a parent or sibling) has or has had any of the following? (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Heart attack | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Heart disease | |

- *Did You Know?* A family medical history can identify whether you might be at risk for health issues like heart disease, high blood pressure, stroke, certain cancers, or diabetes. Having family history does not mean you will definitely develop a problem, but even with no family history you could still be at risk.

Normal Blood Pressure is defined as less than 120/80. Is your Blood Pressure:

- 119 or less over 79 or less (normal) 180 over 110 or greater (critically high risk)
 120-139 over 80-89 (at risk) Don't know
 140-179 over 90-109 (high risk)

- *Did You Know?* High blood pressure is called “the silent killer” because it often has no symptoms. If you do not know your *blood pressure*, take time to get it checked. You can visit your healthcare provider or even stop at a pharmacy and ask your pharmacist to check it for you. During the month of April, Live Well Sioux Falls offers a number of free screenings as part of The Big Squeeze. Visit www.thebigsqueezesf.org for more information.

Normal Cholesterol is defined as less than 200 mg/dL. Is your Cholesterol:

- Less than 200 mg/dL (Desirable level) 240 mg/dL and above (High)
 200 to 239 mg/dL (Borderline high) Don't know

- *Did You Know?* High cholesterol is one of the major controllable risk factors for heart disease, heart attack and stroke. If you have other risk factors (such as high blood pressure or diabetes), your risk increases even more. When too much cholesterol circulates in the blood, it can slowly build up in the arteries and form *plaque*, a thick, hard deposit that can narrow the arteries. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result. Your cholesterol level can be affected by your age, gender, family health history and diet.

Normal Blood Glucose, which is used to diagnose Diabetes, is defined as 70-100 mg/dL. Is your Blood Glucose:

- Less than 70 mg/dL Over 100 mg/dL
 70-100mg/dL Don't know

- *Did You Know?* Most of the food you eat is turned into glucose, or sugar, for your body to use for energy. The pancreas, an organ near the stomach, produces a hormone called insulin. When your body does not produce enough insulin and/or does not efficiently use the insulin it produces, sugar levels rise and build up in the bloodstream. When this happens, it can cause two problems: 1) The body's cells may be starved for energy and 2) Over time, high blood glucose levels may damage the eyes, kidneys, nerves or heart.

Do you eat 2-4 servings of fruit each day?

- Yes No

Do you eat 3-5 servings of vegetables each day?

- Yes No

- *Did You Know?* People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for health and maintenance of your body.

How often do you eat red meat, cheese, fried foods or other high-fat foods?

- Every day Most days Some days Never

- *Did You Know?* The Dietary Guidelines for Americans recommend a diet that is low in sodium (salt), low in fat (especially saturated fats), low in cholesterol and low in added sugars. Increase fruits and vegetable intake and include whole grains, low-fat dairy and proteins (like lean meats, poultry, fish, and beans) in your diet.

How many days a week do you get at least 30 minutes of moderate to vigorous activity?

- 0 1-2 3-4 5 or more

- *Did You Know?* Even if you aren't active now, it's not too late to start! Start with whatever you can – even a little activity is better than none. Set a goal for today...and then tomorrow...and work your way up to an overall goal of thirty minutes a day.

Tobacco Use

I have never used tobacco Used to smoke or chew Still smoke or chew

- *Did You Know?* Tobacco use is still the #1 preventable cause of death. If you or someone you know needs help quitting, contact the South Dakota Quitline at 1-866-SD QUITTS (1-866-737-8487).

Alcohol Use

I have never used alcohol I have one drink or less each day I have more than one drink per day

- *Did You Know?* If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

How often do you wear a seatbelt?

Always Sometimes Never

- *Did You Know?* Motor vehicle crashes are the leading cause of death among those age 5-34 in the U.S. Adult seat belt use is the most effective way to save lives and reduce injuries in crashes.

Do you wear a helmet when riding a bike?

Always Sometimes Never Do not ride a bike

If you ride a motorcycle or ATV (all-terrain vehicle), how often do you wear a helmet?

Always Sometimes Never

- *Did You Know?* Helmet use has been estimated to reduce head injury risk.

In general, how satisfied are you with your life?

Satisfied Mostly satisfied A little satisfied Not satisfied

In the past month, did you feel depressed?

Not at all Rarely Sometimes Often

Have you been anxious, worried or upset during the past month?

Not at all Rarely Sometimes Often

How well do you feel you have handled stress during the past month?

I handle stress well I sometimes have trouble with stress
 I sometimes handle stress well I often have trouble with stress

- *Did You Know?* Studies continue to show the link between our emotional health and our physical health. If you have any concerns about depression, stress, anxiety or other issues, talk to your healthcare provider.

How would you describe your sleep?

I often sleep soundly and wake feeling rested I sometimes sleep soundly and wake feeling rested
 I often have a hard time falling or staying asleep

- *Did You Know?* Most adults need 7 to 8 hours of sleep. Sleep helps boost your mood, memory, immune system (to fight infection) and much more. Sleep disorders and chronic short sleep can increase risk of heart disease, high blood pressure, obesity, and diabetes. If you feel drowsy during the day, you may not be getting enough sleep.