

Although "The 3 Things" are very simple, they are not always easy to accomplish. For additional evidence-based health education and holistic (mind, body & spirit) health services & support please see the following:

HEALTH SCREENING & EDUCATION RECORD



The World Health Organization

Reports that

80% of Premature Heart Disease
(#1 Killer)

80% of Stroke (#3 Killer)

80% of Diabetes (#6 Killer)

40% of Cancer (#2 Killer)

and **NUMEROUS** other conditions
can be prevented by

YOU

doing just **3** things...

(Much more important than all
of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)

THE 3 THINGS

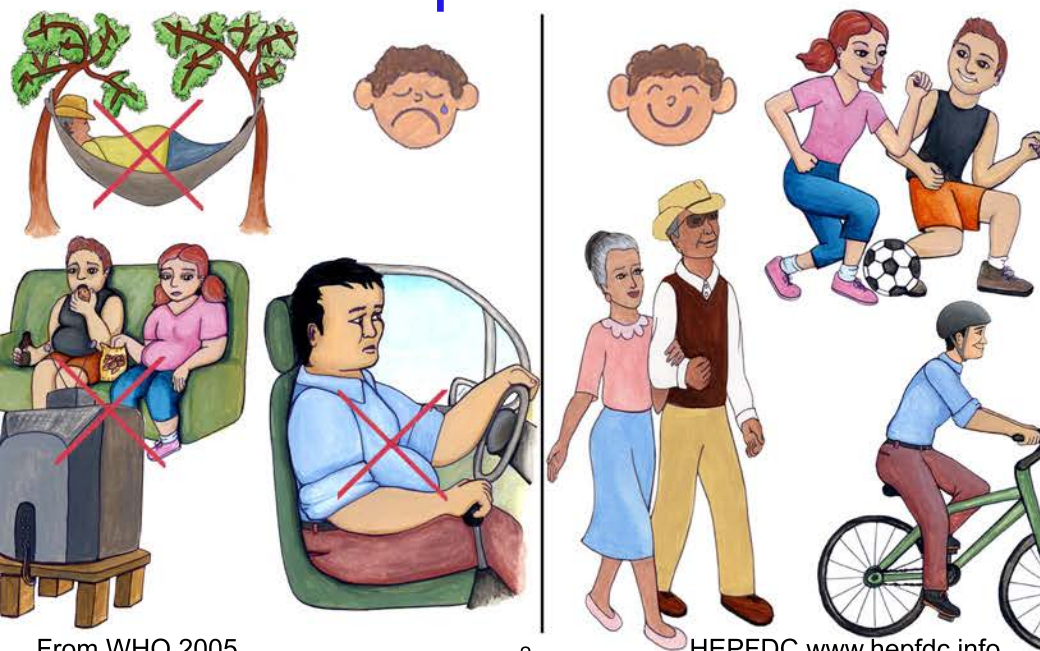
1. Healthy Diet



2. Not Using Tobacco



3. Adequate Exercise



HEALTH SCREENING RECORD

NAME: _____
Surname/Nom/Apellidos (Last) Given names/Prenoms/Nombres (First) (Middle)

Age: _____ Date (Mo/Da/Yr) : _____ Registration Number: _____

1. Do you get less than 30 minutes exercise per day? Yes ___ No ___
2. Do You Use Tobacco? Yes ___ No ___
3. I Request the Following Free Services: Yes ___ No ___

A. HEIGHT & WEIGHT for BODY MASS INDEX (BMI): The higher your BMI, the higher your risk for heart disease, stroke, type 2 diabetes, certain cancers, high blood pressure, breathing problems, osteoarthritis, and other diseases.

For ages 19 years and older:
Underweight = Less than 18.5 BMI
Normal weight = 18.5–24.9 BMI
Overweight = 25–29.9 BMI
Obesity = 30 or greater BMI

Height Inches: _____ or Cm _____
 Weight Pounds: _____ or Kg: _____
 BMI: _____ (For ages 5-18 years use
 WHO Chart: **U** **N** **Ov** **Ob**)

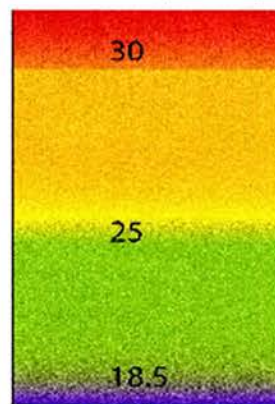
B. CDC PREDIABETES SCREENING TEST RESULTS: _____
 0-2=Normal / 3-8=Healthy lifestyle/ 9 or Greater=Need follow-up testing

C. BLOOD PRESSURE (Should always be confirmed by follow-up with your own doctor) For ages 18 years and older: **Green=Normal/ Yellow=Pre-hypertension/ Red=Hypertension.** Blood pressure in the **hypertension** range ("The Silent Killer") should be evaluated by your doctor *as soon as possible.*

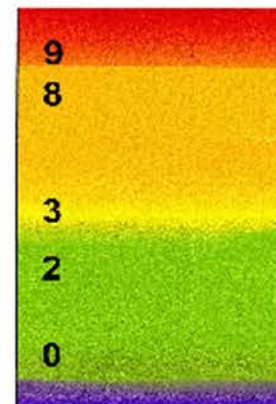
Systolic: _____ **Less than 120/ 120-139/ 140 or greater**

Diastolic: _____ **Less than 80/ 80-89/ 90 or greater**

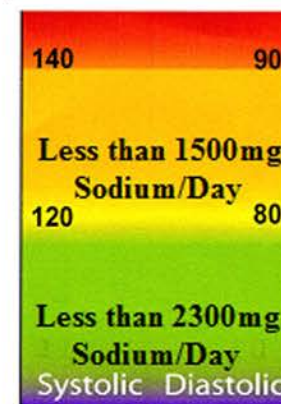
Pulse: _____ **Varies (Lower is usually better)**



A. Body Mass Index



B. CDC Prediabetes



C. Blood Pressure