



## Oregon Health Study

### Preliminary Report of Findings

*These measurements were obtained as part of a survey and do not represent a medical diagnosis. Interpretation of these measurements must be made by a physician*

Participant Name:

Date of Exam:

Participant Age:

Participant Gender:

#### Body Measurements

Height:

Weight:

BMI:

What your Body Mass Index (BMI) means:

- 1) BMI Less than 18.5 For a person of your height, your weight is below the range of a healthy weight and you may be underweight.
- 2) BMI More than or equal to 25.0 For a person of your height, your weight is above the range of a healthy weight and you may be overweight.
- 3) BMI 18.5 – 24.9 For a person of your height, your weight is within the range of a healthy weight.

#### Blood Pressure and Heart Rate

	<u>Your Measurement</u>	<u>Normal</u>
Systolic BP:	mm Hg	Less than 120
Diastolic BP:	mm Hg	Less than 80
Resting Heart Rate:	Beats per Minute (BPM)	

What your blood pressure score means:

- 1) Your blood pressure today is within the normal range. We suggest you see your doctor within the next two years to have your blood pressure rechecked.
- 2) Your blood pressure today is above normal, but is not considered to be high at this point. We suggest you see your doctor within the next year to have your blood pressure rechecked.
- 3) Your blood pressure today is high. We suggest you see your doctor within the next two months to have your blood pressure rechecked.
- 4) Your blood pressure today is very high. We suggest you see your doctor within the next month to have your blood pressure rechecked.
- 5) Your blood pressure today is severely high. We suggest you see your doctor within one week to have your blood pressure rechecked.
- 6) Your blood pressure today is dangerously high. We suggest you see your doctor today or go to a hospital emergency room to have your blood pressure rechecked.

Items 1 – 5 are from the Seventh Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure Recommendations. The report can be found at the following link: <http://www.nhlbi.nih.gov/guidelines/hypertension/jnc7full.htm>

**Please ask your interviewer to explain your BMI or your blood pressure score if you do not understand the measurements or the recommendations.**