

Health Assessment Client Guide



Why do we assess?

Information health assessment

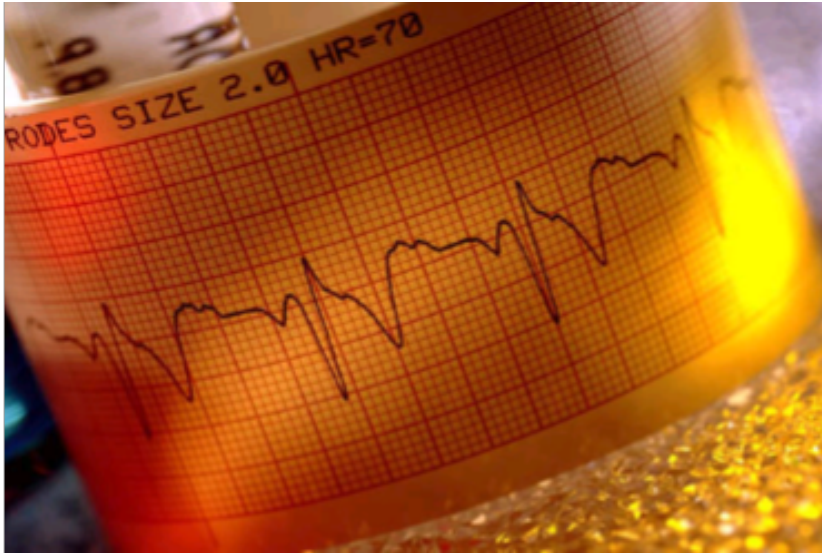
The health assessments in Nuffield Proactive Health centres assess the major modifiable risk factors for cardiovascular disease. This can be a vital step in determining and reducing risk of these serious diseases.

As well as including some simple health tests and one on one discussion, it can then be used to suggest lifestyle actions, minimising your risk of developing cardiovascular disease by reducing any risk factors that you might have.

Tests include:

- Height, weight and BMI
- Blood pressure
- Aerobic fitness and resting heart rate
- Waist to hip ratio
- Musculoskeletal history

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These results will be gathered in an accurate and sensitive manner with any professional referral treated with the utmost discretion.

Why test?

Prevention, not cure

This assessment is a quick, easily accessible opportunity to detect any area of your health that may be outside of the ideal range.

Taking positive action early to improve your results is the best way to increase both short and long term wellbeing. We can offer support and suggest recommendations to achieve that change.

Preparation for my assessment?

No stimulants

You should fast and avoid stimulants (caffeine, tobacco) for 2 hours prior to the assessment and avoid alcohol for 12 hours before. You should also avoid heavy physical exertion on the day of the assessment and ideally the day before as well. Please wear clothing that allows access to the upper arm.

What should I expect?

Height, weight and BMI

The first measurements taken are height and weight which are required to calculate Body Mass Index, a useful indicator to assess if you are healthy weight for your height. This is important because being overweight can significantly increase your risk of cardiovascular and other diseases.

Weight classification compared with a persons height:

Ideal result: 19-25.



Blood pressure

This is a measure of the pressures within the arteries of the body as your heart fills and empties.

Raised blood pressure places extra stress on the circulatory system and there is a strong link between high blood pressure and heart disease.

Ideal range: <140/90

Aerobic fitness and resting heart rate

Aerobic fitness is a measure of your body's ability to use oxygen to enable you to exercise. Resting heart rate is a measure of the demands placed on your heart at rest and can reflect cardiovascular health.

Polar Own index gives a numeric result as well as one of five different ranges; very poor, poor, fair, good and very good.



Waist to hip ratio

This is a ratio between the two measurements of circumference. Both this and the previous BMI are measures of body composition.

This is an important indicator as excess body fat can lead to increased blood pressure and increased risk of coronary heart disease, diabetes and other medical conditions.

Results vary according to personal factors such as age and sex

Musculoskeletal History

A discussion detailing previous pains, treatments received or just recommendations that may affect your current ability to exercise without pain.





How can I improve my results?

BMI & WHR

Body fat is stored when you consume more energy than you use each day. To use stored body fat you need to use more energy than you consume, ideally by a combination of reducing your energy intake and increasing your activity levels.

Large calorie deficits can lead to more chance of losing lean muscle, not losing the desired fat content!

Blood pressure

Take frequent exercise, improve your diet, maintain a healthy weight, stop smoking, drink alcohol in moderation and manage your stress levels.

Aerobic fitness and resting heart rate

Design a structured exercise program and reduce bodyweight if necessary.

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Proactive, not reactive

The major preventable risk factors that can lead to atherosclerosis and cardiovascular disease are: high blood pressure; high cholesterol levels; high fasting blood glucose; obesity; low fitness and activity levels.

It is important to assess and act upon risk factors as in the majority of cases sufferers of cardiovascular diseases do not show any symptoms until the disease is very advanced. If we wait until we feel unwell, it may be too late to prevent serious damage.

Finding any result outside the ideal range can be an opportunity to motivate you to make positive lifestyle changes. At the end of your assessment after conducting all your tests, the wellbeing advisor will take time to explain the results and discuss recommendations.