

Health Risk Assessment Report

Name	PDHI Test	HRA Date	Jul-14-2008
Gender	Female	Date of Birth	Apr-13-1998

Your health assessment report identifies your risk factors and suggests actions you can take to achieve and maintain better health. The summary chart is followed by the results and recommendations section. Note: This health assessment is not a replacement for the information you receive from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office immediately.

Summary Chart

General Health	Current Jul-14-2008	Previous 1 Not available	Previous 2 Not available
• Age at time of HRA	10		
• Overall risk level	Moderate risk		
Body Measurements			
• Weight	Overweight		
• Blood pressure	Healthy		
Lifestyle			
• Eating habits	High risk		
• Activity and exercise	Moderate risk		
• Sleep habits	Healthy		
• Stress and coping	Healthy		
• Dental health	Moderate risk		
• Sun safety	Moderate risk		
• Motor vehicle safety	High risk		
• Personal safety	Healthy		
Health Status			
• Your own rating	VeryGood		
• Days sick	7 or more		
• Visits to the doctor	1-3		
Health Management			
• Physical exam	On target		
• Blood pressure check	On target		
• Flu shot	Overdue		

Results and Recommendations

General Health

You have three high-risk factors, which indicates that your health is at **moderate risk**. A risk factor is something that puts your health in danger. The more risk factors you have, the more likely you are to get sick or injured.

- You make some good choices about eating, exercising, and staying safe, but you could be healthier.
- Read the rest of the report to learn what you can do to look and feel your best every day.
- Then print a copy of the report to share with your doctor the next time you visit.

Conditions

You report that you have the following conditions:

- Asthma, for which you take prescription medication.

Be sure to follow your treatment plan and visit your doctor regularly so that your condition can be monitored.

Body Measurements

This table displays ratings of your body measurements.

Measurement	Result	Assessment
Weight	150 pounds	Overweight
Blood Pressure	Good or acceptable	Healthy

Weight

You are **overweight**. Your weight is high for someone of your height, age, and gender. Kids who are very overweight (medically obese) often develop problems like high blood pressure or diabetes. But you can beat obesity! Your best chance of reaching a good weight is to eat sensibly and play hard. Start with one change and add more later.

- **Eat less.** To fill you up right before you eat, drink a tall glass of water or low-fat milk. And eat your vegetables first.
- **Eat different.** Choose healthy foods such as fruits, vegetables, and whole grain products. Limit the fast food and sugary snacks you eat.
- **Play hard.** Find activities you like -- playing sports, dancing, skating -- and do one of them every day.
- **Avoid crash diets and diet pills.** These methods can make you sick and don't work very well.

Blood Pressure

Your blood pressure falls within a **healthy** range. This is good news. Having a healthy blood pressure protects you against heart disease, heart failure, stroke, or kidney disease. You cannot sense if your blood pressure is high. So be sure to have it checked regularly by your doctor.

Eating Habits

Your eating habits put your health at **high risk**.

- Eating breakfast is a good decision. Breakfast is the most important meal of the day. It gives you energy and helps you do well in school.
- It's great that you don't snack on candy, cake, and cookies very often. Too many treats can fill you up on foods that your body doesn't need, while you go without foods your body does need.
- It is good that you focus on your food at mealtimes! Eating while watching television, using the computer, or talking on the telephone encourages bad eating habits.

Things to Work On

What you eat and how much you eat play a big part in how healthy you are. Your goal is to eat