

# New Workplace, New You!

## Take Control of your Health

If you are either stressed out, not eating right, not getting enough physical activity, have a family history of disease or all of the above it is likely that you are at risk for developing a chronic disease. Knowing where you stand from a health point of view is the first step to decreasing your health risks.

There are three methods that are commonly used to assess your risks of developing chronic diseases:

1. **The Body Mass Index or BMI.** BMI is a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared.

**YOUR BMI**

Classification	BMI Category	Risk of developing health problems
Underweight	<18.5	Increased
Normal Weight	18.5-24.9	Least
Overweight	25.0-29.9	Increased
Obese class I	30.0-34.9	High
Obese class II	35.0-39.9	Very High
Obese class III	>=40.0	Extremely High

(Health Canada, 2009)

2. **Waist Circumference (WC):** reflects the degree of visceral fatness in proportion to body fatness.

The WC measurement is an indicator of health risk associated with abdominal obesity. Excess fat around the waist and upper body (also described as an "apple" body shape) is associated with greater health risk than fat located more in the hip and thigh areas (described as a "pear" body shape).

**YOUR WC**

Waist Circumference	Risk
Men = or >102 cm (40 in)	Increased risk of developing health problems
Women = or > 88cm (35 in)	Increased risk of developing health problems

**3. Disease Risk Profile:** Numbers such as your blood pressure, cholesterol, triglycerides and your blood sugar are all important factors in determining your risk of developing disease. You want these numbers to be as close to normal as possible.

### Blood Pressure

Your BP: \_\_\_\_\_ Date: \_\_\_\_\_

Blood Pressure Classification	Blood Pressure Value (mmHg)
Normal Blood Pressure	120/80 mmHg
High Normal Blood Pressure	130-139/85-89 mmHg
High Blood Pressure	140/90 mmHg

(Source: Heart and Stroke Foundation 2008)

**High Blood Pressure:** High salt intake and excess calories increase your risk for high blood pressure. Exercising, eating more fruits and vegetables, achieving a healthy weight, and cutting down on salt will lead to lower blood pressure for most people.

### Cholesterol and Triglycerides

Cholesterol and Triglyceride Classification	Value	Your Numbers
Total Cholesterol (should be)	Less than 5.2 mmol/L	_____
LDL Cholesterol (should be)	Less than 3.5mmol/L	_____
HDL Cholesterol (should be) Men	Higher than 1.0 mmol/L	_____
Women	Higher than 1.3 mmol/L	_____
Total Cholesterol/HDL Cholesterol ratio	Less than 5.0 mmol/L	_____
Triglycerides	Less than 1.7 mmol/L	_____

(Source: Heart and Stroke Foundation 2008)

**Stroke and High Cholesterol:** Blood clots are more likely to form in arteries damaged from a diet high in saturated fat and cholesterol. Good eating habits, including more fruits and vegetables, and whole grains will lower your risk of stroke.

**Heart Disease:** High numbers in the above categories can also be a contributing factor to heart disease. Heart disease is a leading cause of death in Canada. Increased physical activity, weight management, choosing healthy fats (unrefined vegetable oils, unsaturated omega 3 fats) in place of unhealthy fats (saturated fats and cholesterol), and a high-fibre diet including more fruits and vegetables, whole grains, nuts, and legumes will substantially reduce risks.

## Blood Sugar and Diabetes

Your Fasting Plasma Glucose: \_\_\_\_\_ Date: \_\_\_\_\_

Blood Sugar	Value	Diabetes Risk
Fasting Plasma Glucose	$\geq 7.0$ mmol/L	Indicates Diabetes
Causal Plasma Glucose	$\geq 11.0$ mmol/L	Indicates Diabetes

(Source: Clinical Practice Guidelines 2008)

**Diabetes:** Excess body weight is a main factor in type 2 diabetes. A good diet, balanced blood sugar levels, regular exercise, choosing healthy fats, and avoiding a high intake of refined carbohydrates, are keys to preventing and managing diabetes.

Knowing your numbers is a great start to getting on track with your health. After all, knowing is half the battle. Ask your doctor to help you fill in the information on this sheet and then take action to making smarter, healthier lifestyle habits. You will live a much longer and happier life, and have more energy to do all the things you want to achieve.

Connect with your on-site wellness consultant to discuss preventative strategies on living an optimal life or contact [info@ewsnetwork.com](mailto:info@ewsnetwork.com) for further information.