

Your Coronary Risk - Su riesgo de cardiopatía

Your Coronary Risk is based on the latest recommended values determining the risk for heart disease. It's purpose is to help people evaluate and lower their risks, including risks that can be changed and those that cannot. Measured and reported values are accommodated for blood pressure, total cholesterol, HDL and LDL cholesterol, and glucose. Ratings are Ideal, Low, Moderate, or High based on National Cholesterol Education Program Adult Treatment Panel III Guidelines. Spanish forms can be printed from the CD.

Personalized participant reports and the PowerPoint® presentation highlight lifestyle choices to lower the risks for heart disease and address the risk factors below. The Group Report descriptive statistics aid in planning a coronary risk reduction class. Pre- and post-evaluation testing documents progress.

Risk Factors Addressed:

- ◆ Increasing age (men 45+, women 55+)
- ◆ Family history of CHD before age 55 for men, 65 for women
- ◆ Current CHD, blocked arteries or stroke
- ◆ Smoking
- ◆ High blood pressure, 140/90 or higher
- ◆ High blood cholesterol, 200 or higher or LDL-C 130 or higher
- ◆ Overweight, excess fat weight, a BMI of 30 or more
- ◆ Diabetes/High Blood sugar: fasting & non-fasting glucose
- ◆ No regular exercise program

Each Package includes:

- ◆ Software program to enter info, compute, print reports, create group report
- ◆ Interactive program on-screen questionnaire and report - no paper required
- ◆ User Manual: instructions, speaker notes, ideas, promotional materials
- ◆ PowerPoint® presentation supports research and report

System requirements:

Microsoft Windows 95 or higher

- To view or print slides: viewer included - no additional software needed
- LCD projector is needed to show the presentation to large groups
- A printing device to print personalized reports

Titles in the Community Health Assessment Series:

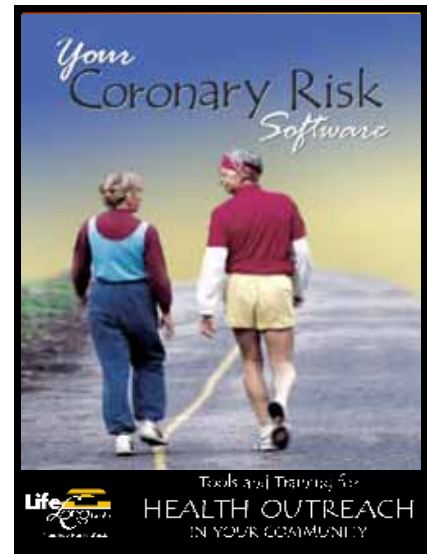
- ◆ Your Health Age (La edad de su salud)
- ◆ How Healthy is Your Lifestyle?
- ◆ Your Stress Profile (Su perfil de estrés)
- ◆ ¿Qué tan saludable es su modo de vida?
- ◆ Your Coronary Risk (Su riesgo de cardiopatía)
- ◆ Healthy Foods Index

About LifeLong Health

LifeLong Health is a registered product line of health resources for community outreach offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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100 Questionnaires & 100 Reports: AS2031

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