Understanding Your Cardiac Risk Profile (CRP)

FEDERAL OCCUPATIONAL HEALTH

PLACE LABEL HERE

For the most accurate results, an 8-to 12-hour fasting period is recommended for cholesterol, triglycerides, and blood glucose levels.

☐ **Fasting** How long? _____

☐ **Non-Fasting** How long? _____

Blood Pressure

Blood pressure is the measurement of the force that your blood exerts as it flows through your blood vessels. Having hypertension (high blood pressure) can increase the risk for heart disease, heart attack, and stroke.

Optimal	<120 mmHg over <80 mmHg
Pre-hypertension	120-139 over 80-89*
Stage 1 hypertension	140-159 over 90-99*
Stage 2 hypertension	≥160 over ≥100*
	My reading _____ / _____

Body Mass Index (BMI)

BMI is a tool used to estimate a person's body fat content, based on height and weight. Obesity is unhealthy and has been shown to increase the risk of certain chronic diseases, including heart disease, diabetes, and certain cancers.

Optimal	18.5-24.9
Underweight	<18.5*
Overweight	25-29.9*
Obese	≥30*

My height _____ My weight _____ My BMI _____

Total Cholesterol

Cholesterol is a waxy, fat-like substance which is necessary for proper cell function. Too much cholesterol in the blood, however, is a major risk factor for heart disease and stroke.

Optimal	<200 mg/dL	
Borderline high	>200-239*	
High	> 240 or higher*	My reading _____

High Density Lipoprotein (HDL)

HDL can be considered a "healthy" or "helpful" lipoprotein. HDL carries cholesterol away from the arteries to the liver to be broken down by the body.

Optimal	>60 mg/dL	
Women average	50-60	
Men average	40-50	
Low (at risk) for men	<40*	
Low (at risk) for women	<50*	My reading _____

Low Density Lipoprotein (LDL)

LDL can be thought of as the "bad" cholesterol that can accumulate in the arterial walls, increasing your risk for heart attack and stroke.

Optimal	<100 mg/dL	
Normal	100-129	
Borderline high	130-159*	
High	160-189*	
Very High	>190*	My reading _____

Triglycerides

Triglycerides are a form of fat that is made in the body due to intake of excess calories—from things like, sugar, starch, and alcohol. Some people may have a family history of high triglycerides.

Optimal	<150 mg/dL	
Borderline High	150-199*	
High	200-499*	
Very High	>500*	My reading _____

Non HDL

The non-HDL reading is determined by subtracting the HDL cholesterol levels from the total cholesterol.

Optimal	<130 mg/dL	
Borderline	139-159	
High	160-189	
Very high	> 190	My reading _____

Ratio

The ratio between total cholesterol and HDL is useful in determining risk for developing heart disease.

Optimal	<3.5 to 1	
Normal	<5.0 to 1	My reading _____

Blood Glucose

The blood glucose screening measures the amount of glucose (sugar) circulating in the blood stream. Elevated blood sugar may be an indicator for diabetes or pre-diabetes.

Fasting Glucose		
Optimal	<100 mg/dL	
Pre-diabetes	>101-125*	
High	>126*	
Non-fasting glucose		
High	>200*	My reading _____

*If any of your results are out of range, please share this form with your physician.

Cholesterol Basics

A quick guide to what you need to know after your screening…

High cholesterol is one of the major risk factors for cardiovascular diseases. Some of the other risk factors include:

– Age
– Family history
– Smoking
– Diabetes
– Physical inactivity
– Obesity
– High blood Pressure

FAQS ABOUT CHOLESTEROL

Where does cholesterol come from?
The cholesterol that we need (yes we do need some) is made by our liver. The rest of it comes mostly from animal products (like beef, pork, chicken, and seafood) or animal by-products (like eggs, milk, cheese, etc.)

How often should I have my cholesterol checked?
FedStrive will be happy to check your cholesterol yearly! However, if any of your results are out of range you may want to consult with your physician.

What does cholesterol have to do with heart disease?
When there is too much cholesterol in your blood, it can build up on the artery walls and cause blockages or clots that can keep your heart from getting the blood it needs.

There are simple things you can do that can help lower your heart disease risk. Here are just a few:

Live Tobacco Free
Did you know that a smoker's risk of a heart attack is more than twice that of a nonsmoker?

Make Healthy Food Choices
Select a variety of foods from all of the major food groups. Eat grilled, steamed, and broiled foods instead of fried foods. Increase your dietary fiber intake to help lower your cholesterol level. A good source of dietary fiber is found in whole foods such as fresh fruits and vegetables and whole grains.

Get Active!
Get at least 30 minutes of physical activity every day. Activities like housework, yard work, tennis, and even dancing can be fun and practical ways to get physical activity into your day. Remember, you don't have to do it all at once. Three 10-minute intervals can give you your 30 minutes for the day. Don't forget to consult your physician before starting an exercise program.

Aim for a Healthy Body Weight
Did you know that by losing as few as 10 pounds you can significantly decrease your risk for developing heart disease? Physical activity and sticking with smaller portion sizes, while avoiding excess snacking, can help you lose weight in a consistent and healthy way.

What you don't know can _____ you.

They say that what you don't know can't hurt you.

However, finding out what you don't know about your health status can help you – and maybe even help save your life.

A Health Risk Appraisal (HRA) can help fill in some of the blanks. This free 20-minute online questionnaire gives you unprecedented insight into and control of your health. By taking into account your health history and wellness-related behaviors, the HRA can help you understand your current health status; identify and prevent potential health risks; set wellness goals; and make the changes needed to live a healthier lifestyle.

The process is designed to protect your privacy as well as your health. Your HRA and all the information it contains is protected under the Federal Privacy Act.

Get a valuable snapshot of your overall wellness today by completing your confidential HRA at **www.FOH.hhs.gov/HRA**.

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