

## FEDERAL CENTER FITNESS PROGRAM PERSONAL HEALTH RISK APPRAISAL

NAME:	AGE:	BIRTHDATE:
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ADDRESS:

<i>(STREET)</i>	<i>(CITY)</i>	<i>(STATE)</i>	<i>(ZIP)</i>
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HOME TELEPHONE:	OFFICE EXT:	AGENCY:
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PHYSICIAN:	TELEPHONE:
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IN CASE OF EMERGENCY PLEASE NOTIFY: NAME:	TELEPHONE:
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### PERSONAL HEALTH HISTORY PROFILE

1. Have you ever been told by a physician that you had an abnormal EKG?  YES  NO
2. Have you ever been hospitalized for symptoms or problems related to your cardiovascular system (heart or blood vessels)?  YES  NO
3. Have you ever had a stroke, heart attack, or heart surgery?  YES  NO
4. Do you have chest pain while exercising or at any other time?  YES  NO
5. Do you have any orthopedic or muscular/skeletal problems such as:
 

<input type="checkbox"/> Tendonitis	<input type="checkbox"/> Hip Problems	<input type="checkbox"/> Knee
<input type="checkbox"/> Chronic Back Pain	<input type="checkbox"/> Ankle Problems	<input type="checkbox"/> Other _____

Please Describe:

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6. Have you had or do you now have:
- |  |                                   |  |
|--|-----------------------------------|--|
| <input type="checkbox"/> Arthritis/Gout  | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Hypoglycemia                |
| <input type="checkbox"/> Heart Palpitations  | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Unusual shortness of breath |
| <input type="checkbox"/> Lung disease, including asthma, emphysema or chronic bronchitis |                                   |  |
| <input type="checkbox"/> Any other major illnesses: _____                                |                                   |  |

7. Please list any recent illnesses, hospitalizations or surgical procedures (within the past year):

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8. Describe any physical limitations that may affect your exercise program.

9. Please list any medications you are currently taking and their purpose:

10. Do you presently engage in exercise or physical activity?  YES  NO

If yes: What type?

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How often?

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Duration of exercise workout

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## PLEASE COMPLETE THIS RISK FACTOR FORM AS FOLLOWS:

On the line to the right of each question, enter the numerical value as your score.

**1 SMOKING:** Cigarette smoking is a major cardiovascular risk factor. A two-pack-a day smoker has more than twice the risk of dying from heart disease than does a non-smoker. Determine your risk level by identifying your smoking behavior.

- |   |   |                            |
|---|---|----------------------------|
| a) Never smoked   | 0 |                            |
| b) Quit smoking cigarettes more than 1 year ago or smoke cigar or pipe now      | 1 |                            |
| c) Quit smoking less than 1 year ago or now smoke 10 or less cigarettes per day | 2 |                            |
| d) Smoke 20 cigarettes per day  | 4 |                            |
| e) Smoke 30 cigarettes per day  | 6 |                            |
| f) Smoke 40 or more cigarettes per day  | 8 | SCORE <input type="text"/> |

**2 BEHAVIOR CHARACTERISTICS:** Studies indicate that certain personality traits may influence development of premature coronary disease. Persons who are highly competitive, hard driving, impatient, aggressive, and live with a continual sense of time urgency may have a higher risk of heart attack than persons who are generally easygoing and relaxed. Assess your level of time urgency.

- |  |   |                            |
|--|---|----------------------------|
| a) Always easygoing and calm               | 1 |                            |
| b) Easygoing and calm most of the time     | 2 |                            |
| c) Frequently impatient and clock watching | 3 |                            |
| d) Hard driving; can never relax           | 4 | SCORE <input type="text"/> |

**3 AGE:** Age is a risk factor over which you have no control. Advancing years increase your susceptibility to heart attack. At any age, however, modifying your lifestyle risk factors can enhance your quality of life and reduce your risk of heart disease. Please categorize your age.

- |                    |   |                            |
|--------------------|---|----------------------------|
| a) 10-20 years     | 0 |                            |
| b) 21-30 years     | 1 |                            |
| c) 31-40 years     | 2 |                            |
| d) 41-50 years     | 3 |                            |
| e) 51-60 years     | 4 |                            |
| f) 61 years and up | 5 | SCORE <input type="text"/> |

**4 GENDER:** Although women are rapidly closing the statistical gap, men are currently more susceptible to heart attacks at a younger age. Certain male body builds are also associated with higher risk. Identify your gender risk.

- |                                     |   |                            |
|-------------------------------------|---|----------------------------|
| a) Female under 40 years of age     | 0 |                            |
| b) Female 40-50 years of age        | 1 |                            |
| c) Female over 50 years of age      | 2 |                            |
| d) Male                             | 3 |                            |
| e) Stocky Male                      | 4 |                            |
| f) Stocky male over 40 years of age | 5 | SCORE <input type="text"/> |

**5 FAMILY HISTORY:** Heredity can influence your risk of developing heart disease. If one or more close relatives have suffered a heart attack or stroke before age 50, a genetic tendency for heart disease may run in your family. Assess your family history. (Count parents, grandparents, brothers, sisters, aunts and uncles).

- a) No known history of heart disease 0
- b) One relative with heart disease over age 50 1
- c) Two relatives with heart disease over age 50 2
- d) One relative with heart disease under age 50 3
- e) Two relatives with heart disease under age 50 4
- f) Three relatives with heart disease under age 50 6

SCORE

**6 WEIGHT:** Being over-fat has been suggested to increase your risk of heart disease since other risk factors occur more frequently in overweight individuals. Compare your present weight to the standard weight table below for your profile determination.

Standard Weight by Height and Sex

Height	Women	Men	Height	Women	Men
4'10"	108-120 lbs		5'7"	133-137 lbs	140-152 lbs
4'11"	110-123 lbs		5'8"	136-150 lbs	143-155 lbs
5'0"	112-126 lbs		5'9"	139-153 lbs	146-158 lbs
5'1"	115-129 lbs		5'10"	142-156 lbs	149-161 lbs
5'2"	118-132 lbs		5'11"		152-165 lbs
5'3"	121-135 lbs	130-140 lbs	6'0"		155-169 lbs
5'4"	124-138 lbs	132-143 lbs	6'1"		159-173 lbs
5'5"	127-141 lbs	134-146 lbs	6'2"		162-177 lbs
5'6"	137-144 lbs	137-149 lbs	6'3"		166-182 lbs

(Weights shown are for people wearing clothing and shoes with 1" heels)

- a) 5 lbs or more below standard weight or at standard weight for height 0
- b) 5 lbs over standard weight 1
- c) 6-20 lbs over standard weight 2
- d) 21-35 lbs over standard weight 3
- e) 36-50 lbs over standard weight 5
- f) 51 lbs or more over standard weight 7

SCORE

**7 EXERCISE:** Physical exercise stimulates circulation, tones muscles, helps avoid obesity, and promotes an overall sense of well-being. Some scientific studies suggest that people who lead sedentary lives run a higher risk of heart attack than those who exercise regularly. Rate your current level of combined occupational and physical activity.

- a) Strenuous occupational activity with aerobic exercise 4-5 times per week 0
- b) Moderate occupational activity with aerobic exercise 3 times per week 1
- c) Sedentary work and aerobic exercise 4-5 times per week 2
- d) Sedentary work and aerobic exercise 3 times per week 3
- e) Sedentary work and no regular exercise 4

SCORE

**8. DIABETES:** For reasons not fully understood, individuals with diabetes are more susceptible to heart attack and stroke than are non-diabetics. Since most diabetes is hereditary, it is important to consider the presence of this condition in your family. (Count parents, grandparents, brothers and sisters only).

- a) No known family history of diabetes 0
- b) One relative with diabetes 1
- c) Two relatives with diabetes 2
- d) Diabetes in yourself beginning after age 60 3
- e) Diabetes in yourself beginning between ages 20 and 60 4
- f) Diabetes in yourself before age 20 6

SCORE

**9. CHOLESTEROL:** Cholesterol is a substance found in animal fat. Cholesterol is also manufactured in the body. Excess cholesterol in the body is frequently deposited in the arteries. These deposits narrow the diameter of the arteries, setting the stage for heart attack or stroke by blocking adequate blood flow to the heart or brain. Identify your current cholesterol level.

- a) Below 180 mg/dll. 0
- b) 181 - 199 mg/dl. 1
- c) 200 - 239 mg/dl. 2
- d) 200-239 mg/dl. with any of the following risk factors: being male, smoking cigarettes, obesity, diabetes, high blood pressure or personal/family history of heart disease 3
- e) 241 - 260 mg/dl. 4
- f) 261 mg/dl. or more 6

SCORE

**10. BLOOD PRESSURE:**High blood pressure is a persistent increase of pressure created by blood flow against artery walls when the heart is contracting (systolic blood pressure) and when the heart is resting between contractions (diastolic blood pressure). Excess pressure can damage artery walls and vital organs, leading to stroke, heart attack, kidney failure or heart failure. When high blood pressure is combined with other risk factors, such as smoking, obesity or high cholesterol, the risk of a cardiovascular death can multiply several times. Assess your blood pressure level.

- a) BP of 130/80 or less 1
- b) BP of 132/82 - 138/88 2
- c) BP of 140/90 - 158/94 4
- d) BP of 160/96 or higher 6

SCORE

TOTAL SCORE

*In the event that a medical clearance is requested by the fitness center manager or other government representative prior to the fitness assessment and participation in an exercise program I agree to consult a physician and obtain written permission from a physician.*

Signature of Applicant

Date