



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 **2 risk categories** from the answers you provided that relate to overall health, which places you in a **LOW** 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 style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;"><b>High Risk</b></td> <td style="padding: 2px;">= 5 or more risk categories</td> </tr> <tr> <td style="padding: 2px;">Medium Risk</td> <td style="padding: 2px;">= 3-4 risk categories</td> </tr> <tr> <td style="padding: 2px;"><b>Low Risk</b></td> <td style="padding: 2px;">= 0-2 risk categories</td> </tr> </table>	<b>High Risk</b>	= 5 or more risk categories	Medium Risk	= 3-4 risk categories	<b>Low Risk</b>	= 0-2 risk categories	<p>You reported 2 categories, which places you at <b>LOW</b> risk. The categories you scored "unhealthy" on included:</p> <ul style="list-style-type: none"> <li>• Stress Management</li> <li>• Nutrition</li> </ul>
<b>High Risk</b>	= 5 or more risk categories						
Medium Risk	= 3-4 risk categories						
<b>Low Risk</b>	= 0-2 risk categories						

**Body Mass Index— *Normal Weight***  
[http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/about\\_adult\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm)

YOUR BODY MASS INDEX = 23.1.

Both obesity and 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— *Never used tobacco***      <http://www.nlm.nih.gov/medlineplus/smoking.html>

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.nlm.nih.gov/medlineplus/smokelesstobacco.html>

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— *Not applicable I do not drink alcohol or I seldom drink alcohol***

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Many people choose not to drink alcohol or do so only on special occasions. Alcohol is not necessary to enjoy friends and social activities. .

**ALCOHOL USE— *Never***      <http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

You indicate a healthy choice not to drink heavily, even during celebrations. Sailors and Marines also look out for their shipmates and fellow Marines who have been drinking.

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

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

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

Your use of a protective helmet provides significant protection against head injury or death. Wearing other protective gear, maintaining control of your vehicle, and driving defensively can also reduce your risk.

**INJURY PREVENTION— Always** <http://www.cdc.gov/niosh/topics/safety.html>

You are protecting yourself against injuries and disease at your worksite by using appropriate safety equipment

**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— Most of the time** <http://www.nlm.nih.gov/medlineplus/stress.html>

Chronic stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.

**STRESS MANAGEMENT— Most of the time** <http://www.nlm.nih.gov/medlineplus/stress.html>

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— Always**

[http://www.nmcpbc.med.navy.mil/Healthy\\_Living/Sexual\\_Health/condom.aspx](http://www.nmcpbc.med.navy.mil/Healthy_Living/Sexual_Health/condom.aspx)

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

**PHYSICAL ACTIVITY— 4 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— At least once a day** <http://www.cdc.gov/nutrition/everyone/basics/fat/index.html>

Some dietary fat is needed for good health, but high levels of saturated fat and cholesterol in your diet may lead to excessive weight gain and cause increased blood cholesterol levels and a greater risk for

heart disease and certain cancers. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats.

### NUTRITION— *Two* <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 individual's age, gender, and level of physical activity.

### SUPPLEMENTS— *Never* <http://humanperformancesourcecenter.org/dietary-supplements>

People choosing to supplement their diets with herbals, vitamins, minerals, or other substances need to know about the products they choose so that they can make informed decisions about them. The choice to use a dietary supplement can be a wise decision that provides health benefits. However, under certain circumstances, these products may be unnecessary for good health or they may even create unexpected risks or interact with medications. It is wise to ask your physician or pharmacist before taking supplements.

### DENTAL— *Most days* <http://www.ada.org/5625.aspx?currentTab=1>

You are to be commended for flossing your teeth on most days. Daily flossing is recommended to remove plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. In addition to flossing, the American Dental Association recommends brushing your teeth twice a day with fluoride toothpaste to achieve good dental health.

### NUTRITION— *Four or more* <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 individual's 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.nmcphc.med.navy.mil/Healthy\\_Living/Sexual\\_Health/contraception.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/contraception.aspx)

If you are not trying to parent a child now, but are having sex without using contraception ALL the time, you (or your sexual partner) are at increased risk of an unplanned pregnancy. There is a wide range of new, safe and effective contraception options available, some that work for years after you have started them. Some are permanent and others are easily and quickly reversible when you are ready to have a baby. 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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