



Thank You for Completing the Fleet and Marine Corps Health Risk Assessment



You rated your health as Excellent. Personal perception about how healthy you are is usually quite accurate. Your Personal Health Risk Appraisal Report identified **4 risk categories** from the answers you provided that relate to overall health, which places you in a **MEDIUM** risk group. Numbers of risk factors have been shown to predict future health care use and health care costs. It is important for individuals to move toward the "low risk" category by reducing the number of behavioral risks, and for those already at low risk, to avoid increasing the number of risk factors over time.

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">High Risk</td> <td style="padding: 5px;">= 5 or more risk categories</td> </tr> <tr> <td style="padding: 5px;">Medium Risk</td> <td style="padding: 5px;">= 3-4 risk categories</td> </tr> <tr> <td style="padding: 5px;">Low Risk</td> <td style="padding: 5px;">= 0-2 risk categories</td> </tr> </table>	High Risk	= 5 or more risk categories	Medium Risk	= 3-4 risk categories	Low Risk	= 0-2 risk categories	<p>You reported 4 categories, which places you at MEDIUM risk.</p> <p>The categories you scored "unhealthy" on included:</p> <ul style="list-style-type: none"> • Physical Activity • Nutrition • Supplements • Dental Care
High Risk	= 5 or more risk categories						
Medium Risk	= 3-4 risk categories						
Low Risk	= 0-2 risk categories						

Body Mass Index (Note the limitations of BMI below) — *Normal Weight*

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm

YOUR BODY MASS INDEX = 23.

Both being overweight or being underweight are related to increased risk of disease and death. Among most Americans, BMI is a reliable indicator of total body fat. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. Limitations of BMI are that it may overestimate body fat in athletes and others who have a muscular build or underestimate body fat in individuals who lack lean muscles mass.

TOBACCO USE— *I quit* <http://www.ucanquit2.org>

You are doing the single most important thing to stay healthy! Not smoking saves you money (over \$1000/year for one pack per day), helps you avoid many tobacco related diseases, and adds to your fitness level and attractiveness.

TOBACCO USE— *Never used tobacco* <http://www.ucanquit2.org>

Not using smokeless tobacco is a great choice. You can avoid oral cancer, tooth and gum disease, and maintain a fresh and clean mouth.

ALCOHOL USE— *1-2* <http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Enjoy your beverages and drink responsibly. Moderate intake of alcohol has not been shown to be a risk factor for disease.

ALCOHOL USE— *Once or twice per year* <http://www.rethinkingdrinking.niaaa.nih.gov/>

Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger.

ALCOHOL USE— *Never (i.e. not during the past year)*

<http://www.rethinkingdrinking.niaaa.nih.gov/>

You are being a responsible Sailor or Marine by never driving drunk. Remember not to let your shipmates or fellow Marines drink and drive.

INJURY PREVENTION— *Always* <http://www.nhtsa.gov/Driving+Safety>

By always using your seat belt, you decrease your risk of serious injury or death after an accident by about 50%.

INJURY PREVENTION— *Most of the time* <http://www.nhtsa.gov/Driving+Safety>

If you ride these vehicles in the future, a helmet will provide significant protection against head injury and death. A large portion of medical, disability, and rehabilitation costs from these head injuries are paid for by the general public.

INJURY PREVENTION— *Most of the time* <http://www.cdc.gov/niosh/topics/safety.html>

You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled.

STRESS MANAGEMENT— *Mostly satisfied* <http://www.nlm.nih.gov/medlineplus/stress.html>

You are very satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships, and social activities can all contribute to life satisfaction

STRESS MANAGEMENT— *Rarely*

<http://www.med.navy.mil/sites/nmcsc/nccosc/serviceMembersV2/stressManagement/theStressContinuum/Pages/default.aspx>

When stress in your work or at home occurs, problem-solving or discussing possible solutions with someone else may help during those times.

STRESS MANAGEMENT— *Always* <http://www.helpguide.org/topics/relationships.htm>

Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns.

SEXUAL HEALTH— *Does not apply to me because I am in a long-term relationship where we only have sex with each other* <http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/condoms.aspx>

People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted infection.

PHYSICAL ACTIVITY— *2 weeks per month*

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

To promote and maintain health, all healthy adults aged 18-64 years need moderate-intensity aerobic activity for a minimum of 150 minutes each week or vigorous-intensity aerobic activity for 75 minutes each week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. Exercise sessions can be broken up into as little as 10 minutes at a time.

PHYSICAL ACTIVITY— *3 days per week*

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Muscle-strengthening activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms). To gain health benefits, muscle-strengthening activities need to be done to the point where it is hard for you to do another repetition without help. Adding muscle allows you to do more activities, improves appearance, and reduces the risk of several chronic diseases.

NUTRITION— 3-5 times per week <http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>

Some dietary fat is needed for good health, but high levels of fat in your diet may lead to excessive weight gain and increase your risk of certain cancers. Eating foods high in saturated and trans-fats also increases your risk of heart disease. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of whole grains, fruits and vegetables; and choose low fat milk products and lean meats.

NUTRITION— One <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individuals age, gender, and level of physical activity.

SUPPLEMENTS— Daily <http://humanperformancesourcecenter.org/dietary-supplements>

Some dietary supplements can provide additional health and nutrition benefits, but many supplements may be unnecessary or even result in adverse side effects in some individuals, especially if used in large amounts. Before using any dietary supplement, ask: "What are the potential benefits?" and "What are the risks?" The Dietary Supplements Classification Table on the link above was developed to assist you in making informed decisions about supplements, ranking them on a scale of low, moderate, or high potential benefit and safety risk.

DENTAL— Never <http://www.ada.org/public.aspx>

Flossing removes plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. Try to make this activity a part of your daily personal care. In addition to flossing, the American Dental Association recommends brushing your teeth twice a day with fluoride toothpaste to achieve good dental health.

NUTRITION— Three <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help you from chronic diseases and can make make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individuals age, gender, and level of physical activity.

SLEEP— Most of the time <http://www.nhlbi.nih.gov/health/public/sleep/index.htm>

People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better.

PREGNANCY— I am not having sexual intercourse at this time in my life -OR- my partner or I are not fertile <http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/contraception.aspx>

Many people are not currently sexually active. If you resume sexual activity, consider the range of new, safe and effective birth control methods available. Some work for years after you have started them. Some are permanent and others are easily and quickly reversible if and when you are ready to have a baby. Some methods require no devices or medication at all. But not all forms of contraception are equally effective. It makes sense to carefully consider your parenting plans and get informed about contraception so you and your partner can select the option that works best for you. Pregnancy is a life-changing event for mother and father. Be well informed about contraception, and talk with your partner and doctor.

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