

Your Weight & Health Profile

NAME _____

HEIGHT _____

WEIGHT _____

CLINICIAN NAME _____

DATE _____

Your Body Mass Index (BMI) _____

Your associated health risk*:

- May be increased (BMI less than 18.5)
- Average (BMI 18.5-24.9)**
- Increased (BMI 25-29.9)
- High (BMI 30-34.9)
- Very High (BMI 35-39.9)
- Extremely High (BMI greater than 40)

Your waist circumference _____ inches

High risk: Men: >40 inches

Women: >35 inches

Your health conditions & risk factors:

**Any of these factors may further increase your risk*

- Heart disease or stroke
- Diabetes _____
- High blood sugar _____
- High cholesterol _____
- High blood pressure _____
- Breathing problems (including sleep apnea)
- Family history of diabetes/heart disease
- Physical inactivity
- Poor nutrition
- Tobacco use
- Other _____

Your Readiness

How ready are you to take the next steps to improve your health?

- Not ready (precontemplation)
- Thinking about it (contemplation)
- Ready (preparation)

If now is not a convenient time, what would it take for you to be ready? _____

What could your next step be?

- Physical activity
- Nutrition
- Weight maintenance/loss
- Other _____

Your Prescription

(Recommend 1 to 3 small steps for next visit)

Physical activity goal: Recommended for everyone unless there are specific medical reasons not to exercise.

- Walking
- Biking
- Swimming
- Gardening
- Other _____

Minutes per day _____

Steps per day _____

Days per week _____

Nutrition goal:

- Control portion size
- Eat fruits & vegetables
- Decrease sweetened beverages
- Cut back on fat in diet
- Other _____

Weight maintenance, prevention of further weight gain, or weight loss goal:

(Weight loss is recommended if your BMI or waist circumference are high, or if you have a health risk.)

- Weight loss for next visit _____
- Other _____

GOAL DATE:

Follow-up visit _____

See resources on back. ►►

Resources for You

Chronic Conditions

American Heart Association provides fitness and exercise tips, an online tool to help you begin or continue an exercise program, shopping tips and recipes

..... www.americanheart.org/presenter.jhtml?identifier=1200009

American Diabetes Association provides information on meal planning, fitness, and weight loss

..... www.diabetes.org

Weight Management

Information on weight management <http://nutrition.gov>

National Institutes of Health's Aim for a Healthy Weight

..... www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Nutrition

The USDA's MyPyramid allows you to determine your calorie needs and track your food intake and activity..... www.mypyramid.gov

Produce for Better Health Foundation has tips and recipes for eating more fruits and vegetables

..... www.5ADay.org or

..... www.fruitsandveggiesmorematters.org

Physical Activity

For a fun tool to track your activity, log onto America on the Move

..... <http://aom.americaonthemove.org>

American Council on Exercise's "Fit Facts™" offers one-page information sheets

covering a range of fitness topics..... www.acefitness.org/fitfacts/fitfacts_list.aspx

Vermont Resources

The Healthier Living Workshop is for people living with chronic conditions. This free workshop helps you learn how to manage physical and emotional symptoms, make action plans for health improvements and much more. Contact the Vermont Department of Health for more information

..... [1-800-464-4343](tel:1-800-464-4343) or <http://healthvermont.gov/prevent/blueprint/selfmanage.aspx>

Vermont Department of Health, Fit and Healthy Vermonters provides links to Eat for Health and Get Moving Vermont – simple tips and resources to support healthy eating and promote physical activity

..... <http://healthvermont.gov/fitandhealthy.aspx>

Vermont's Department of Tourism and Marketing recreation site, includes statewide resources on biking, hiking, snow sports, water sports and more

..... www.vermontvacation.com/recreation/index.asp

Local Resources

Vermont 211, run by United Way, links individuals to local resources on a variety of topics including nutrition and physical activity. Dial 211 or search their database www.vermont211.org

Other _____