



Weight Loss Assessment Report

for

Joe Bloggs

Date Completed: 10 January, 2015

Medicare Weight Loss Assessment

Personal Details

Full Name: Joe Bloggs

Date of Birth: 21 July, 1970

Gender: Male

Company: SAMPLE REPORT

Summary

Height: 185cm

Weight: 220lbs (99.79kg)

BMI: 29.16

Systolic BP: 142 mm Hg

Diastolic BP: 91 mm Hg

Heart Rate: 59 bpm

Peak Flow Rate: 450 l/min

Cholesterol: 6 mmol/l

Blood Glucose: 6.1 mmol/l

BMI

Introduction

The Body Mass Index (BMI) rating is an indicator of total body composition. It is calculated by dividing your weight in kilograms by your height in metres squared (m²). A healthy BMI for an adult is between 18.5 and 25.

Body mass index (BMI) is used to estimate the total amount of body fat, but it does not differentiate between body fat and muscle mass and may not accurately reflect changes in body composition.

Differences in BMI between people of the same age and gender are usually due to body fat; however, calculations will overestimate the amount of body fat for body builders, some high performance athletes and pregnant women. BMI calculations may underestimate the amount of body fat for the elderly or people with a physical disability who may have muscle wasting.

BMI Value

29.16

Graphical Summary



Rating

Overweight

Body Mass Index Ranges - (World Health Organisation)			
Underweight	<18.50	Obese 1	30 - 34.99
Normal Range	18.5 - 24.99	Obese 2	35 - 39.99
Overweight	25 - 29.99	Obese 3	>= 40

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

Summary

Your BMI as calculated from your height & weight, is higher than the recommended range. A body mass index of 25.00 - 29.99 carries increased health risks as it is classified as Overweight. Being above the ideal weight is a health risk resulting in increased and earlier onset of disease and death from conditions including high blood pressure, diabetes, heart attack and stroke, arthritis, and some cancers.

Carrying extra weight can also be a major risk factor for sleep apnoea and poor quality of life. You should aim to adopt a healthier eating regime and incorporate daily exercise with guidance from a health professional.

Blood Pressure

Introduction

Blood Pressure is the measure of the force that the heart needs to pump blood through the body. There are two different measures:

- **Systolic** measures the contraction phase or pumping pressure of the heart
- **Diastolic** measures the relaxation phase of the heart or the pressure in the arteries when the heart is filling up with blood.

Blood pressure can vary throughout the day and be affected by physical activity, stress, smoking and caffeine intake. High blood pressure is a major risk factor for diseases such as Coronary Heart Disease, Stroke, Heart Failure, Peripheral Vascular Disease, Kidney Failure.

Your Systolic BP

142 mm Hg



Your Diastolic BP

91 mm Hg



Rating

Stage 1 Hypertension

Summary

Your Blood Pressure is above the normal range.

We suggest you have your blood pressure re-checked and seek advice from your health professional. If the readings continue in this range further medical advice may be necessary and you should review your lifestyle in an attempt to lower your blood pressure. The following lifestyle measures are recommended:

- Maintain a normal body weight (body mass index 20-25)
- Reduce salt intake to under 6g per day
- Limit alcohol consumption to under 3 units per day for men and under 2 units for women
- Engage in some kind of aerobic exercise ideally on most days of the week but at least on three days of the week
- Consume at least two portions of fresh fruit and five of vegetables every day
- Reduce the intake of total and saturated fat.

Resting Heart Rate

Introduction Resting heart rate (RHR) is the number of beats in one minute when you are at complete rest. Your resting heart rate indicates your basic fitness level. The fitter you are, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest and your RHR will be a lower number.

Resting Heart Rate 59 bpm

Graphical Summary



Rating Excellent

Summary Resting Heart Rate usually rises with age and is generally lower in people who are physically fit. Athletes often measure their heart rate as one way to find out if they are over trained. Your resting heart rate is excellent. Regular aerobic exercise is the most effective way to keep your heart rate at a healthy rate.

If you are not exercising regularly yet have a low heart rate this may be a side effect of certain medications - often those in the Beta Blocker category.

Cholesterol

Introduction Cholesterol is a waxy substance that is produced naturally in our liver and other organs. We also absorb cholesterol from food that comes from animals such as meat, poultry, fish, seafood and dairy products, especially egg yolks. Our bodies need a certain amount of cholesterol to make cell membranes, insulate nerves and to produce hormones. Too much cholesterol however, can affect your health. A cholesterol level below 5mmol/l is desirable.

Cholesterol Reading 6 mmol/l

Graphical Summary



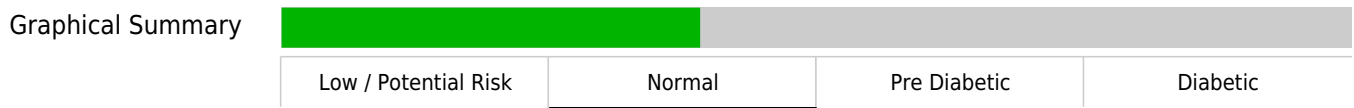
Rating Increased Risk

Summary Your Total Cholesterol level is above the recommended levels, which places you at an increased risk of having a heart attack and stroke. You would certainly benefit by lowering it. Increasing physical activity and reducing the amount of saturated fats in your diet will contribute to lowering cholesterol.

Blood Glucose

Introduction Blood sugar or glucose is a measure of how much sugar is being carried in the bloodstream. A high reading may be an indication of glucose intolerance, a precursor to Diabetes. This is often due to excess body weight, inactivity and a diet containing high fat and high glycaemic carbohydrates.

Blood Glucose Reading 6.1 mmol/l



Rating Normal

Summary Your Blood Glucose is in the normal range which is good. However, a regular blood glucose check is recommended at least annually, to ensure that your blood sugar levels stay within the normal range.

Peak Flow (PEF)

Introduction A Peak Flow (PEF) test gives an indication of the size and power of your lungs. PEF measures the fastest rate of airflow that you can blow out of your lungs. Normal readings vary, depending on your age, height and gender. Having a good level of physical activity helps to increase your lung function. It is impaired by smoking, if you have a cold or various pulmonary disorders, such as Asthma. The Predicted Peak Flow is the expected ideal value based on your age, height and gender. Your Acceptable range is 80 to 100% of this.



Rating Low

Current Peak Flow 450 l/min

Summary Your Peak Flow reading is low. Low levels are associated with poor aerobic activity or common pulmonary disorders, such as Asthma. There are also Chronic Obstructive Pulmonary Diseases, such as Bronchitis and Emphysema. Smoking would also have a major effect. We would recommend that you seek further medical advice unless you are just getting over a cold.