|  |  |
| --- | --- |
| My NHS Health Check Results | Name:Date:  |
| TEST | HEALTHY | NEEDS ATTENTION | YOUR RESULTS | HEALTHY RANGE GUIDE |
| Blood Pressure |  |  |  | Below 140/90 |
| Waist Measurement |  |  |  | Women: Up to 80 cm (31 inches)Men: Up to 94 cm (37 inches) or 90 cm (35 inches) if South Asian/Chinese |
| BMI (body mass index) |  |  | BMI:Weight: Height:  | 18.5 – 24.9 kg/m2 |
| Pulse  |  |  | Rate: bpm:Rhythm | Regular  |
| Cholesterol |  |  | TC:HDL:TC/HDL: | TC – 5 mmol/L or lessHDL 1.0 mmol/L or more in men  1.2 mmol/L or more in womenTC/HDL ratio: 4.5mmol/L or below |
| Exercise |  |  |  | Take moderate exercise, 10-30 minutes 5 times a week, working towards 150 minutes per week. |
| Smoking Status |  |  |  | Non-Smoker |
| Alcohol Intake |  |  |  | No more than 14 units per week for men and women (spread over 3 days or more) |
| Alcohol questionnaire AUDIT-C |  |  |  | AUDIT-C positive if score ≥5 - complete AUDIT |
| Alcohol questionnaire -AUDIT |  |  |  | 0-7 Lower risk8-15 Increasing risk16-20 Higher risk20+ Possible dependence |
| 10 yearCardiovascular Risk (Qrisk) |  |  |  | Low risk 0-9%Moderate risk 10-19.9%High risk: 20% or more  |

|  |  |
| --- | --- |
| **My Personal Goal:** | What is my goal………………………………………………………………………………………………………..How will I achieve my goal………………………………………………………………………………………. |
| **Stop Smoking**Free NHS Stop smoking support is available to help you quit.* The service offers support and advice from trained advisors as well as a choice of nicotine replacement products, i.e patches and gum.
* To find out details of your local stop smoking clinic call 0800 587 8821/01689 888003 or email: bromh.bromleystopsmoking@nhs.net
* For more information, visit www. nhs.uk/smokefree &
* **One You** https://www.nhs.uk/oneyou#kcXISCGX1yeWqJjL.97

Notes ………………………………………………………………………………………………………………………………………………………………… |
| **Eat a healthy diet and maintain a healthy weight*** Have less processed foods and reduce salt in your diet by not adding salt during cooking and not adding it to food at the table.
* Eat more fruit and vegetables, aiming for at least 5 portions a day
* Eat less fat by cutting down on saturated fats – fried food, pastry, sausages, burgers cakes and hard cheese. Eat lean meat, chicken and fish.
* Reduce your sugar intake by keeping sweets, chocolate, cake, biscuits and fizzy drinks as occasional treats.

For more information, visit [www.nhs.uk/livewell](http://www.nhs.uk/livewell) or **One You** https://www.nhs.uk/oneyou#kcXISCGX1yeWqJjL.97* For more information on reducing cholesterol, visit Heart UK - [www.heartuk.org.uk](http://www.heartuk.org.uk)

Notes………………………………………………………………………………………………………………………………………………………………. |
| **Increase your activity*** Taking part in exercise can make a positive difference to your lifestyle.
* Try being active every day. You could start with doing 10-minute bouts of gentle exercise.
* Work towards 30 minutes of moderate activity, such as brisk walking at least 5 times a week.
* Aim to do 150 minutes of physical activity every week.
* For general physical activity advice, visit [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness) &

**One You** https://www.nhs.uk/oneyou#kcXISCGX1yeWqJjL.97Notes……………………………………………………………………………………………………………………………………………………………….. |
| **Drink no more than the recommend weekly limits of alcohol** The recommend daily limits are:* No more than 14 units per week for men and women.
* If you do drink 14 units per week, try to spread this over 3 days or more.
* Have at least 2 alcohol free days each week.
* For more information, visit [www.nhs.uk/units](http://www.nhs.uk/units) &

**One You** https://www.nhs.uk/oneyou#kcXISCGX1yeWqJjL.97Notes………………………………………………………………………………………………………………………………………………………………….. |