**Biometrics Scorecard**

- Helps you track measurable risk indicators which could over time damage your health, potentially leading to cancers, diabetes, respiratory diseases, heart disease, mental health problems and oral diseases;
- Allows your health professional to help support you with information, advice, treatments (when indicated) and care;
- Enables you to improve your health through your own personalised action plan.

**HEALTH IMPROVEMENT CARD**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male ( )</th>
<th>Female ( )</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-34</td>
<td>35-39</td>
<td>40-44</td>
</tr>
<tr>
<td>45-49</td>
<td>50-54</td>
<td>55-59</td>
</tr>
<tr>
<td>60-64</td>
<td>65-69</td>
<td></td>
</tr>
<tr>
<td>70-74</td>
<td>75-79</td>
<td>80-84</td>
</tr>
<tr>
<td>85-89</td>
<td>90-94</td>
<td>95-99</td>
</tr>
<tr>
<td>100-104</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Height ( ) metres or feet</th>
<th>Weight ( ) kilograms or pounds</th>
<th>Waist circumference ( ) centimeters or inches</th>
</tr>
</thead>
</table>

**Body Mass Index**

- **SI [metric] units**
  - Body mass index = \( \frac{\text{weight (kg)}}{\text{height (m) x height (m)}} \)
- **Imperial/US customary units**
  - Body mass index = \( \frac{\text{weight (lb)}}{\text{height (in) x height (in)}} \times 703 \)

**Body Mass Index Goal**

- **Goal**
  - 18.5 - 24.9 kg/m²
- **Caution**
  - 25 - 29.9 kg/m²
- **High Risk**
  - 30 kg/m² or greater

**Fasting Blood Sugar**

- Less than 5.6 mmol/L (100 mg/dL)
- 5.6 - 6.9 mmol/L (100 - 125 mg/dL)
- Greater than 7 mmol/L (126 mg/dL) or more

**Cholesterol**

- Less than 5.18 mmol/L (200mg/dL)
- 5.18 - 6.18 mmol/L (200 - 239 mg/dL)
- Greater than 6.18 mmol/L (240 mg/dL) or more

**Blood Pressure**

- SBP less than 120 mmHg and DBP less than 80 mmHg
- SBP 120 - 139 mmHg and DBP 80 - 89 mmHg
- SBP more than 139 mmHg and DBP more than 89 mmHg

**HEALTH IMPROVEMENT ACTION PLAN**

- **My commitment**
- **My action**
- **Health professional action**

**My goal**

- **Target date:** For details, visit [www.whpa.org](http://www.whpa.org)
Lifestyle Scorecard

- Helps you understand how you can improve your health by changing your lifestyle;
- Allows your health professional to help you improve your health and well-being;
- Enables you to own and personalise your health improvement action plan.

HEALTHY DIET
- An unhealthy diet increases your risk of being overweight, obese and developing oral diseases
  Eat more fruit and vegetables every day and seek advice on lowering salt and saturated fats
  +

PHYSICAL ACTIVITY
- Lack of physical activity increases your risk of cardiovascular diseases, diabetes and some cancers
  Increase the amount of time spent on physical activities at home and at work and engage in sports
  +

TOBACCO USE
- Tobacco use increases your risk, and the risk of those around you, of cancer, lung diseases, heart attack and stroke
  Stop smoking from today onwards
  +

USE OF ALCOHOL
- Harmful use of alcohol increase your risk of mental illnesses, liver damage and other alcohol related deaths
  Limit the amount of alcohol that you drink each day
  +

SLEEP QUANTITY
- Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
  Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status
  +

SLEEP QUALITY
- Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
  Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status
  +

STRESS
- Metabolic stressor; impaired physical function, cognitive function, and emotional status; reduced immune status
  Reduced chronic systemic inflammation; improved physical, cognitive, emotional and immune status
  +

HEALTH IMPROVEMENT ACTION PLAN

My goal
My action
Target date:

Health professional action

For details, visit www.whpa.org

With the support of IPPMA